

# Catalog of drinks (60+) – description, beneficial and dangerous properties of each

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**Abstract.** The article structures and describes more than 60 non-alcoholic and alcoholic drinks, with a description of the beneficial and dangerous properties of each type. The history of creation and interesting facts about drinks, the intricacies of their preparation and use are also given.

**Keywords:** drinks, alcoholic drinks, non-alcoholic drinks, low-alcohol drinks, juices

## Absinthe



Absinthe (French *absinthe* - wormwood) is a strong alcoholic drink (from 70 to 86 vol.), infused with wormwood and a mixture of other herbs. When infused, wormwood releases the main component of absinthe - the narcotic substance *thujone* .

Absinthe was first produced in Switzerland at the end of the 18th century. as a panacea for all diseases. It became so popular that it was mass produced and sold throughout Europe.

Absinthe was given to French army soldiers as a preventative against dysentery and malaria, and as a disinfectant for drinking water. The consumption of absinthe increased so much that by the beginning of the 20th century. amounted to 36 million liters per year.

In pursuit of profit, many unscrupulous manufacturers began to use industrial alcohol in the absinthe production technology. Thus, the cost decreased by 7-10 times, and the drink turned into poison. Mass consumption of absinthe led to an increase in the number of cases of mental disorders and deterioration in the health of the European population.

As a result, this drink was banned in 1905. This ban lasted almost 100 years. Today, absinthe producers must adhere to certain requirements and restrictions established by the European Union. The main limitation is the maximum thujone content in drinks (no more than 10 mg/kg).

The traditional recipe for absinthe production consists of three stages:

**Stage 1:** infusion of wormwood, anise seeds, fennel, mint, lemon balm, licorice, coriander <sup>[55]</sup>, chamomile, parsley and other herbs in alcohol for a week. Only the freshest and greenest leaves and inflorescences are selected for the tincture. A darkened and yellowed leaf can give the drink excessive bitterness and a dirty color;

**Stage 2:** double distillation of the tincture until a colorless distillate with a delicate aroma is formed;

**Stage 3:** coloring and enhancing the taste of the drink with the help of dry herbs: Roman wormwood, hyssop and lemon balm.

Most often, absinthe has an emerald color, which is why it received the nickname “Green Fairy”. But it can also have yellow, blue, red, black and brown colors, or be completely colorless.

### **Benefits of absinthe**

The beneficial properties of absinthe are much less than the harmful and dangerous ones. Mostly herbal supplements have a healing effect. Wormwood and its tincture in small doses have long been considered an excellent remedy for the treatment of jaundice, rheumatism, anemia and diseases of the female reproductive system <sup>[1]</sup>. Wormwood extract in absinthe is an excellent remedy that stimulates the production of digestive juice in the stomach and improves appetite. Parsley, as an aphrodisiac, has stimulating properties <sup>[2]</sup>. The presence of mint and lemon balm in absinthe has a relaxing and calming effect. <sup>[3,4]</sup>

For bronchitis, a mixture of 100 ml of milk, a teaspoon of honey and 30 g of absinthe helps well. All ingredients must be thoroughly mixed and consumed one tablespoon after meals. This composition has a softening effect for the throat and an expectorant for the upper part of the bronchi.

For joint pain, you can make a compress consisting of 100 ml of warm water, 50 g of absinthe and a teaspoon of melted lamb fat. The resulting liquid must be moistened with gauze and applied to the joint. Wrap the top with polyethylene and a warm cloth and leave for 30 minutes. Absinthe in the compress will create a warming effect, and lamb fat will protect the skin from excessive drying. The same compress can be used for keratinized skin on the heels. It is necessary to lubricate the heels and feet well with the solution, put a plastic bag and woolen socks on them. After 40 minutes, remove, rinse off any remaining unabsorbed compress with warm water and lubricate your feet well with a rich cream.

Absinthe, due to its strength, can also be used as an antioxidant, as a disinfectant and as a means for healing wounds from bruises, ulcers and purulent formations. If you have an elevated temperature and the first symptoms of a cold, drinking 30 g of warm absinthe will help.

Absinthe, like no other drink, thanks to its unique properties, is very clearly depicted in painting, literature, cinema and music. A large number of surrealist works of the same name have been created. Some world-famous artists, writers and poets created their masterpieces under the influence of absinthe.

### **Harm of absinthe and contraindications**

Absinthe is one of the most dangerous alcoholic drinks, because... In addition to alcohol addiction, it also causes drug addiction.

When drinking several shots of absinthe, intoxication characteristic of drugs occurs. Euphoria, relaxation, and laughter can suddenly give way to unreasonable anxiety, irritability and aggression. Light and sound perception also changes, and partial memory loss is possible.

In some people, the thujone contained in absinthe can cause epileptic seizures, seizures, convulsions, hallucinations and disruption of the nervous system. When sober, side effects of drinking absinthe are possible: insomnia, dizziness, nausea, tremor, trembling, depression or psychosis.

If any of these symptoms occur, you should consult a doctor immediately.

## Akvavit



Aquavit (Latin *aqua vitae* - living water) is an alcoholic drink infused with spices and herbs, with a strength of 38 to 50 vol. This drink was first made in Scandinavia in the 13th century. on the territory of the modern countries of Denmark, Sweden and Norway. Initially, wheat alcohol was used to produce the drink. However, in the 1st 6th century. Due to low grain yields, the production of alcohol for aquavit began from potatoes. <sup>[5]</sup>

### The production process consists of 3 stages.

1. First, potatoes are boiled in an autoclave and the resulting starch mass is mixed with malted grain. Then the fermentation process takes place over three weeks.
2. The fermented mass is distilled twice and filtered through charcoal. As a result, the purest alcohol is formed from 70 to 90 vol.
3. The resulting alcohol is diluted with distilled, specially purified water to a strength of 38-50 vol . and pour in already prepared spices and herbs.

The set of spices and herbs has remained virtually unchanged over the nearly 7-century history of the drink. Traditionally, cinnamon, coriander <sup>[55]</sup>, anise seeds, dill, caraway seeds, fennel leaves, St. John's wort, juniper berries, elderflowers and other secret ingredients are used. To infuse the drink and acquire a yellow-brown color, it, along with a collection of herbs and spices, is poured into 250 liter oak barrels. The longer the drink is aged, the brighter its color.

The main secret of obtaining the unique taste and aroma of aquavit is that in the first months the barrels of the drink are subject to constant movement. All freshly made barrels are loaded onto a ship and set sail from the Northern Hemisphere to the Southern Hemisphere and back. As a result, essential oils from herbs fully impart their taste and aroma. After such a journey, aquavit is bottled. It has become a tradition to indicate on the labels the sea route that aquavit has traveled.

The rule of good form is to consume aquavit chilled or frozen to -18°.

### **The benefits of aquavit**

Aquavit was originally made as a medicine. Surprisingly, it was used to treat and prevent alcoholism.

In the 60s, aquavit was popular as an excellent remedy for improving heart function, dilating blood vessels and increasing blood flow. In Denmark, each pensioner was given two glasses of aquavit weekly. However, due to increased fraud, this gesture of “showing concern” from the state ceased.

Also, the population of Scandinavian countries uses aquavit as a means of stimulating digestion and helping to absorb fatty foods. Aquavit is an integral part of a festive or festive table.

For acute respiratory diseases and diseases of the upper respiratory tract, steam inhalation with aquavit is used. A glass of water and 70 g of drink are poured into the inhaler. The resulting steam is saturated with the essential components of aquavit, which reduces the number of pathogenic bacteria and makes breathing easier. In addition, the physiological regeneration of the mucous membrane improves and local immunity is ensured.

Also, aquavit is widely used to warm up during hypothermia. It is added to tea or to a brewed collection of medicinal herbs.

