AMAZING HEALTH BENEFITS OF BEER

Beer has a greater protein and vitamin B content than wine, while its antioxidant content is equivalent to that of wine. Hops, a major component for brewing beer, are rich sources of flavonoids, which are potent antioxidants. And beer is low in sodium. It is also a very good source of certain minerals that play essential roles in various metabolic processes (for example, beer has been found to be high in potassium). If taken in moderate quantities, it can definitely boost your health in a number of ways.

Some of these interesting health benefits include the following:

**Anti-Cancer Properties:** A flavonoid compound called Xanthohumol is found in the hops commonly used in brewing beer. It has been seen to play a major role in the chemoprevention of cancer, including prostate cancer. According to Bio-medicine, it is also a good source of polyphenols, due to the grains used for fermentation. It has been proven effective in fighting cancer, just like red wine.

**Reduced Risk of Cardiovascular Diseases:** Beer contains vitamin B6, which protects against heart diseases by preventing the build-up of a compound called homocysteine. It has a thinning effect on the blood and prevents the formation of clots, which cause blocks in the coronary arteries. Moderate consumption also reduces the risk of inflammation, the root cause of atherosclerosis, which is cholesterol and plaque building up on the blood vessels and artery walls. Italian researchers found that moderate beer drinkers had a 42 percent lower risk of heart disease compared to non-drinkers. For maximum protection, keep your consumption to one pint—at around 5 percent alcohol by volume—a day, the researchers say.

**Prevention of Dementia and Coronary Disease:** Beer consumption also boosts the level of “good cholesterol” by 10-20%, thus reducing the risk of dementia and cardiovascular diseases.

**Osteoporosis & Increased Bone Density:** Moderate intake is shown to increase bone density, thereby preventing the risk of fractures. The silicon present in it is also readily absorbed by the body, further explaining the protective effect of beer against osteoporosis. Nasty breaks from drunken debauchery aside, a couple beers a day could actually strengthen your bones, according to a study at Tufts University. Guys who stuck to one or two brews had up to 4.5 percent greater bone density than non-drinkers—but more than two beers was associated with up to 5.2 percent lower density, according to the study.

**Diabetes:** Studies have linked moderate beer consumption to a lower prevalence of type 2 diabetes. Dutch researchers analyzed 38,000 male health professionals and found that when men who weren’t big boozers began drinking moderately over 4 years, they were significantly less likely to be diagnosed with type 2 diabetes. Increased alcohol consumption over time didn’t lower the risk in men who already had a couple drinks a day, so moderation is the key word here. Stick to a beer or two at happy hour tonight.

**Prevention of Anaemia:** Beer is a good source of vitamin B12 and folic acid, a deficiency of which may lead to anaemia. Vitamin B12 is also essential for maintaining normal growth, good memory and concentration.

**Anti-Aging Properties:** Beer increases the potency and impact of vitamin E, which is a major antioxidant in the body. It is an important part of the maintenance of healthy skin, while also slowing down the aging process.

**Hypertension:** Regular beer drinkers have been found to have lower blood pressure, compared to people that consume similar amounts of wine or other spirits.

**Cleansing of Gastrointestinal Tract:** Beer is a good source of soluble fibers that promote general health. This includes being good for the heart, as well as helping to clean out the digestive tracts.
Assists Digestive System: Beer is shown to possess a number of digestive properties, which include the stimulation of gastrin, gastric acid, cholecystokinin and pancreatic enzymes. Beer contains beta-glucans, a soluble fiber which acts as a natural laxative and the only dietary fiber noted to reduce risk of disease. Lager has 0.75 grams of fiber per bottle, and dark beer has 1.3 grams, so drinking a beer or two can actually help with constipation.

Diuretic: Beer acts as a diuretic, and significantly increases urination. This facilitates the increased removal of toxins and waste materials from the body.

Kidney Stones: It is a rich source of magnesium, which results in a reduced risk of kidney stones. Researchers in Finland found that each bottle of beer a man drinks daily lowers his risk of developing kidney stones by 40 percent. The researchers can’t exactly explain the link, but speculate that a high fluid intake not only makes for an excessive number of trips to the bathroom, but could also keep kidneys functioning properly. Additionally, the researchers say the hops in beer may be responsible for the correlation, helping to slow the release of calcium from bone—which could get reabsorbed by the kidneys as painful stones.

Gallstones: Regular consumption of moderate amounts of beer affects the cholesterol levels and decreases bile concentration, leading to a reduced risk of developing gallstones.

Stress Buster: Like other alcoholic drinks, beer is shown to reduce stress and facilitate sleep.

Lower Blood Pressure: High blood pressure can be responsible for a range of health problems, but beer can lower your risk for hypertension, research suggests. In one study, Harvard researchers found that moderate beer drinkers are less likely to develop high blood pressure than those who sip wine or cocktails.

See Clearer: A beer a day could keep the eye doctor away. Canadian researchers found that one beer a day – especially a lager or stout – increases antioxidant activity that can stop cataracts from forming in the eyes. The kicker: The scientists found an opposite effect in participants who had three or more drinks a day.

Fight Off Infection: Having one or two drinks a day might boost your immune system and fight infections, according to an Oregon Health & Science University study.

Recover Faster After Workouts: a brew could also aid in workout recovery, according to a Spanish study. Researchers asked students to exercise until their body temperature reached 104 degrees, and then had them rehydrate with beer or water. As it turns out, people who had a post-workout pint were slightly more hydrated than those who had H2O.

This sums up a few of the health benefits of beer consumption, when done in moderation. Moderate levels of consumption also ensure that the calorie intake from it does not affect the health adversely.

HOWEVER, A WORD OF CAUTION: Drinking beer in excessive amounts (addiction) is dangerous to health and can negate any and all beneficial effects.

Sources:
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