**ICG Turbocharge your Dry January Resources**

<http://theicg.co.uk/member/alison-lyon>

(This Resource Sheet is aimed at ‘grey area drinkers’ (those who, however much they drink, have concerns about their alcohol consumption). They’re not appropriate for those clinically dependent.)

Please email your resource suggestions to add to this list to [Alison@CounterpointUK.com](mailto:Alison@CounterpointUK.com) and I’ll update it regularly. Thank you!

**Free Dry January pdf** from The Sober Club coaches: <https://www.thesoberclub.com/wp-content/uploads/2024/01/Sobriety-Rocks-Top-Tips-for-a-Successful-Dry-January-.pdf>

**Sources on holistic health & wellbeing**

**Radio/ Podcasts**

Radio 4 series: Do One (Long) Thing

Janey Lee Grace: TedX talk ‘Sobriety Rocks, Who Knew’

Andrew Huberman podcast

**Books**

Prof David Nutt: Drink?

William Porter: Alcohol Explained

Jason Vale: Kick the Drink easily

Annie Grace: This Naked Mind

Catherine Gray: The unexpected Joy of Being Sober

Andy Ramage & Ruari Fairbairns (the One Year No Beer guys): The 28 Day Alcohol Free

Challenge

Lotta Dann: Mrs D is going without

Janey Lee Grace: Happy, Healthy, Sober

**Online**

Search Facebook for online groups that appeal – One Year No Beer is one example

Lots of information on [www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

**Basics**

**Nutrition**

Sufficient & good protein with every meal

Half your plate should be plants

Healthy fats (particularly olive oil)

Prepare better snacks

Look at Zoe programme (lots of info is free, the tests/ kits are a significant cost)

Instagram: dominiqueludwig\_nutrition (great sweet alternatives – matcha balls, Marathon bar alternatives), naturedockids

Books: Dale Pinnock ‘The Medicinal Chef’; Trish Tucker-May ‘Nourish your gut (for a positive menopause)’

LinkedIn: ICG supporter Paul Kingsley-Smith’s journey with sugar (paulkingleysmith)

**Hydration**

Obvious but 2 to 2.5 litres a day

**Sleep**

Work through a ‘sleep hygiene’ checklist

Set up your iPhone (other smartphones are available) Sleep function

Headspace app has some good tracks to fall asleep to

**Movement/ exercise**

Lean into your strengths, do what you enjoy/ fancy (Tango?, coastal rowing?, 5 a side?)

Incorporate getting out into nature if you can, and make it social if you can

**Connection:**

**Sober-related:** Find and join an online community for learning, support and laughs

The Sober Club ([www.thesoberclub.com](http://www.thesoberclub.com)), One Year No Beer ([www.oneyearnobeer.com](http://www.oneyearnobeer.com)), or search ‘online community to support not drinking alcohol’ – seemingly even Richard and Judy are at it!

Whatever you’re interested in, there’s an AF version to explore – AF comedy, running, dating, events (have a look at af.ter\_party on Instagram for AF events in the Manchester area)

Tell a friend, it helps with accountability

**General wellbeing:** come to one of the new ICG drop in wellbeing check ins (next one Wed 24th Jan at 10am)

**AF Drinks (<0.5%)**

Check out Club Soda in Covent Garden & online: brilliant resource, highly recommended especially if you can visit and try out what they have in stock before buying; they also do courses in mixology and their cocktails are absolutely beautiful

Online specialist retailers - Dry Drinker ([www.drydrinker.com](http://www.drydrinker.com)), Wise Bartender ([www.wisebartender.co.uk](http://www.wisebartender.co.uk)) and anything in the award-winning Lyre’s range (their Italian cocktails/ aperitivos are brilliant) ([www.lyres.co.uk](http://www.lyres.co.uk))

Mainstream supermarkets also now all carry a reasonable range of AF drinks

Beers: lots of specialist AF beers – Big Drop (lager, stout, pale ale), Lucky Saint, Moretti AF, Peroni AF as well as ‘artisan’ brewers producing great AF versions: Only With Love, Cloudwater, Goram IPA …

Wine: sparkling has the best options - Noughty, Sainsbury’s Blanc de Blanc AF, Lyre’s; white wine - Eins, Zwei, Zero Riesling, McGuigan’s Natureo; Rose - Natureo

Spirits: gin-like – Sea Arch, Pentire, Seedlip (3 x versions), 0% versions of mainstream gins such as Gordon’s, Tanqueray; Whisky, vodka and cocktails – check out Lyres for excellent whiskies, mocktail kits, vodkas and recipes. Lyre’s have won taste competitions when blind tested again alcohol.

GABA spirits are interesting – try Sentia for a warm glow of an evening, or any of the Three Spirits range

Also – try kombucha (fermented tea), switchels (ginger has a particularly zing) as well as a tablespoon of Apple Cider Vinegar in sparkling water (as suggested in our session)

Please send in suggestions and I’ll add to this list!