

Raise a Glass to Shorter Days: Beer's Grim Life-Cutting Damages

Drinking one alcoholic beverage a day can reduce the consumer's life expectancy by two-and-a-half months, according to new research by an expert on substance use.

Tim Stockwell, a scientist at the Canadian Institute for Substance Use Research, explained to the Daily Mail how alcohol consumption can reduce drinkers' life expectancies. While one drink can lower life expectancy by two-and-a-half months, five decreases life expectancy by about two years, and two alcoholic beverages per week can cut consumers' lives by about six days.

"Alcohol is our favorite recreational drug," he told the outlet. "We use it for pleasure and relaxation, and the last thing we want to hear is that it causes any harm ... it's comforting to think that drinking is good for our health, but, unfortunately, it's based on poor science."

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Some research over the years has indicated that consuming alcohol is good for one's health, but Stockwell doesn't believe there's much stock in that theory.

In reference to analyses suggesting non-drinkers are inclined to suffer a host of illnesses drinkers avoid, Stockwell told the Daily Mail it's likely because the aforementioned studies came from surveys of former alcohol users.

"These abstainers are often older people who gave up alcohol because their health was bad," the analyst said. "Being able

to drink is a sign you are still healthy, not the cause of being in good health. ... There are lots of ways these studies give false results that are misinterpreted to mean alcohol is good for you."

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Alcohol consumption is becoming an increasingly significant problem in American culture, so much so that even the White House is concerned—particularly when it comes to the uptick in the number of women who are exhibiting problematic drinking behaviors.

Recently released data from the U.S. Centers for Disease Control and Prevention show deaths from excessive drinking among women are climbing at a much higher rate than among men. In fact, one study published in February is estimating women will account for roughly half of alcohol-linked liver disease costs in the U.S. by 2040.

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