

To my friends and family who enjoy a glass of wine.... and those who don't.

As Ben Franklin said:
In wine there is wisdom, in beer there is freedom,
in water there is bacteria.

In a number of carefully controlled trials, scientists have demonstrated that if we drink 1 litre of water each day, at the end of the year we would have absorbed more than 1 kilo of Esherichia coli, (E. coli) - bacteria found in faeces.

In other words, we are consuming 1 kilo of poop..

However, we do NOT run that risk when drinking wine & beer (or tequila, rum, whisky or other liquor) because alcohol has to go through a purification process of boiling, filtering and/or fermenting.

Remember:

Water = Poop,
Wine = Health.

Therefore, it's better to drink wine and talk stupid, than to drink water and be full of shit.

There is no need to thank me for this valuable information: I'm doing it as a public service.