In traditional Norwegian cuisine, aquavit is used in the preparation of confectionery. It is added as an aromatic additive for impregnation of cake layers and in the making of pastries. Chocolate factories use aquavit to make candies of the same name, inside which this drink is in a liquid state.

Norway is a fishing country and fish dishes are very popular there. So, in some recipes for preparing sea trout, aquavit is used. This gives the fish a unique aroma and a slight hint of alcohol.

### **Harm of aquavit and contraindications**

A large amount of alcohol consumed has a detrimental effect on the functioning of the body, and its systematic use causes addiction and further alcohol dependence.

The dangerous properties of aquavit include the manifestation of allergic reactions to the herbs used in its manufacture. A small rash and redness may appear in the neck and armpits. It is not advisable to drink it for people who suffer from high blood pressure.

For the same reason, you should not make compresses from it, especially for people whose skin is affected by eczema.

### **Anisette**



Anise tincture is an alcoholic drink with a strength of 25 to 51 vol. used as an aperitif before meals. Anise tincture is made by infusing anise seeds with vodka.

During the aging process, anise releases its essential oils into the drink.

This drink appeared on the modern territory of Russia and Europe in the 16-17 centuries. along with caravans of spices from the Far East. Thanks to its unique aroma, it was used in baking and, of course, in the production of vodka.

Anise tincture (anise) was the favorite drink of Peter I. It was produced in two types: based on Chinese anise ( star anise ) and green anise, which grew in Russia. Anise liqueur, infused with a mixture of two varieties of anise, was sweet, almost colorless and was very popular. While the tincture of green anise, dill, coriander <sup>[55]</sup> and lemon zest was very bitter, had a yellowish color and was used mainly for medicinal and prophylactic purposes.

Currently, anise tincture is produced in many countries of the world, but, oddly enough, Russia is not one of them. In Europe, anise tincture became widespread after the ban on absinthe in 1905.

Due to the specific reaction of essential oils, anise tincture in the cold or when diluted with ice water acquires a milky white color.

### **The benefits of anise tincture**

Anise tincture is widely used in folk medicine. Due to its high content of essential oils, it is used to improve digestion and as a disinfectant. If you have problems with stool, it is liquid or, on the contrary, constipation, you should drink a tablespoon of anise tincture before each meal.

For coughs, bronchitis, tracheitis and laryngitis, 5-10 drops of anise tincture are added along with a tablespoon of honey to tea or a brewed herbal mixture of rose hips, St. John's wort and hawthorn. You should drink this mixture twice a day for several days, it all depends on the condition and severity of the disease. This remedy has a cough-soothing effect, improves mucus discharge and kills pathogenic bacteria and viruses.

Anise tincture also improves the general condition of women during menstrual periods, relieving pain and spasms in the lower abdomen and back. You should take a teaspoon of tincture 3 times a day.

If you have problems with gums and bad breath, then 20 drops of anise tincture per glass of water will help. The resulting solution should be thoroughly rinsed in the mouth after brushing your teeth in the

morning and evening. After a few days, the redness will go away from the gums and the odor will disappear.

A sore throat can be cured by rinsing with a saturated solution of anise tincture (50 g) and warm water (1 glass). You need to gargle every hour. This will remove purulent plaque on the tonsils, relieve pain when swallowing and speed up the healing process.

To improve lactation, nursing mothers should add 2 tablespoons of anise tincture to tea with milk. Don't worry about the alcohol content. It will be in such a small amount that it will not harm either the mother or the child.

### **Harm of anise tincture and contraindications**

Excessive consumption of anise tincture can lead to alcohol addiction. Also, people prone to allergies should not use the tincture . This can lead to attacks of suffocation and anaphylactic shock.

Anise tincture is contraindicated for people prone to epileptic seizures and people with a high level of nervous excitability. A highly concentrated tincture should not be used for rubbing the skin; a chemical burn may occur.

When treating pneumonia, bronchitis and colds, you should not abuse the tincture, because this can lead to worsening of the disease. Do not exceed the recommended dosage indicated in prescriptions.

### **Arak**



Arak (English *arak* or *araq* ) is an alcoholic drink with a strength of 30 to 60 vol. widespread in the East, Central Asia, Europe, India, the islands of Sri Lanka and Java.

Arak was first made about 300 years ago, but exactly where is unknown. After all, every eastern people considers arak a national drink that appeared in their country.

The prerequisite for the creation of arak was the need for beneficial use of grape products . Initially, in the production of arak, only grape cake and sugar after distillation were used, to which aromatic substances were added. Now, depending on the region, arak is made from rice , grapes, figs , dates, molasses, plums and other fruits.

Each region has its own historical technology for producing arak, but there are two integral stages:

1. The process of fermenting the main ingredient with sugar;

## 2. Triple distillation of the fermented mixture.

The resulting drink is infused in oak barrels and then bottled. In Turkey, Syria and Libya, these are specially prepared bottles with a long narrow neck. After aging, good quality arak has a golden yellow color.

In Eastern Europe, the Middle East and Central Asia, anise ( star anise ) is added to the arak before the third distillation process. The result is a prototype anise liqueur . The more anise in the drink, the lower its strength.

Often, before drinking, the finished drink is diluted with a small amount of water. In this case, the essential oil of anise reacts with water, as a result the arak acquires a milky white color. In Libya, arak is called “lion’s milk” for its properties and color.

In Sri Lanka, India and Bangladesh, arak is a traditional drink. However, it is produced by distilling fermented coconut sap (toddy) or palm syrup. Coconut sap is collected from the closed flowers of the palm tree. The resulting drink has a light yellow tint and a higher strength, which ranges from 60 to 90 vol. The taste is also different from anise and is something between rum and whiskey . The island of Sri Lanka is the world's largest producer of coconut arrack.

The island of Java is famous for arak, made from rye wort and cane molasses. The drink produced by distillation has a very bright, well-defined aroma.

Mongolian and Turkic peoples make arak from fermented horse or cow milk ( kumis ). Perhaps this is the most famous alcoholic drink made from milk with the lowest strength.

Arak is usually consumed in cocktails . In its pure form, it is drunk as an aperitif before a meal or as a digestif after a meal, adding a little to coffee .

### **Benefits of arak**

The beneficial properties of arak depend on the raw materials from which it is produced. Thus, the medicinal properties of arak produced in Central Asia on the basis of anise are similar to the properties of anise tincture. When added to tea , it helps well with diseases of the upper respiratory tract, stomach colic and disorders. In the East, there is an opinion that arak is a good remedy for weak male power.

Arak based on koumiss has many medicinal and beneficial properties. As a result of distillation, all useful vitamins, antibiotic substances and amino acids , such as tryptophan , lysine , methionine , involved in the construction of DNA and RNA molecules, remain in it. It is used to normalize digestive processes and reduce fermentation processes in the stomach. Arak also prevents the growth of putrefactive bacteria in the intestines.

It is indicated for people with atherosclerosis , hypertension , gallbladder dysfunction, etc. A small amount of arak (30 g) helps with exhaustion of the nervous system and general weakness of the body. It is also used to increase immunity in case of respiratory diseases, influenza and bronchitis . To do this, 30 g of arak is added to a warm drink or inhaled.

Coconut juice -based arak <sup>[6]</sup> has a number of beneficial properties. When consumed in small doses, it helps dilate blood vessels, reduce fatty plaques on them, increases blood circulation and filling of small vessels, and also lowers blood pressure. The effect of this type of arak reduces the risk of heart attack and strengthens the heart.

To improve digestion, metabolism and relieve constipation , drink arak three times a day after meals for a week. A face mask with arak promotes skin rejuvenation. To prepare it, use 100 ml of milk and



50 ml of arak. The resulting solution is moistened with gauze and applied to the face for 20 minutes. After removing the gauze, the skin should be wiped with a dry cotton swab and lubricated with cream. After several times, the facial skin becomes elastic, acquires a healthy color and age spots are reduced.

