

# DRY JANUARY TIPS

Tips to help you have a damp or dry January if you choose



## NEED A BOOZE BREAK?

Consider the health costs of alcohol

Alcohol can affect your health in many ways. Even drinking moderately can leave you feeling groggy, foggy, or hungover. The more you drink, the more likely you notice other health effects, too, like:

- disrupted sleep
- digestive issues
- memory problems
- increased anxiety, depression, and irritability
- disagreements or conflict with loved ones

Over time, these effects can begin to pile up, especially if you are drinking more than moderately.



*Where do you fall on the continuum?*

# SELF ASSESSMENT

## What's your relationship with alcohol?!

### Figure out how much you actually drink

Maybe you don't think you depend on alcohol, exactly, but you still wonder whether you might be drinking too much.

Say you don't have any cravings when you go without drinking. All the same, "a quick drink" often turns into three or four drinks. When you're having a good time, you find it hard to stop, especially in the company of friends having the same amount.

### Think about why you drink and identify alcohol triggers

Maybe your concerns center around your reasons for drinking rather than the amount. Plenty of people use alcohol to numb emotional pain or face stressful situations more easily. It's common to drink to lighten tension on a first date or before a difficult conversation.

But when it's hard to face challenges without alcohol, it's worth considering whether drinking prevents you from finding more helpful ways of managing emotions.

Knowing the reasons behind your alcohol use can help you explore alternative ways to address those issues more productively.

### Common alcohol triggers include:

- relationship stress
- social events
- trouble at work
- insomnia
- 

Becoming more aware of your alcohol triggers and reasons for drinking can help you plan ways to help manage the urge to drink.



# READY FOR A PIVOT?

## Consider your approach!

You might know you want to give up alcohol entirely. But maybe you're not sure about quitting completely and don't want to hold yourself to that goal.

That's absolutely OK. What's most important is taking a look at your drinking habits and finding a way to cut back that works for you.

It's possible to develop a better relationship with alcohol and make more mindful, informed choices about drinking without total sobriety.

### Moderation management

Moderation management, an approach that Turner practices, is just one alternative to full sobriety.

It focuses on reducing alcohol use and the potential harms that come with it, with an emphasis on finding the best approach for your situation, not anyone else's.

Complete sobriety isn't a bad goal, of course, but it doesn't have to be the only one.

### Change your environment

When alcohol makes up part of your typical routine, drinking can become something of an automatic response, especially when you feel stressed or overwhelmed.

You don't need to completely reinvent your life to quit drinking, but making a few changes in your surroundings to help avoid alcohol triggers can make a big difference.

### Get rid of your alcohol

Alcohol in your house can tempt you when you're trying to quit. If you feel like having a drink, knowing you'll have to go out and make a purchase can deter you long enough to find a good distraction.

Keep nonalcoholic beverages on hand for yourself and others. You don't have to offer alcohol to be a good host. Let guests bring their own alcohol — and take it with them when they leave.

### Find a new favorite drink

Choosing the right replacement beverage can help you stand firm in your desire to stop drinking. Plain water may be good for you but depressing to order

Try a bitters and soda with lemon in a wine glass or sparkling water with a splash of cranberry. Get creative!



# READY FOR A PIVOT?

**Tips for making your pivot successful.**



## Mix up your routine

Vary your routine to keep busy. When you tend to drink at a certain time of day, doing something else is one of the best ways to distract you from old habits to help break that pattern. Activities that get you out of the house and moving often help most.

### Consider these ideas:

- If you usually meet friends for a drink after work, consider going for a walk or meeting them for a hangout in the park or another alcohol-free space.
- Instead of going to your usual restaurant for dinner and drinks, why not try a new place that doesn't serve

- alcohol? You'll get to experience something out of the ordinary without feeling tempted to drink.
- Get in the habit of cooking at home to distract yourself and save some money.

