

NEPHALISM

Meaning: Nephalism is the practice or philosophy of abstaining from alcohol for health and well-being.

1. Nephalism is often discussed in the context of dietary choices and health.
2. The philosophy of nephalism promotes abstaining from alcohol for better well-being.
3. Many proponents of nephalism argue that sobriety enhances clarity of thought.
4. In some cultures, nephalism is embraced as a lifestyle choice rooted in tradition.
5. The rise of nephalism reflects growing awareness about the impact of alcohol on society.

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