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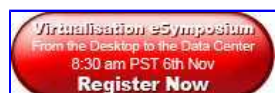
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Beer better than water: Official

Hell no, H$_2$O

By John Oates → More by this author
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Almost exactly a month after we learnt that drinking beer makes you clever, a Spanish boffin has proved that the golden grog is also better at rehydrating the human body after excercise.

Manuel J Castillo Garzón, Professor of Human Physiology from Spain's University of Granada, got a bunch of students to run around in temperatures of 40°C then gave half of them a half-pint of beer while the rest got the same amount of water.

The Spanish prof reckons the bubbles and carbohydrates in beer help quench the thirst and replace lost calories, according to *The Telegraph*.

A quick straw poll at Vulture Towers reveals a beer before exercise to be a popular option, although avoiding the risk of dehydration by skipping the whole exercise thing and going straight for a lager also made a strong showing.