



THANK YOU, SCIENCE

Play Sports, Drink Beer

If a serial killer broke into my apartment while I was sleeping in the nude, and I only had enough time to either throw on pair of jeans *OR* put on some running shoes, I would pick the running shoes every time.



Yup. I feel much more vulnerable barefoot than when I'm actually naked. Shoes give me power. I can't fight or run from a man barefoot. No way. Shoes are my spinach.

Huh? What? Gah. I'm fuckin' drunk. Sorry. I just ran a marathon.

According to Manuel J Castillo Garzón, Professor of Human Physiology from Spain's

University of Granada, beer is actually better at rehydrating the body after exercise.

When he gave some runners a half-pint of beer after a workout, it showed that beer

helped quench their thirst and replenish calories better than those given water.

And that drunk, Garzón, isn't the only one backing the claims. Juan Antonio Corbalan, a (drunk) cardiologist who worked formerly with Real Madrid football players and Spain's national basketball team, said beer had the perfect profile for re-hydration after sport.

Spain's national team? So this explains those Pau Gasol commercials ...

I Knew It All Along: Beer IS Better Than Water! [Smarter Gadgets Blog]
Beer After Sport 'Is Good For The Body' [UK Telegraph]

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