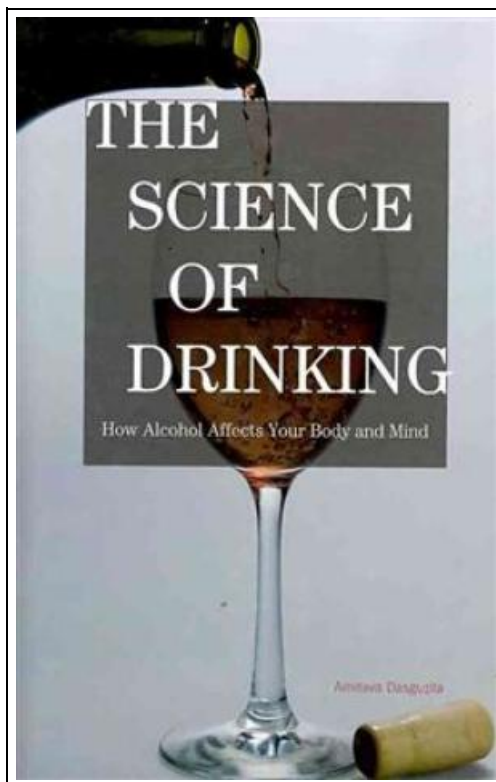


The Science of Drinking



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Reviews

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THE SCIENCE OF DRINKING



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Rowman & Littlefield, 2011. Hardcover. Book Condition: New. 16.2 x 23.9 cm. This work discusses healthy versus unhealthy alcohol consumption, describes the health benefits of consuming alcohol in moderation, and explains how alcohol influences the brain and body. Scientific research has clearly established that drinking in moderation has many health benefits, including maintaining a healthy heart. Yet, many people do not know that drinking red wine protects the heart more than white wine, while beer, margaritas, and hard liquor are less effective in providing such protection. And while alcoholism is a serious problem requiring medical and psychological treatment, for those who are not addicted, drinking alcohol is not necessarily a bad habit. The problem is to distinguish between drinking sensibly and drinking insensibly. The author clearly outlines what constitutes healthy drinking and its attendant health benefits, offers advice on how to drink responsibly, and provides insight into just how alcohol works on the brain and the body. Questions this book addresses include: What constitutes a safe drinking and what is excessive drinking; Understand how much drinking is safe before driving home; Why red wine is superior to other alcoholic beverages for protecting heart; Why underage drinking can cause severe brain damage; Why drinking during pregnancy is dangerous; Why heavy drinking can cause severe liver disease. After reading this book, readers will enjoy their next drink with a fuller and safer understanding of why they're enjoying it. Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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