

Instead

I could have gone, but instead, I stayed home

Moderate drinking

Nonalcoholic drinkers

Lowers your inhibitions

Socialize

Lenient parents

Go on a strike

Reduces the risk of heart attacks and strokes

Drought-stricken areas

By up to 40 %

This is because

Slow down

Build-up of plaques

Blood clotting

A major cause of

Both ... and

Health benefit

Improved cognitive function

Alleviation of stress

Marked decrease in dementia

Compared to

Slow deterioration

Overall lifespan

Diabetes

Diminishes the risk of diabetes

Cite

Good luck