

<<a mothers love 4>> HeartAssociationRevivesTheoryThat LightDrinkingMay Be Heartresearchrevivestheorythat.

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Dec 16 2025 The AmericanHeartAssociationreport runs contrary to recent studies and the groups own guidelines that found any amount of alcohol to be harmful Dec 23 2025 Public health groups and many doctors have warned on the basis of recent studies that alcohol can be harmful even in small amounts

Groups including the EuropeanHeartNetwork and the WorldHeartFederation have stressed that even modestdrinkingincreases the odds of cardiovascular disease The notion that lightdrinkingis good for the heart had been debunked by studies and overshadowed by warnings that alcohol causes cancer

Now the Dec 16 2025 The AmericanHeartAssociation AHA published a review suggesting that lightdrinking one to two drinks per day poses no risk for coronary disease stroke sudden death and may reduce the risk of heart failure reigniting debate over alcohol s health effects Dec 16 2025 The AmericanHeartAssociationsguidelines have traditionally advised against excessivealcoholconsumption but this new report takes a stricter stance by suggesting that even occasional or lightdrinkingcan pose health risks Jun 26 2025 Although some studies have indicated small amounts of red wine may be linked to improvedhearthealth no research has proven a direct cause and effect link betweendrinkingalcohol and betterhearthealth

The AmericanHeartAssociationdoes not recommenddrinkingwine or any other form of alcohol to gain potential health benefits Oct 1 2025 Theres clear consistent evidence that heavierdrinking an average of three or more drinks per day is linked to worse outcomes for every type of heartdisease

If you need help keeping yourdrinkinghabits within safe limits see 5 steps towarddrinkingless.

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