

TONS OF USEFUL STUFF

# Men's Health

## BEER, WITH BENEFITS

THE BEST BREWS PACK MORE THAN A HEADY BUZZ—THEY IMPROVE YOUR HEALTH, TOO By Matt Allyn and Matt Bean

BEER MAKES YOU FEEL GOOD. You knew that. But you don't realize just how good. Recent research has revealed bioactive compounds in beer that battle cancer, boost your metabolism, and more. And these benefits come on top of the oft-touted upsides of moderate alcohol intake: clot prevention, cleaner arteries, and reduced stress. We set out with a stack of studies, a panel of parched testers, and a full fridge to find the best-tasting, healthiest brews available. Enjoy.

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\$4.99 US  
DISPLAY UNTIL MARCH 18

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### 4. BEST ALTERNA-BREW He'Brew Origin Pomegranate Ale

→ Novelty beers can be cloning—you can't drink more than one—and few of the added ingredients pack health benefits. In our taste test, our top pick featured the antioxidant-laden superfruit, pomegranate, shown to combat cancer and lower your risk of Alzheimer's and heart disease. In a 2006 UCLA study, for example, men who drank a glass of pomegranate juice every day reduced prostate-cancer cell

growth by 12 percent. Brewers dump more than 150 gallons of pomegranate juice into every batch (equivalent to 10,000 pomegranates, or half of a fruit per bottle), giving the final product a raspberry-like flavor that allows the malt and hops to come through.

