

Quick Tips – Alcohol

Source:

The 4-Week Ultimate Body Detox Plan

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Alcohol taxes the body's detoxification systems because it has to be processed by the liver, which reduces the liver's capacity to perform the other 500 functions it has to do.

Excess alcohol is stored in the liver, and binge drinking can lead to cirrhosis of the liver and hepatitis.

Research has also shown an association between alcohol consumption and cancers of the mouth, esophagus, liver and breast.