### **Harm of arrack and contraindications**

If you go on a trip to the East, you should not take arak from the hands of local residents, this can lead to serious negative consequences. This is due to the low level of sanitary hygiene in Eastern countries, as well as the widespread counterfeiting of this drink. For strength, it can be diluted with methanol, the use of 10 ml of which can lead to blindness, and 100 ml - to death.

Arak treatment is contraindicated during periods of exacerbation of gastrointestinal diseases, with individual intolerance, as well as for women during pregnancy and breastfeeding.

### **Armagnac**



Armagnac (French *aygue ardente* - “water of life”) is an alcoholic drink with a strength of 55-65 vol. in taste and appearance it is very close to cognac.

It is produced in the southeastern part of France in the province of Gascony. By origin, Armagnac is almost 100 years older than cognac. It was first mentioned in the 15th century. The production of Armagnac is very similar to the production technology of cognac. The only differences are in the distillation process.

The production technology consists of several stages:

**Stage 1** : Grape harvest. To make Armagnac, only ten grape varieties are used: cleret de Gascogne, Jurançon blanc, meslie Saint-François, plan des dreams, ugni blanc, Baco 22A, Colombard, Folle Blanche, etc. The final ripening of the grapes occurs in October and that is when their harvesting begins. After this, each variety is pressed separately and left for complete natural fermentation.

**Stage 2** : Distillation process. This stage is strictly regulated by international standards. It cannot start earlier than September 1st or later than April 30th. In Gascony, distillation traditionally begins in November.

**Stage 3** : Exposure. The finished drink is poured into fresh 250-liter black oak barrels, where maximum absorption of tannins from the wood occurs. The Armagnac is then poured into older barrels, which are stored in the cellars on an earthen floor. The maximum aging period for the drink is 40 years.



After aging, the Armagnac is poured into glass bottles, and the infusion process stops, and the acquired color and aroma are perfectly preserved. Not every drink, like cognac, can be called Armagnac. There are four criteria that a drink must meet: place of production - Armagnac; The basis of the drink is wine from local grapes; distillation is carried out by double or continuous distillation; compliance with norms and quality standards.

Depending on the aging period, bottles of Armagnac are marked accordingly. The letters VS denote Armagnac, which has been aged for at least 1.5 years; VO/VSOP – at least 4.5 years; Extra/XO/Vieille Reserve – at least 5.5 years. Armagnac is sold in more than 132 countries, but the main markets remain Spain, Great Britain, Germany, Japan and the USA.

### **The benefits of Armagnac**

Armagnac was made as a medicinal product in 1411. It was believed that it had forty medicinal properties and helped to sharpen the senses, improve memory, invigorate the body and preserve youth. At the same time, it must be consumed in small doses as a digestif.

Armagnac contains a large amount of wood tannin. This substance prevents free radicals from entering the body and promotes blood thinning <sup>[7]</sup>, which prevents the formation of blood clots in blood vessels.

Armagnac also has good antiseptic and healing properties. When used externally, it is applied to skin ulcers, fistulas and open wounds. For ear pain, warm Armagnac is instilled into the ears, 3-5 drops. This relieves inflammation and warms the organs of the front ear well.

Armagnac also has medicinal properties for colds. It is drunk with tea and honey for severe coughs. If you have a tugging sensation in your throat, you should drink 30 g of Armagnac in small sips, holding it in your mouth a little. Thus, the drink completely envelops the throat and softens the sensation on the mucous membrane.

Armagnac compress relieves joint pain. To do this, moisten the gauze with Armagnac, cover with polyethylene and a warm cloth. This compress should be kept for 30 minutes, after which the application site should be lubricated with cream. This procedure should be repeated at least five times during the week.

For peptic ulcers of the stomach and duodenum, drinking Armagnac in small doses promotes the healing process, reduces acidity and reduces pain.

### **Harm of Armagnac and contraindications**

Excessive consumption of Armagnac can cause alcohol dependence and lead to disruption of the liver, gallbladder and pancreas. It is also not recommended to drink Armagnac at any stage of cancer and during exacerbation of diseases of the gastrointestinal tract.

People suffering from hypertension, serious disorders of the cardiovascular system, pregnant women and children should not drink Armagnac.

### **Balm**



Balm (Greek *balsamon* - “medicinal product”) is an alcoholic drink with a strength of 40-45 vol. (some up to 65 vol.), infused with medicinal herbs, is used exclusively for medicinal and preventive purposes. Traditionally, the balsam is brown in color from a variety of herbs, roots and fruits.

Balsam as a medicinal tincture appeared in the mid-18th century.

The technology for producing balms is very complex and includes several rather lengthy stages.

**Stage 1** : Separate infusion of each ingredient in alcohol for 1-3 months. The balm can contain more than forty types of components. Such as: wormwood, bison, yarrow, deer antlers, St. John's wort, sweet clover, oregano, roots of galangal, angelica, leuzea, anise seeds, dill, bird cherry fruits, coriander<sup>[55]</sup> and others.

**Stage 2** : Distillation of each ingredient. When distilling, single or double distillation can be used.

**Stage 3** : Separate aging occurs for a month. During this period, the future components of the balm release all the beneficial substances as much as possible.

**Stage 4** : Mixing ingredients. At the same time, the components should complement each other, and not oppress each other.

**Stage 5** : Filtration. This stage takes place in several stages. Usually, to completely clean the balm from herbal leaves and debris that have fallen into it, a triple degree of cleaning is sufficient. However, even with this, it is possible that there may be herbal sediment at the bottom of the bottle.

**Stage 6** : Joint aging already occurs after the balm is bottled. Usually special bottles made of dark glass or ceramics are used to protect the drink from sunlight.

The taste of the finished drink is similar to the taste of a medicinal mixture, but each ingredient in the balm does not stand out clearly. They go in a light background, complementing each other.

The most popular and best known balms are: black *Riga balsam* and *Bitner's balsam*.

### Benefits of balm

Due to the large number of ingredients, balms are saturated with a number of minerals (iron<sup>[8]</sup>, cobalt, zinc, copper<sup>[69]</sup>, manganese, magnesium, calcium, chromium, sodium, potassium<sup>[9]</sup>), organic acids (malic, ascorbic, citric, tartaric, acetic, polymitic, formic, oleic, linoleic, stearic acid, etc.), as well as carbohydrates, proteins, fats, alkaloids, glucosides, tannins, etc.

The balm is an excellent tonic for fatigue, physical and mental stress and general weakness of the body. Take it 30 g after meals. Sometimes, to stimulate the appetite, the balm is drunk as an aperitif.

For preventive purposes and as a remedy for colds , 1-2 teaspoons of balm are added to tea with lemon<sup>[22]</sup> or coffee . At the same time, sweating and expectoration of mucus from the bronchi increases.

- Black Riga balsam, due to its peppermint content, is used to treat gallstone disease. Valerian and lemon balm perfectly calm the nervous and cardiovascular systems. It is also used for the prevention of diseases of the gastrointestinal tract, because contains astringent and antiseptic substances.

- Bitner's balm is used for increased nervous excitability and sleep disorders, to improve metabolic processes in the body, vigor and energy. The balm relieves irritability and fatigue. Bitner's balm is prescribed as a general tonic in the postoperative period, during the rehabilitation period, and under high physical and mental stress.

For preventive purposes, the balm is used for gastritis , gastric and duodenal ulcers , dyskinesia, as well as indigestion and constipation . Thanks to its substances, the balm has immune-modulating properties. Rubbing and using it as a compress relieves pain in muscles and joints. For acute respiratory diseases and sore throat , the balm is diluted in warm water and the resulting solution is gargled.

