

**BENEFITS OF ALCOHOL: 15 REASONS TO DRINK
ALCOHOL**

Margaret Caba

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Alcohol: Weighing risks and potential benefits - Mayo Clinic

But the benefits of tipping-in moderation!-go far beyond heart health, longevity, and red wine. In fact, a drink here and there-be it beer, liquor.

7 Health Benefits Of Drinking Alcohol

Alcoholic beverages and coffee have no season. People want them in 15 Reasons Why Giving Up Coffee and Alcohol Are Worth It. October 13 Both have too many other negative effects that outweigh the benefits. Next.

The science gods have said it! Drinking beer in moderation is actually good for your health. These 15 facts reveal why you should not feel bad.

Related books: [Onde Estão os Seus Pecados? \(Portuguese Edition\)](#), [Intrapartum Ultrasonography for Labor Management](#), [Piedmont Soldiers and Their Families: North Carolina \(Civil War Series\)](#), [Soul Trapper: A Novel \(Kane Pryce Novels\)](#), [Droits dingérence \(Nouveaux débats\) \(French Edition\)](#).

Read this. While even fans of the digestif admit that it's an acquired taste, they virtually all swear by the potable's medicinal magic. Researchers fed vodka and wine to two out of three groups of pigs along with a high-fat diet for seven weeks.

Drinkingbeermoderatelythekeywordhereismoderatelycanhelptoflushdan
For example, moderate drinking is linked to reduced weight gain, whereas heavy drinking is linked to increased weight gain 3233 Vodka is considered a lower-calorie libation compared to wine or beer, but is it the best option for those trying to lose weight?

Theideathatmoderatedrinkingprotectsagainstcardiovasculardiseasema
and cancer risk.