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researchers found that moderate beer... 10 Health Benefits Of Beer | Men's Health Beer has high levels of B vitamins, particularly folic acid, which is believed to help prevent heart attacks. Beer also has soluble fiber, good for keeping you regular, which in turn reduces the likelihood that your system will absorb unhealthy junk like fat. Beer Health Benefits: 10 Reasons Why Drinking Beer is not ... If you drink it in moderation, beer (just like wine, spirits, or other alcohol) can have health benefits. "The strongest evidence suggests alcohol of any kind can increase good cholesterol," says... The Truth About Beer: Calories, Bellies, Nutrition, and More Not only that, but beer is one of the very few plant sources of vitamin B12. "B12 is really only

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reliably found in animal sources, so that's a big deal, even if it only has 3 percent of the recommended daily allowance," says Giancoli. (The B12 comes from bacteria growth in the barley grain.) The 10 Healthiest Beers, Ranked | HuffPost For many people, the possible benefits don't outweigh the risks and avoiding alcohol is the best course. On the other hand, if you're a light to moderate drinker and you're healthy, you can probably continue to drink alcohol as long as you do so responsibly. Here's a closer look at alcohol and your health. Alcohol use: Weighing risks and benefits - Mayo Clinic Not only does beer taste great, and make you feel "buzzed" on life, beer is also good for you. Top reasons beer is actually good for you | Fox

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News But here's a buzzkill: Even though beer is a good source of B vitamins, the alcohol in it mostly cancels out those benefits. • Beer offers anywhere from 95 to 360 calories in a 12-ounce serving,... Why beer is good for your health - CNN Beer is good for You?? Beer is good for You?? - YouTube Another interesting benefit of drinking beer is that it can be good for your kidneys. Some studies have shown that moderate beer drinkers show a marked reduction in the build-up of kidney stones.... Beer Might Actually Be Good for You, According to Science And while we've long known that beer (in moderation) is good for you—see 10 Reasons to Have a Beer Right Now —researchers hadn't previously

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