

## **Beneficial effect of low intake of alcohol on health**

Heavy intake of alcohol is a risk factor for various illnesses including liver disease, cancer, and brain disease. Since the 1980s, epidemiological studies in developed countries have suggested that intake of small amount of alcohol may help prevent some diseases such as heart disease and diabetes. The effect of the alcohol intake follows a J-curve (J-curve effect).

However, there were few studies that examined influences of low intake of alcohol on health using laboratory animals. We showed senescence retardation and liver function improvement through low intake of alcohol in senescence-accelerated mice and high-fat diet fed rats, respectively. These results support the J-curve effect of alcohol intake for the first time by animal experiment.

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## *Experimental proof of the J-curve effect of alcohol*

