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Study reveals beer may be healthy after working out

Researchers find new ways for physically active to hydrate

[Alex Lawson](#)

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The University of Granada in Spain recently conducted a study which shows beer may replenish your fluids better than water after a workout.

The subjects for the study were 25 college students. They were asked to do strenuous physical activity in 104-degree temperatures. Afterwards they were split into two groups, one given water and the other beer to refresh themselves after their workout.

Manuel Garzon, who conducted the test, reported the group that had beer had a "slightly better" hydration effect. The results have been met with skepticism. Dr. Christopher Reid, Reid Chiropractic and Nutrition Center in Springfield, Ill, was suspicious of the studies' claims.

"Obviously water is the preferred choice. Personally, I would always choose to replenish with water because our bodies are 70 percent water," Reid said.

Recent studies have also been done that indicate that most alcoholic beverages increase the amount of liquid lost through urination. Dr. David Thomas, interim director for the school of exercise science, has not read the detailed results of the study but concurs with Dr. Reid that it is probably unlikely that beer could serve to replenish fluids after a workout.

"Alcohol can, of course, dehydrate you through causing a diuretic response," Thomas said. "But secondly, alcohol can also impact your central nervous system so if you're consuming too much alcohol, both of those factors will cause a decrease in recovery performance."

Thomas went on to say that the accuracy of this study depended on many specific factors in the testing methods that are not fully available at this time. The different factors that affect the outcome of the test are how much alcohol is being consumed, over how long of a period of time, how much is had in a sitting and how soon after the workout did the drinking occur.

Reid went on to say that the idea of beer being a better option for a post workout beverage is a little dubious when you look at the chemical make up of beer.

"Most of the beverages we consume are mostly water anyway, that includes beer or Gatorade or any sport drinks like that," Reid said. "With beer you're getting carbohydrates that are essentially empty carbohydrates," Reid said.

Even if the study were completely accurate, Reid doubted that it would incite any major change in health enthusiasts at large. "I don't think this study is going to cause people to all of a sudden start downing beers after a workout. I would still think that most people would prefer water," Reid said.

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