The recommended dose of balm for therapeutic and prophylactic purposes is no more than 150 g per week or 20-30 g per day.

### **Harm of balm and contraindications**

Before using balms, you need to find out in detail its composition and make sure that none of the components causes allergies . The healing properties of balms appear only when they are consumed strictly in accordance with the recommended dosage. Any excess of the dose can lead to toxic poisoning, for which it is sometimes very difficult to choose the right treatment.

The use of balms is contraindicated in case of renal and liver failure, women during pregnancy and breastfeeding, as well as children.

### **Benedictine**



Benedictine (French Benedictine - blessed) is an alcoholic drink based on a collection of about 27 types of herbs, honey and locally produced cognac, with a strength of 40-45 vol., belonging to the class of liqueurs.

This drink first appeared in 1510 in France at the monastery of St. Benedict in the Abbey of Fecamp. It was made by the monk Don Bernardo Vincelli. The created drink included about 75 types of herbs.

However, the original recipe for Benedictine has been lost. The drink was revived with some improvements in 1863 thanks to the wine merchant Alexandre Legrand. It was he who began mass production and sale of the drink. In addition to the name of the drink on the label, Legrand, as a thank you for the recipe, began to print the motto of the monastic order DOM (“Deo Optimo Maximo” literal translation - *to the Lord Best, Greatest* ).

The modern drink is also produced in the city of Fecamp at one of the oldest factories in France. The recipe for the drink is a trade secret and is kept in the strictest confidence. At the same time, no more than three people at the plant can fully know the recipe and production technology. It is certainly known that the drink includes ingredients such as lemon balm, saffron, juniper, tea, coriander <sup>[55]</sup>, thyme, cloves, vanilla, lemon <sup>[22]</sup>, orange zest, cinnamon and others. The company values its name very much and suppresses all attempts to counterfeit the drink around the world. During the entire existence of the plant, the company won more than 900 court cases related to counterfeiting the drink.

The finished drink has a golden color, sweet taste and rich herbal aroma.

Benedictine is drunk as an aperitif with ice in its pure form and in various cocktails.

### **Benefits of Benedictine**

Oddly enough, in European countries before 1983, doctors sometimes prescribed Benedictine to women in early pregnancy as a remedy for nausea.

The beneficial and medicinal properties of Benedictine are determined by the presence of medicinal herbs in it. However, their positive effects are possible when using Benedictine in small doses, no more than 30 g per day in its pure form or 2-3 teaspoons with tea.

Angelica in Benedictine helps with stomach colic, bloating, diarrhea and indigestion. Also, consuming it with honey has a tonic effect on the cardiovascular system, helps with nervous exhaustion, depression or hysteria, as well as with hypotension.

Angelica has many medicinal properties. It has a positive effect on almost all human organs. In particular, it helps well with respiratory diseases, bronchitis, and laryngitis. Drinking with the addition of Benedictine relieves cough, softens it and has an expectorant effect. When used externally due to angelica, benedictine helps with toothache, stomatitis and as a compress for rheumatism.

Saffron in Benedictine stimulates metabolism and rejuvenates the skin. It also helps stop and reduce blood secretion in women during menstrual periods, renews the circulatory system as a whole, and regulates the functioning of the liver <sup>[10]</sup> and spleen.

Other components of Benedictine have similar effects on the human body.

### **Harm of Benedictine and contraindications**

People who want to lose weight should not take Benedictine. Due to the large amount of sugar, the drink is a very high-calorie product. You should also be careful when consuming Benedictine for people prone to allergic reactions; some herbal components of the drink can lead to allergic suffocation.

Benedictine is contraindicated for people with chronic kidney and liver diseases. Its use may aggravate the disease.

Benedictine is harmful to pregnant and lactating women, as well as children under 18 years of age.

## Brandy



The history of the origin of the drink itself is very vague and has long been lost. It is only known that it appeared around the 12th century, and became popular in the 14th thanks to Dutch traders, who, in order to prevent the wine from spoiling along the way, began to distill it. Hence the name – *brandvine* translated from Dutch means “burnt wine”.

It is difficult to call a specific drink the word “brandy”; rather, it is the method of its production. We can say that brandy is concentrated wine. Initially, it was supposed to be diluted with water before drinking, but the drink turned out to be so good that over time it became an independent product of wine distillation.

Most often, grape wine is used to make brandy. The most famous grape brandies are produced in the areas of Cognac and Armagnac in France. This drink is also produced in the south of Spain, Greece, America, Armenia, Azerbaijan, Moldova, and Bulgaria. In each country, brandy has its own specific name.

Brandy is also made from various fruits and berries. These can be apples, pears, plums, cherries, peaches, raspberries.

To determine the quality of brandy, a special classification is used: C - cognac, V - very, S - excellent, X - over, O - old, F - excellent, P - light, E - special.

### The benefits of brandy

It's strange to talk about the beneficial properties of an alcoholic drink, but, nevertheless, they exist.

Brandy, like many alcoholic drinks, has a tonic effect, so it will help relieve stress and nervous tension at the end of a hard day at work. It can also serve as an aperitif, as it stimulates the secretion of gastric juice, thereby improving appetite and digestion. It is useful to drink brandy in the cold season, when the body is most susceptible to colds, since the presence of tannins and tannins in the drink enhances the effect of vitamin C in the human body.

Most alcoholic drinks negatively affect blood vessels, causing them to narrow and become brittle. Brandy, on the contrary, due to the presence of flavonoids, helps blood vessels dilate. The largest amount of them is found in brandies made from grapes.

Also, brandy may contain various acids, depending on what fruit or berries it is made from.



Malic acid is a powerful antioxidant, normalizes blood clotting, improves digestion, and strengthens blood vessels.

Succinic acid strengthens the immune system, helps enrich cells and blood with oxygen, neutralizes poisons and the effects of free radicals.

Ellagic acid has antiviral, antioxidant, antitumor <sup>[11]</sup>, anti-inflammatory, anti-allergenic properties. Helps dilate blood vessels and lower blood pressure, strengthening capillary walls.

### **Harm of brandy and contraindications**

Naturally, the most logical contraindication to the use of brandy, like any other alcoholic drink, is abuse.

It is strictly contraindicated to drink alcohol for pregnant and lactating women, children, adolescents, people with liver, pancreas, kidney diseases, high blood pressure, and cardiovascular diseases.

Also, alcoholic drinks negatively affect the central nervous system, provoking psychosis and depression, the reproductive system, causing infertility.

Long-term and excessive abuse of alcoholic beverages leads to irreversible consequences.

### **Bourbon**



Bourbon (English: *Bourbon* ) is a native American alcoholic drink, one of the types of whiskey . The strength of the drink is 40-45 vol., but most often the drink has 43 vol.

This drink first appeared in the late 18th – early 19th centuries. in the small town of Paris, Kentucky. It was named after the region of the same name in the state of Bourbon, in which the founding city is located. The first bourbon advertisement that has survived from those times dates back to 1821. During the Civil War, bourbon was issued to soldiers without fail as an antiseptic for washing wounds from bullets and rifle bayonets.

In 1920, Prohibition was adopted in America, as a result of which the production and sale of alcohol on a large scale ceased. Bourbon distilleries shut down and many farmers lost their primary income. The revival of the drink occurred with the repeal of Prohibition in 1934.

The bourbon production process consists of 3 integral stages:



1. **Wort fermentation.** Bourbon, unlike whiskey, is made from corn (about 51% of the total wort), rye and oats.

2. **Distillation of the wort.** After the distillation process, the resulting alcohols are subjected to a filtration process through maple charcoal.

3. **Pouring and infusion.** Bourbon is aged for at least two years in 50 liter fresh oak barrels, charred from the inside. Which gives the drink a unique taste and aroma.