When your desire to drink aligns more with your mood than any particular time of day, having a few alternative coping methods ready can help:

- To calm anxiety, try affirmations, deep breathing, or meditation.
- Comfort yourself when feeling lonely by reaching out to a loved one or watching a favorite movie.

# PREPPING FOR YOUR PIVOT

## Know your why

You might run into obstacles along the way that tempt you to drink. Keep in mind the reasons you chose to cut back on or quit alcohol.

Consider writing them down and keeping notes on hand so you have a physical reminder to look at when you need it to help motivate you to stay the course.

## Prepare for potential alcohol rebound

People who are more dependent on alcohol may start to experience what's known as alcohol detox when they significantly cut back on or stop drinking.

This happens as your body begins to remove alcohol from your system. Detox can bring on alcohol withdrawal symptoms such as:

- anxiety
- headache
- fatigue
- insomnia
- mood changes
- shakes
- sweating

*Talk with a healthcare professional if you're concerned you may experience detox symptoms when quitting drinking to help negotiate this process safely.*

## Make time for self-care

Quitting drinking can feel pretty stressful. If you turn to alcohol to manage emotional distress, the added overwhelm can prompt the urge to drink, making success seem even more out of reach.

It's common to have a difficult time when making big changes, but good self-care practices can help you manage overwhelming feelings and take care of your mind and body.

## Prioritize wellness

Feeling at your best physically can boost resilience and help you weather challenges that trigger the desire to drink.

Not drinking has many benefits. To insure you reap them as soon as possible, consider these self-care practices:

- Stay hydrated.
- Eat regular, whole foods meals. Prioritize vegetables, healthy fats, proteins and fruits.
- Exercise. Regular movement increases energy, resilience and resolve. Vary your routine to keep it interesting and effective.
- Make better sleep a priority. A good goal for most adults is 7 to 9 hours.



# FIND YOUR PEOPLE

It's always easier with community!

## Reach out for support

Quitting or reducing alcohol intake on your own is harder for some than others, but there's no need to go it alone.

If you're having a hard time sticking to your goal or just want some extra guidance, consider reaching out for professional support or joining an online community.

## Here are some resources to help with your journey:

### Apps:

- **LESS** : [www.lessdrinks.com/](http://www.lessdrinks.com/)
- **SUNNYSIDE** : [www.sunnyside.co/](http://www.sunnyside.co/)
- **REFRAME** : [www.reframeapp.com/](http://www.reframeapp.com/)

### Podcasts

- **Take a Break from Drinking** with Rachel Hart [www.rachelhart.com/tab/](http://www.rachelhart.com/tab/)
- **Sober Powered** with Gill Tietz [www.soberpowered.com/about](http://www.soberpowered.com/about)
- **Sober Curious** with Ruby Warrington [www.rubywarrington.com/podcasts/](http://www.rubywarrington.com/podcasts/)

### FB Support Groups

- **Break Free Sober Curious Group**  
[www.facebook.com/groups/thesoberocity/](http://www.facebook.com/groups/thesoberocity/)
- **Sober Curious with Ruby Warrington**  
[www.facebook.com/groups/sobercuriousbook/](http://www.facebook.com/groups/sobercuriousbook/)
- **Sober Curious Collective**  
[www.facebook.com/sobercuriouscollective/](http://www.facebook.com/sobercuriouscollective/)

## Mock it up!

The sky's the limit in creating your own mocktails. You can keep it simple using these tips, or search for mocktail recipes online.

Try:

- infusing plain or sparkling water with chopped fruits or herbs
- adding cinnamon sticks or spices to tea, apple cider, or hot chocolate
- mixing juice or lemonade with sparkling water

## Here's my current favorite, a Cilantro Lime Fizz.



### CILANTRO LIME FIZZ

- 1/4 cup fresh lime juice
- 2 ounces gin
- 1 tablespoon fresh cilantro leaves (without stems)
- 1/4 teaspoon Pure Almond Extract
- Ice cubes
- 1 cup ginger beer
- Fresh cilantro sprigs

Mix lime juice, gin, cilantro and almond extract in cocktail shaker with muddler or wooden spoon until cilantro is crushed. Add 2 cups ice cubes; shake until well mixed and chilled. Strain over ice cubes in beverage glasses. Fill glasses with ginger beer.

