
BOTTOMSup

SCHMOHZ BREWERY 120

There have been several studies in recent years touting the health benefits of red wine, spirits and beer. One recent study suggests beers' polyphenols may have a positive effect on athletes' health, including guarding against infection. The study involved 277 marathon runners and found that those who drank beer were three times less susceptible to infection, colds and inflammation than the control group.

Here is the catch: they were drinking no-alcohol beer (N.A.). In Europe some breweries promote their N.A. brews as sports drinks. It is not uncommon to see European athletes "rehydrating" themselves with N.A. beer after a sporting event. Beverages with alcohol actually dehydrate. Don't expect beer to ever be marketed as a sports drink in this country, unless you are talking about it being a drink consumed by fans watching sports.

N.A. beers started to gain popularity in the late '80s and early '90's with Bud's O'Douls and Millers Sharp's being heavily marketed. The general complaint of most N.A. brews was they just didn't taste like beer.

There is still a market for N.A. beers, from health reasons to designated drivers (typically N.A. beer has a .5% alcohol content). If you are looking for a quality N.A. that has a microbrewed taste to it, look no further then "120" from Schmohz Brewery out of Grand Rapids. Brewmaster Chas Thompson has mastered the art of creating an N.A. beer with a handcrafted microbrew flavor profile. For the person looking for that full beer flavor without the alcohol, the Schmohz 120 is for you.

There are times when a beer sounds good but the alcohol won't mix with the plans for the day. Maybe you want a beer with lunch but have to go back to work or you are at dinner and are the designated driver. What is nice about the Schmohz 120 is that it is very food-friendly, pairing nicely with everything from burgers to grilled fish.

So if you have been hesitant to try an N.A. because of past experiences it is time to retry this time with a Schmohz 120. You won't be disappointed. This N.A. has been in the Northern Michigan marketplace for the past year and sales have been brisk. For more info go to www.schmohz.com --**Rick Coates**

