



Jungbrunnen Bier: Gesunder Genuss (German Edition)

Univ.-Prof. Dr. med. Manfred Walzl, Mag. Michael Hlatky

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Bier auf Krankenschein wird wohl eher ein Wunschtraum vieler Stammtische bleiben, doch weltweite Forschungen haben ergeben, dass Bier bei maßvollem Genuss ein relativ nebenwirkungsfreies Getränk mit vielen positiven medizinischen Wirkungen ist - was der Volksmedizin übigens schon seit vielen Jahrhunderten bekannt ist. (Erst jetzt kann aber die moderne Wissenschaft das Überlieferte nach und nach entschlüsseln.

Die positiven Wirkungen des Bieres, zum Beispiel bei Nierensteinen, Herz-Kreislauf-Erkrankungen oder Osteoporose, sind wissenschaftlich eindeutig belegt.

Die Vitamine und Spurenelemente im Bier, vor allem die B-Vitamine, leisten - ebenso wie der hohe Wasseranteil - einen wichtigen Beitrag zu einer ausgeglichenen Ernährung.

Diskutiert werden derzeit Testergebnisse über die Inhaltsstoffe des Hopfens, der offenbar in der Vorsorge bei Krebserkrankungen eine wichtige Rolle spielen könnte.

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