# SIMPLE DETOX TIPS

Tips to help you support and cleanse your liver



## Tip #1 Get Clean

### Reduce your toxic load

Eating a diet high in processed foods, puts your liver at risk as these foods basically work against liver health. Hydrogenated oils, refined sugar, convenience foods, and lunch meats are notoriously toxic to your system.

Nitrates and nitrites, commonly found in convenience foods, fast foods, and lunch meats have been linked to serious health conditions. Replace these foods immediately with liver friendly healthy choices.

*Swap beans or lentils for meat, or roast your own pasture-raised, organic chicken breast and turkey breast to replace deli meats for quick lunches and after school snacks. Replace chips and other processed snacks with fresh fruit, carrot sticks, nuts, and homemade granola bars.*

*In addition to eating a healthy diet, it's important to be sure your digestive enzymes are functioning properly. Problems with liver enzymes can also contribute to liver disease and may be related to other digestive illnesses such as IBS, Colitis, and Crohn's disease.*

## Tip #2. Go Green

### Eat and drink your veggies!

Vegetables are the basis of all good nutrition and highly important in a liver cleanse. Cruciferous veggies like broccoli, kale, collards, and radishes all help raise levels of glutathione, an antioxidant that helps with detoxification and inflammation. Aim for at least two cups of these per day.

Sulfur-rich veggies like onions and garlic help the liver produce bile to break down fat, which in turn makes it easier for the body to burn carbs for energy. Dandelion greens are another bile-booster. Aim for at least one serving daily.

Even with the best of intentions, it can be difficult to eat all of the vegetables you need to make your liver cleanse effective. Juicing is an easy solution. Even vegetables that aren't your favorites can be disguised and enjoyed in a fresh **vegetable** juice!

With impaired liver function, juicing vegetables has the added benefit of making the vegetables easier to digest and more readily available for absorption.



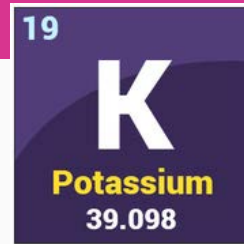
A juice full of green leafy vegetables, cabbage, cauliflower, and Brussels sprouts may not sound very enjoyable, but you can always add carrots, cucumbers, and beets to make it more pleasing to your palate.

And the way you will feel after a few days will make it more appetizing, too!

**"“Is life worth living? It all depends on the liver.”**

**~ William James**





## Tip #3. Pump up the K

### Load up on Potassium-rich foods!

Potassium-rich foods help to lower systolic blood pressure, lower cholesterol, and support a healthy cardiovascular system, in addition to helping cleanse your liver.

If you have been tempted to take potassium supplements, instead add these healthful foods to your diet.

#### Sweet Potatoes

Surprisingly, it is not the banana that is the richest in potassium. It's the sweet potato. A single medium sweet potato contains nearly 700 milligrams of potassium and contains vitamins B6, C, D, magnesium, iron, and fiber. While naturally sweet, the sugars actually are slowly released into the bloodstream through the liver without causing a spike in blood sugar.

#### Tomato Sauces

Potassium is highly concentrated in tomato sauce, puree, or paste. One cup of tomato puree contains 1,065 milligrams of potassium, but 1 cup of fresh tomatoes contains only 400 milligrams.

When selecting tomato sauce, paste, or puree, be sure to choose those made only from organic tomatoes and check for sneaking ingredients.

#### Beet Greens and Spinach

Rich in antioxidants, beet greens contain over 1,300 milligrams of potassium per cup. Add beets and beet greens to your fresh vegetable juice recipe; finely chop and add raw to salads; or sauté lightly, like other greens. Beets also naturally cleanse the gallbladder and improve bile flow.

