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**Article title:** Alcohol drinking could be both good and bad for you

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### **Summary**

The main purpose of the article is to expose that drinking alcohol have both benefits and risks to human health, and report some of the issues involving alcohol use. In first place, the reporters explain that drinking alcohol is a socially acceptable behavior in many parts of the world, and it dates back more than 10.000 years, making this activity an important part in human civilization. Different processes of fermentation are used to produce alcohol, including the sugar of the sugarcane to make rum. There has been a large amount of research done on alcohol and its effects on human health. Much of the research has examined the harmful effects. But, some research suggests that having one to two drinks of alcohol a day may offer some health benefits. The researchers though of substance uses issues along a continuum, going all the way from abstinence to abuse and dependency. Healthy use for adults is no more than two drinks in a day and no more than fourteen drinks in a week, in order to see the benefits. Finally, the article presents that more and more young people are getting the message when it comes to the dangers of alcohol use.