

A Month Without Alcohol, Sugar, or Caffeine— and What It Did to My Body

marie claire April Wolfe
January 15, 2016 2:44 PM



Week One

The first day, I woke up early and excited. In my bright kitchen, I searched YouTube for workout videos and dove into a 10-minute cardio barre routine before eating breakfast. I nearly passed out...which is why you need to hold onto that barre, apparently.

After the workout, I had a serving of steel-cut oats with whole-fat yogurt and one cup of decaffeinated coffee in my beloved Phyllis Diller mug. Okay, this wasn't so bad. Lunch was a salad with avocado and a hard-boiled egg. How refreshing!

I stayed the course pretty easily. Then came Halloween (whammy!) and my period (double whammy!).

All was well on day one until around 9 pm. My boyfriend was drinking a beer, and we were watching *Cheers* (a show about a drinking), and I was...not drinking. The next day, I bought eight cases of La Croix sparkling water, with the hopes it could serve as my new social crutch, and maybe keep me awake during *Cheers*.

The rest of the week, I stayed the course pretty easily. Then came Halloween (whammy!) and my period (double whammy!).

We'd been invited to a party where I didn't know anyone, and where I wouldn't be able to binge-drink or binge-fistfuls-of-candy as I would normally. I was armed with only the power of La Croix. I bypassed the table of sugary treats, finding that knowing they weren't for me made it easier to avoid them. My period started, but I had none of my usual cramps and *no* emotional whiplash. I did, however, pop open can after can of soda water, keeping myself busy, making small talk with strangers. While it's not super-fun to be around screaming, inebriated people, I was fine.

Read the full article here: <http://news.yahoo.com/month-without-alcohol-sugar-caffeine-194333645.html>