Fresh organic spinach is easily added to your diet, and it's a good source of potassium, containing 840 milligrams per serving.

#### Beans

White beans, kidney beans and lima beans are all rich in potassium, protein, and fiber. Swap out garbanzo beans for one of these potassium-rich beans in your favorite hummus recipe. Enjoy it with carrot sticks and celery sticks.

#### Bananas

And finally, add a banana to your favorite smoothie. While in comparison to the other high potassium foods on this list, the banana's 470 milligrams of potassium are only part of the story.

Bananas assist in digestion, and help to release toxins and heavy metals from the body — all of which are essential during a liver cleanse

**Please note:** *If you have high levels of potassium in your kidneys, foods rich in potassium should be consumed moderately.*

## TIP #4. TARGETED SUPPLEMENTS

### Herbs and spices to support your liver!



#### **Milk Thistle**

Milk thistle is considered the “king” of detoxifying herbs, making it ideal for a liver cleanse. Milk thistle helps to eliminate the buildup of heavy metals, prescription medications, environmental pollutants, and alcohol in the liver.

Research indicates that the active ingredient silymarin helps to strengthen the cell walls in the liver while supporting healthy regeneration.

Milk thistle can be taken as a supplement or as a liver cleansing detox tea.

#### **Dandelion Root**

Most homeowners hate the dandelion, as it populates yards every spring. But, this flower, and its root, is actually packed with vitamins and minerals.

Dandelion root has a natural diuretic effect, allowing your liver to more quickly eliminate toxins. It also helps to strengthen the immune system, balance blood sugar levels, relieve heartburn, and soothe digestive upset.

*Burdock root is another option in the same plant family that helps detox your system by cleansing the blood.*

# SUPPLEMENTS

## Turmeric

Turmeric reduces joint pain; is an effective antidepressant, aids in digestion, helps to restore a healthy blood sugar balance, and supports healthy liver tissue and liver metabolism.

Researchers are also studying turmeric for a variety of health benefits for diseases and conditions including: Alzheimer's disease, cancer, depression, osteoarthritis, breast health, prostate health, and chronic pain.

## Combination Liver Support Supplement

You can also purchase a liver support supplement that combines many of these key botanicals.

Supplements and teas are available that combine milk thistle seed, dandelion root, beet root, and bupleurum root to help detoxify the liver, assist in healthy liver function and decrease inflammation.

Most are available at your local quality health food store.

# BEFORE YOUR CLEANSE

## Preparation is key!

### STEP 1.

**Make sure your eliminatory pathways are open! That means:**

- Having at least 1 good bowel movement a day
- Movement/exercise (sweat)
- Castor oil packs and Epsom salt baths may also be used

### STEP 2.

**Clean up your diet.**

Avoid all processed foods, sugar, dairy, red meat, refined carbohydrates, alcohol, and gluten. Prioritize fibrous grains, vegetables, nuts, and seeds, and eating smaller meals.

### STEP 3.

**Hydrate.**

Boost hydration by drinking more water, green tea, or an energy boosting herbal detox drink like the recipe on the next page.

### STEP 4.

**Pre-flush. (AVOID if you have kidney disease)**

The evening before your cleanse, consider drinking a combination of 1 tablespoon of Epsom salt combined with water, followed two hours later with 6 ounces of extra virgin olive oil.

Then, get a good night's sleep!

