

(Mobile ebook) Perfect Drinking and Its Enemies

## Perfect Drinking and Its Enemies

*Kari Poikolainen*

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PERFECT  
DRINKING  
*and its*  
ENEMIES

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**Kari Poikolainen : Perfect Drinking and Its Enemies** before purchasing it in order to gage whether or not it would be worth my time, and all praised Perfect Drinking and Its Enemies:

1 of 1 people found the following review helpful. An eye opening read!By Verner MoellerThis is a brilliantly clear introduction to the ideology laden science behind alcohol policies and recommendations in the western world. It will probably be received as heresy and opposed fiercely by the anti-alcohol lobby, but it should shy no-body away from

reading it and draw their own conclusions. It is easily read and spiced up with a good dose of humor. A big chapeau to the brave Finn who dares run the risk and speak up against the public health establishment. 1 of 1 people found the following review helpful. Useful information for a drinker. By BeetWell written. Useful information for a drinker. 1 of 1 people found the following review helpful. A good book about drinking. By Piero Perron. A book on drinking made by a scientist considering all the aspects (positive and negative) in a very balanced way.

Honing your drinking skills can be more than fun--it also brings about health benefits and thrills the taste buds. Perfect Drinking and its Enemies helps you to perfect your drinking, be it water, coffee, tea, wine, beer, liquor or something else, however, the main focus is on alcoholic beverages, since many common beliefs on the effects of alcohol and alcohol policy are biased. You'll be surprised. Learn how to shun the enemies of perfect drinking. Protect yourself from moral panic, well-meant nannying and patronizing. Know the health risks. Avoid the dangers of alcoholism. Seek to oppose counterproductive alcohol policies. Author Kari Poikolainen is a doctor of medical science and adjunct professor in public health at the University of Helsinki, Finland. His research has focused on the causes and consequences of alcohol intake. He was the Research Director at the Finnish Foundation for Alcohol Studies before he retired to write this book.