The Benefits of C$_2$H$_6$O

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**ABSTRACT**

In this article author has conveyed that the consumption of limited amount of daily intake (C$_2$H$_6$O) will help to prevent and cure the diseases. Discussed about:

- it can lower your risk of cardiovascular disease
- it can lengthen your life
- it helps prevent against the common cold
- it can decrease chances of developing dementia
- it can reduce the risk of gallstones
- lowers the chance of diabetes

The listed reference of less than four (range up to 3) are unique, more than three are the references that will explain additional issues and causes of different circumstances.

**LOWER YOUR RISK OF CARDIOVASCULAR DISEASE**

The School of Public Health at Harvard University [1-3] found that "moderate amounts of alcohol raises levels of lipoprotein, HDL, or 'good' cholesterol and better alpha-lipoprotein levels are related to larger protection against heart condition. Moderate alcohol consumption has additionally been coupled with helpful changes starting from higher sensitivity to hypoglycemic agent to enhancements in factors that influence blood coagulation [4-7], such changes would tend to forestall the formation of tiny blood clots that may block arteries within the heart, neck, and brain, the last word reason behind several heart attacks and also the commonest reasonably stroke." This finding is applicable to each men and girls United Nations agency haven't been antecedently diagnosed with any sort of disorder [8-16].

**LENGTHEN LIFE**

Drinking often might add a number of years to your life. A study by the Catholic University of Campobasso rumored that drinking but four or two drinks per day for men and girls severally might cut back the chance of death by eighteen %, as reportable by Reuters. "Little amounts, ideally throughout meals, this seems to be the correct manner to drink alcohol, said Dr. Giovanni De Gaetano of Catholic University, another author on the study. "This is another feature of the Mediterranean diet, wherever alcohol, wine in particular, is that the ideal partner of a dinner or lunch, however that is all: the remainder of the day should be completely alcohol-free.

**PREVENT AGAINST THE COMMON COLD**

The Department of psychological science at Carnegie mellon University found [17] that whereas condition to the respiratory disease was magnified by smoking, moderate alcohol consumption light-emitting diode to a decrease in respiratory disease cases for nonsmokers. This study was conducted in 1993 with 391 adults. In 2002, in step with the Times [18], Spanish researchers found that by drinking eight to fourteen glasses of wine per week, notably vino, one may see a 60-percent reduction within the risk of developing a cold [19-30]. The scientists suspected that this had one thing to try to with the antioxidant properties of wine.

**DECREASE CHANCES OF DEVELOPING DEMENTIA**

In a study that enclosed over 365,000 participants since 1977, as reported within the journal neuropsychiatric disease and Treatment, moderate drinkers were twenty-three p.c less seemingly to develop
psychological feature impairment or Alzheimer's) and different types of dementia. "Small amounts of alcohol may, in effect, create brain cells healthier. Alcohol in moderate amounts stresses cells and so toughens them up to deal with major stresses down the road that would cause dementedness," aforementioned Edward J. Neafsey, Ph.D., author of the study, as reported by Science Daily. "We do not suggest that nondrinkers begin drinking," Neafsey aforementioned. "But moderate drinking if it's really moderate are often useful."

**REDUCE THE RISK OF GALLSTONES**

Drinking 2 units of alcohol per day will cut back the danger of gallstones by tierce, in step with researchers at the University of East Anglia. The study found that those that according overwhelming 2 Great Britain units of alcohol per day had a tierce reduction in their risk of developing gallstones. "Researchers emphasised that their findings show the advantages of moderate alcohol intake however stress that excessive alcohol intake will cause health issues," in step with the study.

**LOWERS THE RISK OF DIABETES**

Results of a Dutch study showed that healthy adults World Health Organization drink one a pair of glasses per day have a remittent likelihood of developing kind 2 polygenic disorder, compared to people who do not drink in any respect. "The results of the investigation show that moderate alcohol consumption will play a region during a healthy modus vivendi to assist scale back the chance of developing polygenic disorder kind a pair of," researchers aforementioned during a statement to Reuters.

**REFERENCES**