

Two Pils a Day Keeps the Doctor Away

Now put that remote down and pay attention to what we've come up with. We've done the research for you: Study after study shows that moderate alcohol consumption (large amounts, especially in concentrated forms can cause numerous health problems) benefits nearly everyone, often in ways no one previously imagined.

"I don't know, I can imagine lots of ways," we hear you saying. Yeah. But that's not what we mean. Keeping in mind life's best piece of advice, "everything in moderation", and life's other great piece of advice, "no matter how many cable channels you have, there's nothing good to watch", here are some of the findings of dozens of studies conducted all over the world in recent years.

Studies have shown that moderate consumption of alcohol provides:

- a 20% to 30% reduction in death from *all causes* among *moderate* drinkers;
- a 13% reduction in the incidence of all disease in general;
- a significantly reduced risk of ulcers (beer, especially, protects against *Helicobacter pylori*, the bacteria associated with peptic ulcers);
- significant (40% to 50%) reduction in the risk of developing gallstones and kidney stones (beer only);
- a 45% reduced incidence of stroke (up to 2 beers per day as compared to non-drinkers), including among Type II diabetics;
- a 56% lower risk of angina;
- a 47% lower risk of myocardial infarction;
- a substantially lower risk (than abstainers, OR heavy drinkers) of carotid arteriosclerosis (Whatever this is, it's bad, you don't want it!);