## Detox Drink Recipe



Dilute cranberry juice with a ratio of 3 parts water to 1 part juice



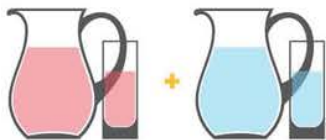
Steep 1/4 tsp of nutmeg and ginger with 1/2 tsp cinnamon in tea diffuser for 20 minutes



Cool to room temperature and add juice of 3 oranges and 3 lemons



Sweeten as needed with small amount of organic stevia or honey



Sip throughout the day, trying to consume 72 ounces of mixture and 72 ounces of water

## Detox Foods List

### Green Leafy Vegetables containing:

- Folate
- B vitamins
- Vitamin C
- Antioxidants
- Amino acids
- Minerals

### Sulfur-rich foods like:

- Allium vegetables: garlic, leeks, onions, scallions, and shallots.
- Cruciferous vegetables: arugula, broccoli, Brussels sprouts, cabbage, cauliflower, kale, and radishes.
- Eggs
- Legumes: chickpeas, kidney beans, lentils, and peas.

### Colorful fruits and vegetables

- Apples, oranges, lemons, limes, sweet potatoes, peppers, avocados, tomatoes, carrots, beets, beans.

### Quality fats:

- Cold pressed olive oil
- Avocados and olives
- Walnuts, Hemp seeds, chia seeds, and flax seeds

### Herbs:

- Turmeric, Ginger, Dandelion root, Burdock root, Cayenne, Cinnamon, Anise, parsley

### Gluten-free grains:

- Quinoa, Gluten-free oats, spelt

# SAMPLE CLEANSE DAY

Use this sample day template to choose from the detox foods list to create your own 3-5 day liver cleanse.

Remember to make sure you are having regular bowel movements, are sweating daily, eating light, and are staying hydrated in preparation for your cleanse.

## Sample Menu Template

- **Green smoothie** with apple, ginger, and citrus
- **Large Green salad** with tomatoes, bell peppers, sunflower seeds, sprouted beans, and sprouted quinoa
- **Marinated veggies** with greens, sesame seeds, and topped with walnuts or avocado
- **Drinks:** fresh green juices, green tea, and detox drink.



## During your cleanse

Even with the best preparation, you may feel unpleasant symptoms from your cleanse.

Symptoms may include:

- Headache
- Nausea and upset stomach
- Fatigue
- Brain fog
- Irritability
- Constipation
- Bloating and gas

The more toxic you were to begin with, the greater risk of side effects. That's because your body is releasing toxins, and you need to be able to get rid of them efficiently.

That's where gradually increasing fiber, hydration, and movement can help. You may also benefit from using digestive enzymes, binders, castor oil packs, or epsom salts.

Using a dry skin brush before showering and a tongue scraper are also ways to help rid your body of excess toxins.

Gentle exercise is important when you're doing a detox so that you don't cause additional stress for your body. Focus on gentle exercises like walking or pilates instead.

Getting plenty of sleep and rest is also important to encourage your body to rest and heal.





## About Jennifer

Jennifer Whitmire, aka Wholistic Jen, is the founder of Wholistic Farms. She is on a mission to save body parts. She is passionately committed to helping her clients to restore their health and feel their best.

Jen is currently enrolled in nutritional endocrinology practitioner training where she is an intern. She has master's degrees in health science and in education, as well as countless certificates in nutrition. She is a board-certified health educator, certified holistic health coach, and a master herbalist. She specializes in using food and herbs to restore health and has a specific passion for regenerative health and autoimmune conditions.

Jen works with clients in group programs and one-on-one. If you would like to schedule a free **15 minutes consultation, click here.** You can also follow Jen on **YouTube at Wholistic Jen,** join her in her private Facebook groups, **Wholistic Jen-Nutrition Nerd** and **Eating to Combat Autoimmune Illnesses,** and watch for her next class and programs. She sends out a weekly email with recipes that are perfect for anyone with an autoimmune illness along with helpful tips.

Click here to find out about the next 5 Day Seasonal Reset, and find out more about her 10 Week Program, **C.R.E.A.T.E. A Healthier You here.** You can find out more about her and Wholistic Farms at her website, [wholisticfarms.com](http://wholisticfarms.com).

# JOIN JEN FOR HER SEASONAL RESET



WHOLISTICFARMS.COM

## 5 DAY SEASONAL RESET

### January 23-27

- Beat the Bloat
- Feel lighter
- Break those Sugar Habits!
- Regain that Energy

**ALL WHILE EATING REAL FOOD**

No deprivation,  
No difficult recipes  
LOADS of support!

