With Dry January coming up and, Sober October only being a couple of months ago, our group choose to research how drinking effects the human body. The article we’ll be talking about ( 12 Things That Happen to Your Body When You Stop Drinking Alcohol for 30 Days.) Shares the different ways your body changes after prolonged absence of alcohol. The article was published by Real Simple, a lifestyle blog. On the websites main page, there is a list of most of the team members and their job titles, as well as a link to a list of the full team. The website claims to fact check all new information by staff editors or qualified experts. The article we choose had be fact checked by Isaac Winter, a writer for Real Simple, and medically reviewed by Vivek Cherian, MD. There is also a list of sources included at the end of the article. After the introduction the article has a “Meet the Expert” section where there is a list of the experts, and their credibility, the authors consulted. From this we can conclude that Real Simple can at times be a credible source depending on the sources they used, for this particular article it is concluded that it is credible. The points we will be fact checking are, alcohols effects on hormones, digestion and, heart health.

References

Zlatopolsky, A., & Bhagwat, R. (n.d.). *12 things that happen to your body when you stop drinking alcohol for 30 days*. Real Simple. https://www.realsimple.com/health/preventative-health/what-happens-to-your-body-when-you-stop-drinking-alcohol