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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Beer, Wine and Your Bones

By Michele Webb

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If you like the taste of a good brew, then here is some good news! In a recent research study of over 2,900 women and men, researchers found that beer, which contains silicon, may promote bone health. Silicon is a mineral that is thought to stimulate collagen production, which is a building block in bone formation. Wine is rich in phytochemicals, which may also benefit bones. Research does not show, however, in the battle of the sexes, that beer or wine has better or less results in either men or women. In a recent WebMD interview, Katherine Tucker, PhD says that it is possible that two glasses of wine could benefit men, while women may get a bone boost from two cans of beer. Another study of 2,847 people from the Framingham Osteoporosis Study found that men and pre-menopausal women who drank the most silicon, about 40 mg a day, had the highest bone mineral density, a measurement of bone health. Silicon is rarely listed on food labels, so it is hard to tell exactly how much you are consuming. But, you can estimate that one 12-ounce beer has approximately 7 mg of silicon.

It is important is that you drink any alcoholic beverage in moderation because while two cans of beer or two 6 ounce glasses of wine may be good for promoting bone growth, drinking more is harmful. The not-so-good news is that if you drink distilled beverages such as vodka or Scotch, daily consumption of these beverages has shown to actually promote osteoporosis. Osteoporosis is a bone-wasting disease that makes your bones brittle and more prone to breaks. The disease increases with age and is more common in women than men, especially postmenopausal women.

Drinking red wine has also shown to be linked to heart health. So, what we are seeing now is a diet that is good for the heart and another that is good for the bones. Because good nutrition is good for the heart, you can consider it good for the bones as well. Other studies have shown that good nutrition also plays a significant role in brain health.

So, how much beer or wine is good for your bones? Current recommendations are for two drinks a day for men and one drink a day for women. So, don't jump and run to a keg party quite yet, remember that moderation is best.

Now, if you are not a beer or wine drinker, don't start now just to promote bone growth. There are other ways to get silicon, and let us not forget that alcohol consumption raises other health risks such as osteoporosis itself. So, if you are interested in a healthier way to introduce silicon into your diet, you will want to eat dates, mangoes, melons, spinach, apples and even some bottled mineral waters will be good sources.

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Beer Gifts For A Beer Lover

By I Henman

At the risk of sounding stereotypical there is one thing that most men enjoy and can't get enough, beer. Now this isn't to suggest that the majority of males have a problem with alcohol, just that we all enjoy a nice cold brew once and a while. It might be a Belgian white, an Irish stout, or a good German ales there is something for all beer lovers. With the increased popularity in microbreweries and different types of beer, something else has grown in popularity, beer gifts. More or less anything related to beer, mugs, steins, trinkets, and of course beer itself.

A wonderful place to pick up some more trinket like beer gifts is your local Spencer's Gift's. You should have one in your local mall, stop in next time you notice it. They have a vast array of beer related gifts to tickle any beer lovers fancy. >From mugs, to novelty gifts it's a great place to find items for a beer lovers office, or den. Now most beer lovers will agree the best beer gift you can give someone who loves beer is beer itself. There are so many microbreweries opening these days, it's pretty impossible that anyone has tried them all. Visit a specialty store in your area and see what specialty beers you can find for that beer lover in your life.

It's strange to say but beer is becoming almost on par with wine for variety. You can get beer in almost any flavor, and from every part of the world. While it will never be as elegant as wine, beer lovers can talk for hours about how their favorite draft is made, and always enjoy trying something new.

If you really want to find original beer gifts for that special someone take the time to search on the Internet. It's probably one of the best places to find original beer gifts, and at a fantastic price. For antique and original mugs, and glasses why not check out ebay. You might even find old advertisements and signs from a favorite beer brand. For more conventional beer gifts there are lots of

retailers online that sell mugs, key chains, and the life. Again you'll never go wrong with a fine selection of ales themselves for, but these are all great ideas to get that perfect man or women who can't get enough beer for that special occasion.

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