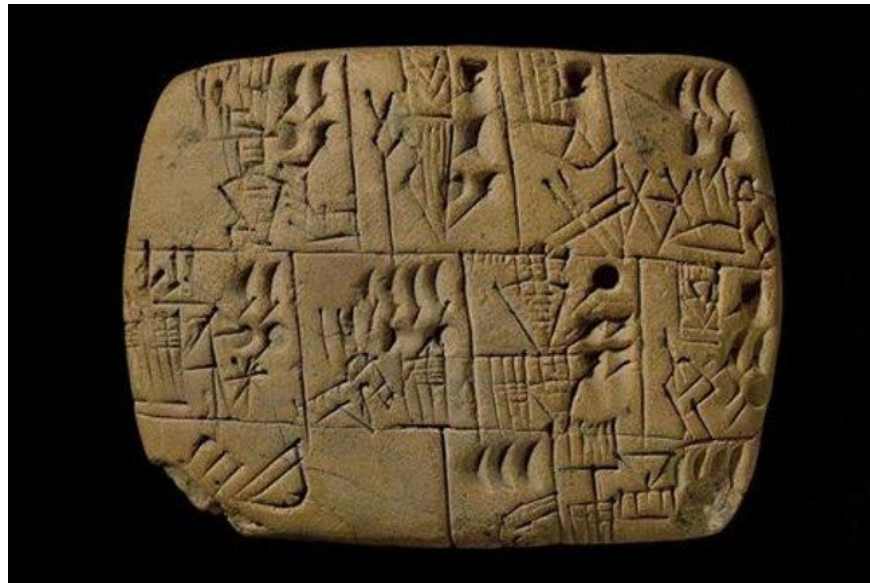


# Alcohol contains 13 essential minerals for the body and 10 facts about beer and alcohol that you don't know

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Beer, wine are popular drinks in the world, from men and women to the elderly, children also drink. When it comes to alcohol, we often think of the effects of this drink without knowing that they also have very good health effects. In addition, alcohol also contains many interesting and unexpected facts. Let's explore together!

1. What happens when you stop drinking for about 21 days?
2. 5 simple ways to minimize the impact of alcohol
3. This is why beer, wine, bottled orange juice smell fishy



1. Beer is one of the oldest drinks in the world. Evidence suggests that beer dates from at least the 5th century BC. Beer is considered a wage paid to workers in Mesopotamia (present-day Iraq) 5,000 years ago.



2. Thermometer was invented around 1592 by Italian scientist Galilei. Initially, Galilei chose wine for use in thermometers, not mercury.



3. America is the country with the highest drinking age in the world. Czech, the world's tallest beer consumer, averages nearly 157 liters of beer a year on average.



4. In wine, especially wine contains 13 essential minerals such as magnesium, iron, calcium, zinc, potassium, phosphorus and manga. And according to nutrition experts, red gold wine has more minerals than white wine.



5. Scientists have demonstrated that drinking alcohol in moderation can prevent the risk of certain diseases such as cancer, dementia . and help people live longer. Men drink 2 330ml beer cans per day for health benefits.



6. In 1995, scientists discovered a giant strip of pure alcoholic ethanol approximately 288 billion miles in diameter about 10,000 light-years from Earth.



7. The body absorbs a glass of wine slowly rather than a drink mixed with carbonate.



8. President Abraham Lincoln made a very good drink. He used to open a pub with his friend.



9. In Europe, alcohol is quite popular drink. You can even buy them in high school.



10. The National Anthem of the United States, The Star Spangled Banner is one of the most difficult national anthem songs in the world because it is written in the melody of a drinking song.

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