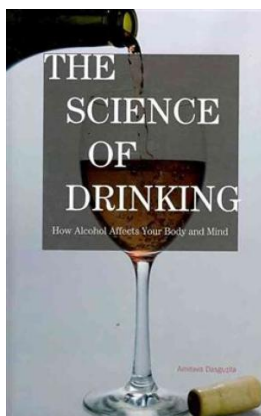


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## THE SCIENCE OF DRINKING



Rowman & Littlefield, 2011. Hardcover. Book Condition: New. 16.2 x 23.9 cm. This work discusses healthy versus unhealthy alcohol consumption, describes the health benefits of consuming alcohol in moderation, and explains how alcohol influences the brain and body. Scientific research has clearly established that drinking in moderation has many health benefits, including maintaining a healthy heart. Yet, many people do not know that drinking red wine protects the heart more than white wine, while beer, margaritas, and hard liquor are...

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- Authored by Amitava DasGupta
- Released at 2011



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