



# Understanding Clear Alcohol: What You Need to Know

Clear alcohol, such as vodka, gin, and white rum, is often perceived as lighter or less harmful due to its lack of color. However, the effects of clear alcohol are similar to those of darker spirits. The lack of congeners (impurities) in [clear alcohol](#) may result in fewer hangover symptoms, but it doesn't make the alcohol any less potent. Healthier Me Today provides insights into the impact of different types of alcohol on your health, helping you make informed choices.



## DETOX FROM ALCOHOL

Detoxing from alcohol is the first step in overcoming dependency. It involves the body ridding itself of alcohol and adjusting to its absence.

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