HEALTH BENEFITS OF DRINKING BEER

- Anti-Cancer Properties
- Reduce Risk of Cardiovascular Diseases
- Increase Bone Density
- Lower Prevalence of Type-2 Diabetes
- Boost Immune System
- Reduce Stress
- Stop Cataracts Forming
- Lower Blood Pressure
- Prevent Dementia
- Facilitate Sleep
- Reduce Risk of Kidney Stones
- Aid in Workout Recovery
- Diuretic (Removal of Toxins & Wastes)
- Prevent Anaemia
- Aid Digestive System

WORD OF CAUTION: drinking beer in excessive amounts is dangerous to health and can negate any and all beneficial effects.

BREW FOR AFRICA  www.BrewForAfrica.co.za