

# IS BRAIN DAMAGE FROM ALCOHOL REVERSIBLE?

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**Yes!**

**ABSTINENCE HELPS THE BRAIN RECOVER**

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**DAYS IN  
ABSTINENCE**

**BRAIN  
REGENERATION**

**14**

Partial  
regeneration

**18**

63% demonstrate  
normal levels of  
cognitive function

**305**

12 cognitive  
domains fully  
recovered



Neuroplasticity  
returns to normal  
during abstinence