



Beer in Health and Disease Prevention

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Presenting both the concerns and problems of beer consumption as well as the emerging evidence of benefit, Handbook of Beer Health and Disease Prevention offers a balanced view of today's findings and the potential of tomorrow's research.

From a beverage of warriors to a cheap and affordable commodity, beer has been a part of our consumption for nearly 8000 years. Like most alcoholic drinks it has been prone to abuse and in some countries the per capita consumption of beer has led to considerable health risks.

However, just as wine in moderation has been proposed to promote health, research is showing that beer -- and the ingredients in beer -- can have similar impact on improving health, and in some instances preventing disease. For example, some cancers like bladder cancers and the incidence of cardiovascular disease are reported to be lower in moderate beer drinkers. Furthermore there is a considerable body of emerging evidence to show that the anti-oxidant capacity of beers is high. It has been argued by some that the total antioxidants ingested in some beer drinkers equates that consumed by red wine drinkers.

The key to this, of course, is understanding and this volume presents a collection of the most current writings on the subject of beer and it's potential in health.

Winner of the 2009 Best Drinks and Health Book in the World - *Gourmand World Cookbook Awards*

*The most comprehensive coverage of the broad range of topics related to the role of beer and beer ingredients in health *Addresses the impact of beer and beer ingredients on cancers, cardiovascular disease, anti-oxidant benefits, and other health related concerns Presents a holistic view from beer brewing to the isolation of beer-related compounds. *Appropriate for scientists and researchers from a variety of fields and industries from beer production to health-care professionals *Consistent organization of each chapter provides easy-access to key points and summaries *Self-contained chapters written by subject matter experts

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