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Dec 16 2025 The American HeartAssociationreport runs contrary to recent studies and the groups own guidelines that found any amount of alcohol to be harmful Dec 16 2025 Key Points The American HeartAssociation AHA published a review suggesting that lightdrinking one to two drinks per day poses no risk for coronary disease stroke sudden death andmayreduce the risk of heart failure reigniting debate over alcohol s health effects

This conclusion contrasts with recent studies and warnings from public health groups such as the European Heart Network Dec 16 2025 The American HeartAssociationreport runs contrary to recent studies and the groups own guidelines that found any amount of alcohol to be harmful

For a while it seemed the notion that lightdrinkingwas good for the heart had gone by the wayside debunked by new studies and overshadowed by warnings that alcohol causes cancer 1 day ago Hence then the article about american heartassociationrevivestheorythat lightdrinkingmaybe good for you was published today Wednesday 31 12 2025 05 10 PM and is available on Boston Middle East The editorial team at PressBee has edited and verified it and itmayhave been modified fully republished or quoted

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Now the American HeartAssociationhas revived the idea Dec 18 2025 HeartAssociationRevivesTheoryThat LightDrinkingMayBe Good for You Dec 18 2025 By Roni Caryn Rabin the same New York Times health reporter who smeared Dr

Kenneth Mukamal and made it sound like doctors were asking alcohol companies to fund research to help them market their products as healthy a couple years ago The notion that lightdrinkingis good for the heart had been debunked by studies and overshadowed by warnings that alcohol causes cancer

Now the American HeartAssociationhas revived the idea in a ExploreMicrosoftproducts and services and support for your home or business

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