

Title:

Cheers To A Healthy Lifestyle!

Word Count:

789

Summary:

While it is true that moderate alcohol intake offers some benefits such as longevity and health

Keywords:

sleep disorder, liver disease, side effects, pregnancy, over-the-counter sleeping pills

Article Body:

Some people drink alcohol occasionally or socially during special dinners or cocktails. Other
We all know that alcohol is a by-product of fruits, grains or vegetables through a process cal
Studies show that moderate drinkers tend to live longer and are less likely to suffer heart st
Moderate alcohol drinking standard is about two drinks a day if you're a male under 65 years o
Certain health conditions can be made worse by drinking any amount of alcohol. Those who have
Moreover, alcohol intake may interact with over-the-counter sleeping pills, antibiotics, antidi
Aspirin combined with alcohol increases the risk of gastrointestinal bleeding while alcohol's
Drinking alcohol can help a person feel a little bit relaxed or anxious because alcohol is a d
There is extreme danger when large amounts of alcohol is consumed over a short period of time.
Some people may not realize it but too much alcohol, like drug use, can develop into abuse and
To drink or not to drink alcohol is a question only you and your physician can answer. Very f

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