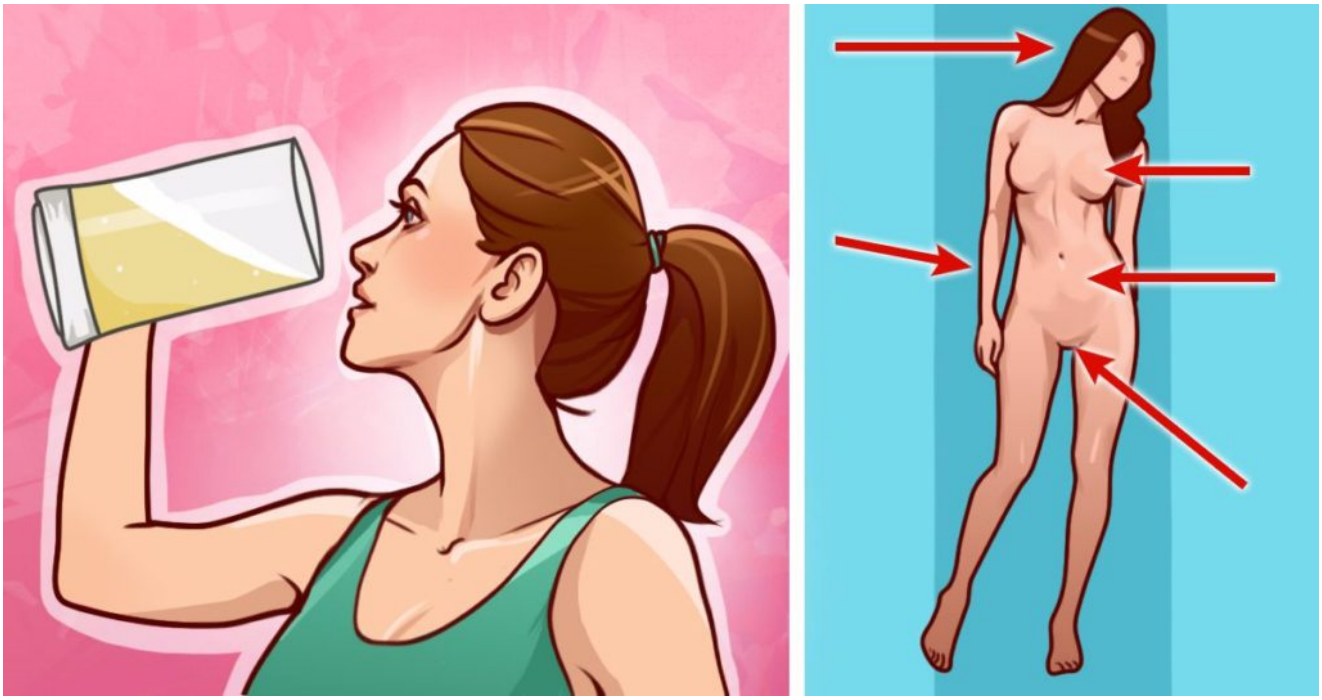
DRINKS & SMOOTHIES

Top 10 Reasons Why You Should Drink Beer! No.4 Is Crucial!

By bestfolkmedicine · 13/07/2018 · 2 min read



Did you know that beer is one of the oldest and most consumed alcoholic drinks that people used to drink with specific meals, especially in north America and Europe? What's more, this beverage is abundant in vitamin B and protein, unlike wine, even though they share the same antioxidants.

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Hops are the main component of beer and they are a crucial source of flavonoids, i.e. potent antioxidants. Also, it contains specific minerals which play a pivotal role in different metabolic processes going on in the body. When consumed in moderate amounts, beer can significantly better your overall health in numerous ways.

Check out some of its best health advantages below.

10 Good Reasons to Drink Beer

It is abundant in dietary fiber which is great for the digestion and for reducing bad cholesterol.

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It maintains the health of the kidneys and a bottle of beer can lower the chance of kidney stones by 40 percent.

Beer increases the level of vitamin B1, B2, B6, and B12 and when consumed regularly and moderately, beer drinkers will have 30 percent more vitamin B6 than people who do not.

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Beer can help you fall asleep easier and thus enhance your quality of sleep with the help of the lactoflavin and nicotinic acid present in it.

Beer helps strengthen your bones and improves their density with the help of its high levels of silicon.

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Did you know that beer has the power to rejuvenate the skin and make it more beautiful? It does this with the help of its vitamins that have a positive effect on the pigmentation process. So ladies, the next time you are having skin problems, remember that a beer from time to time will help you smoothen the skin and make it shinier and suppler. Amazing, right?

2 glasses of beer on the daily can lower anxiety and work-related stress.

Beer is an excellent drink to better the memory and according to a recent study, people who consume beer have a lower risk of Alzheimer's and dementia than those who do not.

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Beer will avert the occurrence of blood clots, which are known to lead to deep vein thrombosis and other serious health complications.

For a healthy heart, drink a bottle of beer from time to time! This is because you will have a 40 to 60 percent lower risk of heart attacks than if you do not.

Sources:

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