By law, it is prohibited to add any coloring to bourbon. The drink acquires its amber-golden color only through aging.

Only whiskey produced in the USA in the states of Kentucky, Indiana, Illinois, Montana, Pennsylvania, Ohio and Tennessee is rightfully called bourbon. The most famous brand of bourbon is Jim Beam.

Bourbon is consumed neat, diluted with ice water or in cocktails .

### **The benefits of bourbon**

Bourbon is a very low-calorie drink, containing only 55 calories per 50 g, so it can be consumed by people who are watching their weight.

Due to the use of a large amount of corn in the production technology of bourbon, the drink is enriched with the vitamins it contains ( A , PP , group B <sup>[12]</sup>) and minerals ( phosphorus , potassium , calcium , magnesium , sodium , iron and others). Bourbon contains antioxidants that prevent free radicals from entering the body. Small doses of bourbon in its pure form dilate blood vessels, reduce blood pressure and the likelihood of cardiovascular attacks and strokes .

Bourbon is also used to make medicinal tinctures. A tincture of blood-red hawthorn in bourbon helps with arrhythmia , tachycardia , hypertension , and insomnia . To do this, you need to pour 1 tablespoon of crushed hawthorn flowers and fruits into a glass of bourbon and leave for a week. After this, take 30-40 drops before meals 3-4 times a day, depending on how you feel.

Thanks to the beneficial substances of corn <sup>[13]</sup> Bourbon should be consumed by people with gastrointestinal disorders, constipation or loose stools. It allows you to relieve nervous tension, restore mental balance and improve your well-being.

Also, 30 g of bourbon daily improves the functioning of the gallbladder, dilutes bile, reduces its viscosity and gives it a healthy yellow color.

For throat diseases, 1 tablespoon of the drink diluted in a glass of warm water helps well. The resulting solution should be gargled every three hours during the day. The solution contains enough alcohol to relieve pain and have an antiseptic effect. Walnut tincture with bourbon is useful for bronchitis and pneumonia . To prepare the tincture, you need a glass of ground walnuts <sup>[16]</sup>, pour 100 ml of bourbon and let it brew for two days. Then add three completely ground lemons <sup>[22]</sup> (except seeds), 300 g of crushed aloe , 100 g of butter and 200 g of honey. Mix the whole mixture thoroughly and dissolve a tablespoon half an hour before meals and slowly swallow, allowing the medicine to gradually flow down the throat.

Beetroot tincture will help relieve muscle weakness after physical activity and restore strength after surgery . To do this, you need to grate the beets on a coarse grater, fill the container to the top and pour bourbon. The mixture should be infused in a warm place for 12 days. Take 30 g before meals.

### **Harm of bourbon and contraindications**

Bourbon contains a large number of complex compounds, such as acetaldehyde, tannin , fusel oils and furfural. Their content in bourbon is 37 times higher than in vodka. As a result, excessive consumption of bourbon can lead to severe alcohol poisoning.

It is not recommended to drink bourbon during exacerbation of various types of diseases, as well as for women during pregnancy and lactation.

## Vermouth



Vermouth (German *wermut* - wormwood) is an alcoholic drink flavored with herbs, spices and medicinal herbs with a strength of 15 to 20 vol. Belongs to the class of fortified wines .

The history of aromatic wines goes back to ancient times. The recipe for making vermouth was first mentioned in sources of the 10th-9th centuries. BC in the works of Hippocrates.

The first mass production of vermouth began in 1786 in Turin by winemaker Antonio Benedett Capran. At that time, exclusively white wines were used as the basis of the drink. Currently, any wine can be used as a base. Due to this, the color of vermouth can vary from pale gold to amber and from light pink to deep red.

Vermouth production occurs in several stages. Initially, all the aromatic components of vermouth are dried, ground into a powder mixture, filled with an alcohol-water solution and, with constant rotation of the vats, infused for 20 days. This time is enough for the essential oils to dissolve. The composition of aromatic components when preparing vermouth can include several dozen types of spices and herbs. The most common are wormwood , yarrow , mint , cardamom <sup>[21]</sup> , cinnamon, nutmeg , black elderberry, sweet clover , oregano , elecampane , angelica , ginger <sup>[14]</sup> , St. John 's wort, chamomile , lemon balm and others . To give vermouth its characteristic bitterness, quinine bark, wormwood, tansy , horehound and oak are used.

Next, the infused herbal extract and the prepared wine are carefully filtered and combined. Sugar is added to the resulting mixture as a preservative and sweetener, and alcohol to increase the strength and preserve aromatic substances.

At the next stage, the future drink is cooled to -5°, re-filtered and gradually warmed to room temperature over the course of a week.

At the end of all technological processes, vermouth is infused for 2 to 12 months and bottled for further sale.

There is a world classification of vermouths based on the percentage of sugar they contain. 5 main groups of vermouths have been identified:

- vermouth based on dry white wines with a sugar content of less than 4%;
- vermouth based on fortified white wine, which contains 10-15% sugar;
- vermouth based on fortified red wine, containing more than 15% sugar;
- vermouth based on rose wine with a sugar level of 10% or higher;
- vermouth, which has a very bitter taste and is more related to balms.

The most popular brands of vermouth in the world are: Martini , Gancia, Noilly Prat, Cinzano, Gran Torino, etc.

Vermouth is drunk as an aperitif, neat with ice or as part of cocktails .

### **The benefits of vermouth**

Vermouth was originally created as a medicine that combined the taste of fine wine and medicinal plants.

Vermouth, both in Ancient Greece and in modern society, is considered an excellent antiseptic. It is used to improve digestion and stimulate appetite. Vermouth is widely used in folk medicine and copes well with some ailments.

Vermouth with honey is used as a cough remedy for colds . To do this, heat 100 ml of vermouth to 80°C and gradually add 1-2 tablespoons of honey. The resulting mixture is cooled to room temperature and consumed daily, three tablespoons per day after meals.

A warm tincture of vermouth and fragrant violet, which can be purchased at a pharmacy, can help cure a sore throat . To do this, you need to pour 25 g of dry violet with a glass of vermouth and leave for two weeks in a dark place. The finished tincture can retain its properties for three months. Therefore, it can be prepared in reserve with the onset of cold weather. The resulting solution should be used to gargle, after diluting 1 tablespoon of tincture in 0.5 glass of warm water. You should rinse at least 2 times a day.

A very effective remedy for the prevention of gastrointestinal ulcers is a tincture of vermouth and aloe . To prepare the tincture, you need to grind 3 small aloe leaves in a meat grinder, mix the resulting pulp with 3/4 cup of honey and leave to infuse for three days in a dark place. After this, add 0.5 cups of vermouth to the mixture, mix thoroughly and let it brew for another day. The infusion should be taken 2-3 times a day, a tablespoon before meals. The course of taking this remedy lasts for 1-2 months. As a result, the risk of exacerbation of the disease is significantly reduced.

### **Harm of vermouth and contraindications**

Due to the large number of herbal components, vermouth should be taken with caution by people prone to allergic reactions , because The components of the drink can cause or worsen allergies.

People with chronic diseases of the gastrointestinal tract, kidneys and liver should also refrain from consuming vermouth during the period of exacerbation of the disease.

The use of vermouth by pregnant women, women during lactation and children under 18 years of age is strictly prohibited. This can cause irreparable harm to health.

Excessive consumption of vermouth can lead to severe alcoholism and, as a consequence, to cirrhosis of the liver.

## Wine



Wine (lat. *Vinum* ) is an alcoholic drink created as a result of the natural fermentation of grapes or any other fruit juice. The strength of the drink after fermentation is 9-16 vol.

When making fortified wines, high strength is achieved by diluting the wine with alcohol to the desired percentage.