WholisticJen

~~\$97~~

[Click here for the Reset](#)

★ Today just \$77 for  
Pivot Party attendees

## OR TAKE A DEEPER DIVE WITH C.R.E.A.T.E A Healthier You

~~\$1497~~

★ \$1297 for attendees



C.R.E.A.T.E.  
a Healthier



**This is a Group Program**  
10 weeks of suggested Meal Plans  
and Recipes with shopping list  
Complete Reset Handbook  
Complete Reset Herb Guide

Live Class Each Wednesday  
Live Q&A on 3 Sundays

- ✿ Cleanse toxins
- ✿ Regenerate your health
- ✿ Eliminate extra weight and toxins
- ✿ Activate the healing power within
- ✿ Transform your health
- ✿ Energize your body and mind

Complete, full, and efficient detox that is  
carefully constructed to safely get results

BUY  
NOW

For more information, contact Wholistic Jen at  
jennifer@wholisticfarms.com



**A 10-WEEK  
GROUP INTENSIVE**

[Click for  
CREATE A Healthier You](#)



## About Tina

Tina Sprinkle is 63 years young with no plans to succumb to the avoidable perils of old age.

An avid hiker, ice climber, pilates pro and wellness retreat leader. Tina's passion is helping others live their best lives at any age.

A nutrition nerd by choice, Tina returned to school in 2019 to study functional nutrition at the Institute of Functional Nutrition for Endocrinology.

Tina's mission is to make optimal health and vitality accessible through the power of nutrition and longevity lifestyle interventions.

## THE BIG REWIND

- Are you ready to take charge of your health, energy, and rate of aging?
- Are you ready to do something about the fatigue, weight gain, and loss of mojo you're attributing to aging?
- Are you curious about your biological age, inflammatory markers, and ideal nutritional anti-aging macronutrient template?
- Do you really want to live the latter part of your life dealing with preventable disease, frailty, and distress?



**Intensive Programs**



# THE BIG REWIND INTENSIVE PROGRAMS



3 WEEK REWIND	6 WEEK REWIND
<ul style="list-style-type: none"> <li>• Baseline Healthy Aging Blood Lab Order and Functional Nutrition Review \$199</li> </ul>	<ul style="list-style-type: none"> <li>• Baseline and Follow Up Healthy Aging Blood Lab Order and Functional Nutrition Review \$398</li> </ul>
<ul style="list-style-type: none"> <li>• Baseline Biological Age Calculation \$65</li> </ul>	<ul style="list-style-type: none"> <li>• Baseline and Follow Up Biological Age Calculation \$130</li> </ul>
<ul style="list-style-type: none"> <li>• Personalized Longevity Macro Nutrient Template &amp; Body Composition \$129</li> </ul>	<ul style="list-style-type: none"> <li>• Personalized Longevity Macro Nutrient Template, Exercise RX, Body Composition, \$149</li> </ul>
<ul style="list-style-type: none"> <li>• (3) 30 minute Longevity Lifestyle Coaching Sessions, Recipes &amp; Resources \$210</li> </ul>	<ul style="list-style-type: none"> <li>• (6) Weekly 30 minute Longevity Lifestyle Coaching Sessions, Recipes &amp; Resources \$420</li> </ul>
<ul style="list-style-type: none"> <li>• Weekly resources, guides, &amp; ongoing support</li> </ul>	<ul style="list-style-type: none"> <li>• Weekly resources, guides, ongoing support, discounts on training, supplements &amp; retreats</li> </ul>

\$603 Value

\$1097 Value

 **\$449**

[www.tinasprinkle.com/3-week](http://www.tinasprinkle.com/3-week)

 **\$949**

[www.tinasprinkle.com/6-week](http://www.tinasprinkle.com/6-week)