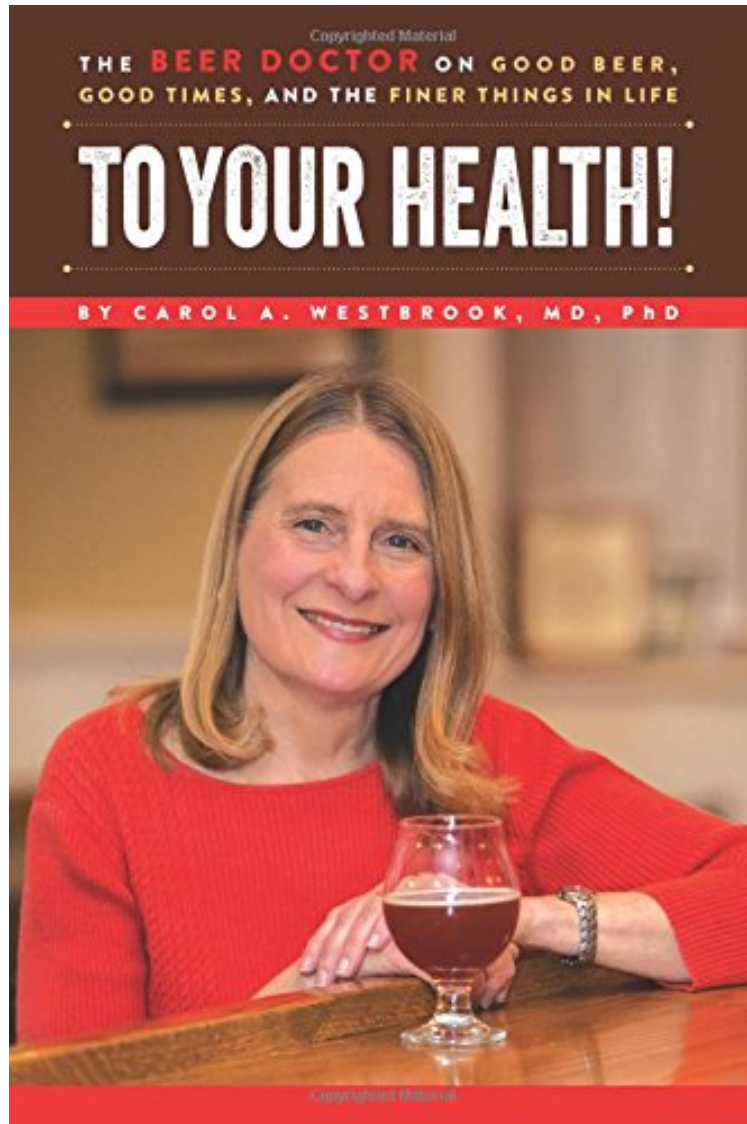


[Download pdf] To Your Health!: The Beer Doctor on Good Beer, Good Times, and the Finer Things in Life

To Your Health!: The Beer Doctor on Good Beer, Good Times, and the Finer Things in Life

Carol A Westbrook MD PhD

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Carol A Westbrook MD PhD : To Your Health!: The Beer Doctor on Good Beer, Good Times, and the Finer Things in Life before purchasing it in order to gage whether or not it would be worth my time, and all praised To Your Health!: The Beer Doctor on Good Beer, Good Times, and the Finer Things in Life:

0 of 0 people found the following review helpful. Don't miss this book if you are a beer lover!By KatharineI moved to northwestern Michigan from Florida a few years ago, and discovered craft beer. I had never particularly liked beer

before, so knew nothing about it. Carol Westbrook's book has made my beer education very enjoyable. It is a fun read and informative read. All of my questions were answered in this book, and some I had not even thought to ask. She covers every aspect of craft beer, from health and cooking topics to pairing beers with the Oscars and operas! You will be ready to have beer as a theme at your next party after reading this--but not just any beer. I have had my last Bud Light--Hello Michigan IPAs, and craft beer of everyplace I visit now. Thanks Dr. Westbrook, for a great book. I have ordered extra copies for Christmas presents already.

0 of 0 people found the following review helpful. At last a smart book about beer

By Fredric C. Tasker

Once in a happy while you read a book full of "ahardquo; moments -- nuggets of wisdom that make you say: "So that's how it works. I always wondered." Carol Westbrook, MD, PhD, oncologist and cancer researcher, has written such a book. About beer. It's called "To Your Health: The Beer Doctor on good beer, good times and the finer things in life." She combines the fervor of a lifelong beer drinker with the rigor of a medical researcher to put the reader inside the process of making beer, drinking it, pairing it with food, cooking with it and, most important, sharing it with friends. She cheers the fact that Americans are turning away from big-name, mass-produced, flavorless beers and trending toward craft beer, made in small quantities by passionate brewers who care more about flavor than profits. She makes the case that beer today is approaching the excellence of wine if not its range; that it's easier to understand, more convivial to share with friends. She explains how to enjoy beer: Get it from the tap, not the bottle. Drink it from a glass to experience its color, aroma and head. Pick one style (lager, stout, pale ale) and concentrate on it until you feel you understand it. Make it social by visiting top taverns, gastro-pubs, microbreweries, even "beer and bacon" crawls in which you drink it with like-minded new friends. She clears you up about terms: what's a lager, an ale, a pilsner, a sour beer, a wheat beer, a saison beer, a fruit beer. She lists beer-food pairings, some common sense, some unexpected. Belgian ales go with duck, pale ales go with meat and potatoes, but also with Chinese food, stouts go with chocolate cake, lagers go with JELL-O, a dark beer is appropriate with the dark plot of the Russian opera Boris Godunov. -- Fred Tasker, wine columnist

1 of 1 people found the following review helpful. a must-read for anyone who loves beer and wants to find the finest. Not only does the author tell us how ...

By Jennifer Read Hawthorne

An oncologist AND a beer aficionado? Yes, and Dr. Westbrook has done it again. Her new book on craft beer is informative and entertaining, a must-read for anyone who loves beer and wants to find the finest. Not only does the author tell us how to make beer, but also how to pair it with movies and opera! She tells us where to find some of the best craft beers made and addresses the effects of beer on health, including that all-important question: does beer make you fat? A charming, delightful book!

Dr. Westbrook, known as "The Beer Doctor" writes about the experience of life, as reflected in beer. This book is a compilation of three years of her writings for The Beer Clinic, her regular column on YourBeerNetwork.com. The book is part autobiographical, part medical, part travelogue, part cookbook, with the occasional craft beer review...but mostly it is an amusing and entertaining journey through the world of craft beer. Some of the diverse topics include the basics of craft beer, intoxication and how to avoid it, teaching medical students about beer, pairing beer with opera, tasting Scotch in Scotland, and the beers of Northeast Pennsylvania. The book can be enjoyed by everyone from the non-drinker to the experienced craft beer aficionado.

About the Author Carol Westbrook, MD PhD, has been a practicing medical oncologist and a cancer research scientist for almost thirty years. She is the author of over 100 scholarly articles and a book for cancer patients, Ask an Oncologist, Honest Answers to Your Cancer Questions. She is passionate about beer, and is an avid home brewer. Her column, The Beer Clinic, has been a regular feature of YourBeerNetwork.com since the site began in 2011. She is also a contributing writer for 3QuarkDaily.com's Monday Magazine.