Wine is the most ancient drink. There are many legends of the first appearance of the drink, which are reflected in the epics of Ancient Greek, Ancient Roman and Persian mythology. Many scientists believe that the emergence and development of winemaking is integrally connected with the formation and development of human society.

The oldest wine that has survived to this day in the form of fossilized remains dates back to 5400-5000 BC. BC. It was found in the modern territory of the Caucasus.

The technology for producing the drink has undergone changes all the time. This happened until the main stages were clearly delineated. The production process of white and red wine has its differences.

So red wine is made from red grape varieties. Ripe grapes are collected and passed through a crusher, in which special combs separate the berries and twigs unsuitable for processing. During this operation, the seeds must remain intact, otherwise the wine will be too tart. Then the crushed grapes along with the yeast are placed in special vats, where the fermentation process begins. After 2-3 weeks, the intensity of fermentation decreases, and the saturation with alcohol reaches a maximum. If the natural amount of sugar in the grapes is insufficient, pure sugar can be added to the must. At the end of fermentation, the wine is drained, the cake is squeezed out and filtered.

Young wine can be bottled immediately, resulting in fairly cheap brands of wine. More expensive brands require aging in oak barrels in cellars for at least 1-2 years. During this period, the wine evaporates and sediment settles to the bottom. To achieve the best quality, wine is constantly topped up in barrels and transferred to fresh barrels to remove sediment. The aged wine is subjected to final filtration and bottling.

To produce white wine, the grapes are peeled before the fermentation process, and only strained wine without pressing is used for infusion. The aging process of white wine does not exceed 1.5 years.

Depending on the sugar content in the wine and its strength, wines are divided into table, fortified, flavored and sparkling.

Wines are produced all over the world, but the top five wine sales leaders include France, Italy, Spain, the USA, and Argentina.

Each type of wine is served at a certain temperature and with certain dishes.

### **The benefits of wine**

Many doctors believe that drinking small amounts of wine daily is very beneficial for the health of the whole body (no more than one glass per day). It contains a large number of enzymes, acids ( malic , tartaric ), vitamins ( B1 , B2 , C , P ), trace elements ( calcium , sodium , potassium , phosphorus , magnesium <sup>[15]</sup> ) and other biologically active substances.

So red wine is very rich in the antioxidant resveratrol. According to its properties , it is 10-20 times stronger than vitamin E. Wine also contains iron and substances that promote its better absorption, which increases hemoglobin levels. The beneficial effect on the red bone marrow promotes the production of red blood cells (erythrocytes).

Drinking wine enhances digestion, appetite and the secretion of the salivary glands. It has antiseptic and antibacterial properties, suppressing the pathogens of cholera , malaria and tuberculosis . Drinking red wine is prescribed for peptic ulcers. The presence of tannins in it promotes rapid healing of ulcers.

Both white and red wine lower blood cholesterol levels, normalize metabolism, and promote the elimination of waste and toxins. They also normalize salt levels, so drinking wine is recommended to reduce salt deposits in joints.

The content of carbohydrates and some types of proteins in wine gives the body additional energy. Tartaric acids promote the absorption of complex animal proteins.

### **Harm of wine and contraindications**

Only natural wines without any additives, additives or dyes have beneficial properties.

Excessive consumption of wine can lead to the development of coronary heart disease , liver cirrhosis and diabetes . Also, excessive amounts of alcohol can stimulate the development and growth of cancer.

Wine should be excluded from the diet of women during pregnancy and breastfeeding, people with liver and pancreas diseases, during exacerbation of cystitis and during treatment with antibiotic drugs.

### **Whiskey**



Whiskey ( from the Celtic uisge *baugh* - water of life) is a strong alcoholic drink (40-60 volumes) obtained by distilling malted grains of wheat , barley and rye.

It has not been possible to determine exactly where the drink originated for many years. The dispute over the right to found whiskey is being waged by two countries - Ireland and part of the UK - Scotland. However, the first mentions were preserved in Scottish documents from 1494. These are records of the monks who first produced the drink.

From the moment of its appearance until the 17th century. Whiskey was produced on a national scale by virtually every farmer, jeopardizing the production of sufficient bread for the population. After all, barley was used in the production of whiskey and bread. As a result, whiskey producers were heavily taxed. But this only improved the quality of the drink. After all, small subsidiary producers, unable to withstand the tax burden, faded into the background, thereby giving way to large producers who began to fight for the buyer, improving the drink. So, we can say that whiskey is over 500 years old.

The whiskey production technology has remained virtually unchanged since its inception and consists of 5 main stages:

**Stage 1:** Germination of malted grains of wheat , rye, barley and corn . As a result, some of the starch substances are converted into sugar. Finally, the grains are dried.

**Stage 2:** Dry sprouted grain is ground and filled with hot water. A small amount of yeast is added to the resulting mixture and left to ferment in special vats for 3-4 days.

**Stage 3:** The fermented mass is subjected to a double distillation process and alcohol with a strength of 70-80 vol is obtained.

**Stage 4:** The young spirit is poured into fresh oak barrels and aged for at least three years. Typically, the drink is aged for 5-8 years for optimal strength. At the end of the aging process, the drink has a strength of 50-60 vol.

**Stage 5:** Before bottling the finished drink, it is blended - mixing several types of whiskey to obtain a richer taste and aroma, and diluting it with specially purified water to reduce the strength.

The finished drink can range from pale yellow to deep brown and contain virtually no sugar.

There are more than a hundred whiskey producers, but the most famous are: Jameson, Connemara, Black Velvet, Crown Royal, Auchentoshan, Black & White, Hankey Bannister, Johnnie Walker, Scottish Prince, etc.



## **The benefits of whiskey**

Its daily use in the amount of 30 g prevents the occurrence of a heart attack . The Scots add it everywhere to almost all drinks: tea , coffee , cola and juices . In addition, whiskey is widely used in cosmetology as a base for the manufacture of lotions and face masks. Due to its strength, whiskey is a good antiseptic and has an anti-inflammatory effect. This is an excellent product for preparing various kinds of medicinal tinctures and compresses.

Marshmallow , infused with whiskey, is used as an expectorant, enveloping and anti-inflammatory agent for diseases of the upper respiratory tract. This medicinal herb (20 g) is poured into whiskey (500 ml) and infused for 10 days in a dark place. The finished tincture is taken 10-15 drops 3 times a day.

A tincture of lovage root on whiskey has diuretic, stimulating and tonic properties. For preparation, 100 g of crushed root and 300 ml of whiskey are used. The resulting solution is infused for 15-20 days and taken a tablespoon before each meal.

To lower blood pressure, for cardiovascular diseases, poor digestion and gastritis, a tincture of green walnuts <sup>[16]</sup> and whiskey is used. To do this, 100 g of crushed nuts are poured into 500 ml of whiskey and left in the sun in a dark glass bottle for 2 weeks. The mixture is shaken daily. Filter the finished tincture and drink a tablespoon before meals 3 times a day. The same tincture helps well with bronchitis if added to tea with honey .

Tincture of red clover on whiskey is an effective remedy for headaches, atherosclerosis , and tinnitus. To prepare it, use 40 g of clover flowers and 600 ml of whiskey. The resulting mixture is infused for two weeks. The finished tincture should be drunk before lunch or in the evening before bed, 20 g. Treatment is carried out for three months with breaks between months of 10 days. The course should be repeated no earlier than six months later.

## **Harm to whiskey and contraindications**

Excessive consumption of whiskey, like any other strong alcoholic drink, can lead to severe intoxication of the body, and long-term and systematic abuse can lead to alcoholism . At the same time, severe stress on the kidneys and liver can lead to disruption of their activity or failure.

This drink should not be consumed by people with mental disorders, pregnant and lactating women, and children.

## **Cherry liqueur**



Cherry liqueur (eng. *cherry liqueur* ) is an alcoholic drink infused with cherry fruits and leaves based on grape brandy with added sugar. The strength of the drink is 25-30 vol.

