

# Alkohol zdravotní rizika - Co se stane, když přestanete pít alkohol, nebo naopak budete pokračovat?

Metodologie a reference

## Reference

- 1 What to expect when you stop drinking  
<https://www.drinkaware.co.uk/advice/i-need-advice-to-stop-my-drinking/what-to-expect-when-you-stop-drinking>
- 2 Handbook of Health Economics - Alcohol  
<https://www.sciencedirect.com/science/article/pii/S1574006400800438>