Cherry liqueur was invented in England by Thomas Grant from the town of Kent. The liqueur was made from one variety of black cherries - morel. However, now almost all varieties are used. In addition to England, cherry liqueurs are also produced in Germany, France and Switzerland.

To prepare cherry liqueur, ripe cherries are used. <sup>[17]</sup> together with the bone. When infused, the core of the seed gives the drink a bitter taste and the aroma of almonds . The squeezed cherry juice with pits is combined with pure brandy and sugar syrup and infused for a month until fully aromatized. The bright red color of the liqueur is given by vegetable dyes.

Due to the simple production technology, cherry liqueurs are produced at home. There are a large number of cooking recipes. Here's one of them. At the beginning of cooking, cherries (1.5 kg) are washed, separated from the stalk and placed in a glass vessel. Then it is poured with cooled, thin sugar syrup (600 g of sugar per 1 liter of water) and pure food alcohol (0.5 l). For aroma and some piquancy, add vanilla sugar (1 sachet - 15 g), a cinnamon stick, and cloves (3-4 inflorescences). The resulting mixture is tightly closed, allowed to brew for 3-4 weeks in a warm place or in the sun, and the infusion should be shaken every two days. After this time, the drink is filtered and bottled. The resulting cherry liqueur must be stored in a cool, dark place.

The most famous brands of cherry liqueur are Peter Heering Cherry Liqueur, de Kuyper, Bols, Cherry Rocher and Garnier.

They drink cherry liqueur as a digestif with desserts.

### **The benefits of cherry liqueur**

Cherry liqueur, due to its cherry content, has the same beneficial and medicinal properties. It is rich in vitamins B , C , E , A , PP , H. Contains organic acids , pectin, sucrose , as well as mineral compounds - zinc , iron , iodine <sup>[18]</sup> , potassium , chlorine , phosphorus , fluorine , copper <sup>[69]</sup> , chromium , manganese , cobalt , rubidium, boron , nickel , vanadium and others.

Quite rare minerals in cherries, rarely found in other products, ensure the health and youth of the entire body. Cherry liqueur is rich in folic acid , which has a beneficial effect on the functioning of the female reproductive system.

The natural red dye in cherries ( anthocyanin ) has antioxidant effects. Drinking natural cherry liqueur promotes hematopoietic activity, strengthens blood vessels and capillaries, rejuvenates cells and

reduces blood pressure. Due to the rich presence of vitamins and minerals, drinking liqueur in small doses improves the functioning of the brain and nervous system.

Cherry liqueur improves immunity very well . It should be added to tea (2 tsp) and drunk at least twice a day. As a result, the body is filled with all the vitamins for immunomodulation.

Cherry liqueur with hibiscus and oregano tea helps with epilepsy , mental disorders and stress. This tea is best taken in the afternoon.

For bronchitis and tracheitis, cherry liqueur is taken 20 g as a cough softener and helps with sputum discharge.

For rheumatism, a compress with cherry liqueur helps, which is diluted in half with warm water, moistened with gauze and applied to the painful area. The therapeutic effect is achieved due to the presence of salicylic acid.

Cherry liqueur is widely used to make degreasing and anti-aging masks for the face and hair. Depending on the length of the hair, mix 50-100 g of cherry liqueur and the juice of one lemon in a ceramic container <sup>[22]</sup> and two tablespoons of potato starch . Before washing your hair, the resulting mixture should be applied evenly over the entire length, covered with a plastic cap and towel and left for 40 minutes. Then rinse with warm water and everyday shampoo. You can use water with lemon juice or vinegar as a rinse aid. <sup>[22]</sup>

The same mask can be used for the face, just make it thicker with starch so that it does not spread. It should be kept on the skin for no more than 20 minutes. After this time, the mask must be washed off with warm water and lubricate the skin with day cream.

### **Harm of cherry liqueur and contraindications**

Cherry liqueur is contraindicated for people with chronic gastrointestinal ulcers , gastritis , and diabetes .

People with high acidity of gastric juice should not drink liqueur due to the presence of citric and malic acids inherent in cherries, which unnecessarily irritate the mucous membranes.

If you have kidney disease, you should not drink cherry liqueur, because it has a diuretic effect.

Also, do not forget that, despite its sweetness, liqueur is still an alcoholic drink, which is contraindicated for pregnant women, nursing mothers and children.

### **Still water**



Still water is a liquid in small volumes, odorless and tasteless, colorless under normal environmental conditions. Contains dissolved mineral salts and various chemical elements. It has a vital function in the development and functioning of the human body.

Still water acts as a universal solvent, thanks to which all biochemical processes occur.

The human body is 55-78% water, depending on body weight. A loss of even 10% can be fatal.

The daily norm of still water for normal water-salt metabolism of the human body is 1.5 liters, not counting food products containing liquid (tea, coffee, first courses).

Still water comes in two categories: first and highest. The first includes tap water that has been well purified and filtered from all kinds of bacteria, heavy metals and dangerous compounds (for example, chlorine). The highest category includes still water extracted from natural sources: springs and artesian wells.

Such water is also divided into types, depending on the level of mineralization:

- still table water contains calcium, sodium, magnesium salts, bicarbonates and chlorides. Their quantity does not exceed 1 g per liter of water. It can be produced artificially by mineralizing purified drinking water. Also, this soda can be additionally enriched with silver, oxygen, selenium, fluorine and iodine.
- still medicinal table water is saturated with minerals in amounts from 1 to 10 g per liter. Not suitable for daily and constant use, because... can lead to hypermineralization of the body. It is not recommended to cook with this water or boil it. This is due to the fact that mineral salts precipitate during heat treatment and, therefore, are not absorbed by the body.

Still water is bottled by a large number of manufacturers. Often, if the water is from an artesian or natural source, the location of production and the depth of the well are indicated on the label. The leading brands of non-carbonated water include Morshinskaya, Mirgorodskaya, Vittel, Bonaqua, Truskavetskaya, Yesentuki, Borjomi and others.

### **The benefits of still water**

The benefits of mineral still water have been known for a very long time. All hydropathic hospitals and health resorts are built near water sources. Depending on the chemical and mineral composition of still water, it is prescribed for the treatment and prevention of various diseases.

Hydrocarbonate-sulfate non-carbonated waters are used in the treatment of gastritis, peptic ulcers of the stomach and duodenum, and are also indicated for people with chronic diseases of the respiratory tract, kidneys, and urinary tract.

Hydrocarbonate-chloride-sulfate non-carbonated water is used in the treatment of gastrointestinal diseases and chronic diseases of the pancreas and liver. Chloride-sulfate waters have a positive effect on patients with diabetes, gout and obesity.

For diseases of the intestines and liver, the recommended dose of non-carbonated mineral water heated to 40-45°C is 1 glass 3 times a day an hour before meals.

If you are overweight, it is recommended to drink 150-200 ml of still water at room temperature an hour before meals 3 times a day.

Treatment with still mineral water is possible only as prescribed and under the supervision of a physician.

### **Harm of still water and contraindications**

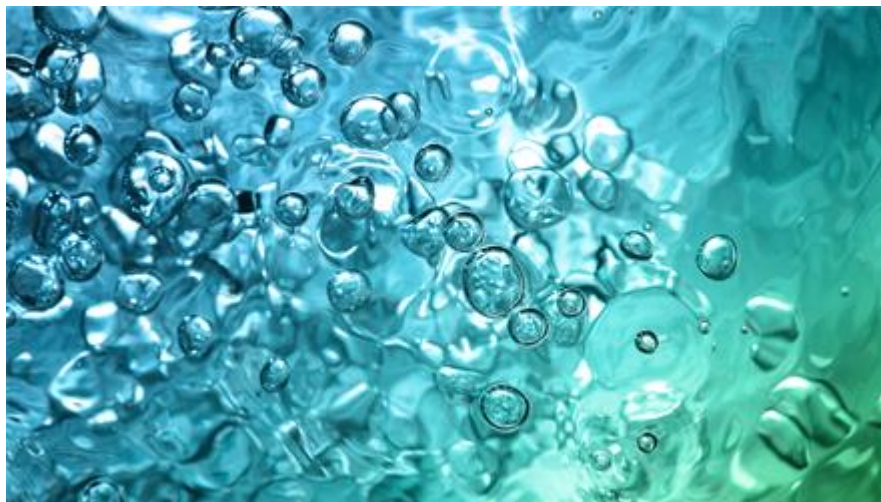
Natural still water that has not been properly purified can cause intestinal disorders and poisoning.

Abuse of medicinal table water leads to excessive accumulation of salts in the body, so its use is carried out in courses and only as prescribed by a doctor.

Enriched still water is contraindicated for people who are allergic to one of the mineral elements.

Children should not be given water containing silver and carbon dioxide as this may have a negative impact on their health and development.

### **Carbonated water**



Carbonated water is natural mineral or drinking still water enriched with carbon dioxide (CO<sub>2</sub>), flavored and sweetened to increase its shelf life. Due to carbon, carbonated water is purified from possible microbes. Filling water with carbon dioxide is carried out using special industrial equipment.

There are three types of sparkling water based on the level of carbon dioxide saturation:

- slightly carbonated with a carbon dioxide level of 0.2 to 0.3%;
- medium carbonated – 0.3-0.4%;

- highly carbonated – more than 0.4% saturation.

It is better to drink sparkling water chilled.

In nature, carbonated water is quite rare and due to its low carbon dioxide content, it quickly expires, losing its properties. Medicinal mineral water with a mineralization of more than 10 g per liter must be enriched with carbon dioxide. This allows you to preserve all microelements for a long time and the composition of the water practically does not change during storage. You can drink this water only as prescribed by a doctor.

The first apparatus for saturating water with carbon dioxide was designed in 1770 by the Swedish designer Tobern Bergman. He managed to create a compressor that, under high pressure, enriched water with gas. Subsequently in the 19th century. This device was improved and its industrial analogue was created.

But the production of carbonated water was quite expensive, and to reduce its cost, baking soda was used for carbonation. The pioneer in using this method was Jacob Schweb, who later became the owner of the world famous Schweppes brand.

The carbonation process in modern production can be carried out in two ways:

- mechanically as a result of hardware carbonation in siphons, acratophores, saturators under high pressure, saturating water with gas from 5 to 10 g/l;
- chemically by adding acids and baking soda to water or by fermentation (kvass, cider).

Today, the world's largest producers of sweet sparkling water are Dr. Pepper Snapple Group, PepsiCo Incorporated, The Coca-Cola Company located in the USA.

The presence of carbon dioxide as a preservative in a drink or water is indicated on the label with code E290.

### **Benefits of sparkling water**

Chilled sparkling water quenches thirst better than still water. Carbonated water is prescribed to people who have a low level of acidity in the stomach for additional secretion of gastric juice.

The healthiest sparkling water is naturally carbonated water from natural sources. It has balanced mineralization (1.57 g/l) and acidity pH 5.5-6.5. This water maximally nourishes the cells of the whole body due to the presence of neutral molecules that alkalize the blood plasma. Sodium contained in natural carbonated water activates enzymes, maintains acid-base balance in the body and muscle tone.<sup>[19]</sup> The presence of calcium and magnesium makes bone and dental tissue stronger, preventing calcium from being washed out into the muscles during physical activity.

Carbonated mineral water improves the functioning of the cardiovascular, nervous and lymphatic systems, increases hemoglobin, increases appetite and improves the digestion process.

Carbonated drinks containing extracts of medicinal herbs such as Baikal, tarragon, Sayan and Duchess are also beneficial.

Thus, Baikal and tarragon have a tonic effect on the body. Tarragon, which is part of them, increases appetite, improves digestion and has an anticonvulsant effect.

Sayany is based on Leuzea extract and lemon syrup, which stimulate the nervous system, relieve fatigue and give muscle tone. It also contains carotene, tannins and essential substances, vitamin C <sup>[20]</sup> and other useful components.



Pear infusion is the basis of duchess, thanks to which it perfectly quenches thirst, has an antiseptic, diuretic effect and is a low-calorie drink.

### **Harm of carbonated water and contraindications**

Drinking carbonated water is not recommended for people with gastrointestinal diseases, because it increases the level of acidity in the stomach, irritates the mucous membrane, exacerbating inflammatory processes, and has an irritating effect on the biliary system.

Excessive consumption of sweet carbonated water can lead to obesity, the development of diabetes and metabolic disorders in the body. Therefore, it is not recommended to drink this water for people prone to obesity and children under 3 years of age.

### **Vodka**



Vodka is an alcoholic drink that is colorless and has a characteristic alcoholic odor. This is the most common drink in the world. In most countries, vodka is used as a neutral alcohol to create cocktails, while in Slavic countries and in the post-Soviet space it is consumed as an independent drink. The strength in different countries can vary from 32 to 56 vol., it all depends on the government documents regulating the production of vodka.

The discoverer of vodka is considered to be the Persian doctor Ar-Razi, who lived in the 10th century. and was the first to obtain alcohol by distillation.

The word “vodka” entered the Russian language in the 14th and 15th centuries. as a tincture of roots, herbs and berries. The drink received its modern meaning in 1936 after the adoption of GOST. In accordance with regulatory documents, vodka was considered a solution of pure ethanol diluted in water to a strength of 40 vol. Thus, the history of the origin of vodka in the territory of the former USSR is divided into two stages: the history of the word itself and the history of the drink with that name.

Modern production of vodka is considered the largest among produced alcoholic beverages. Every year, factories supply more than 4.7 billion liters to the world market. However, the International Statistical Committee also classifies as vodka all other alcoholic drinks whose strength exceeds 40 vol. (absinthe, cognac, brandy, tequila, whiskey, rum, etc.).

The vodka production process consists of several stages:

1. Production of alcohol by distillation of grain mash in vertical columns. Grain components include rye, wheat and small amounts of barley, oats, millet, buckwheat, corn and peas.
2. Preparation of water for diluting alcohol by filtration, sedimentation, aeration. For the best taste, use the softest water possible.
3. Mix water and alcohol and filter again through activated carbon.

Vodka is used to prepare many alcoholic cocktails, the most popular of which are: screwdriver, ruff, Bloody Mary and others.

### **The benefits of vodka**

The beneficial properties of vodka appear only when consuming a high-quality product and in small doses. The drink is used as a disinfectant for cuts, abrasions and scrapes, and as an external anti-inflammatory compress for abscesses and boils.

At the first manifestations of otitis (shooting pain in the ear), vodka diluted in half with water is used for instillation. Vodka is often used for rubbing at high temperatures or thermal burns. This is due to the ability of alcohol to quickly evaporate and create a cooling effect. Moderate intake of vodka has a beneficial effect on the functioning of the cardiovascular system, gastrointestinal tract, gallbladder and urinary tract.

A large number of medicinal tinctures are produced at home based on vodka. To treat colds, coughs, pneumonia and scurvy, a tincture of hot red pepper in vodka is prepared. To prepare a high-quality tincture, you need to finely grind hot red pepper (50 g), ginger (10 g) and cardamom (10 g) <sup>[21]</sup>, pour everything with vodka (6 l.) and leave in a dark place for 2 -x weeks. In this case, the mixture should be shaken every other day. Take 30 g of pepper tincture 2 times a day before meals.

For gastritis, ulcers and other gastrointestinal diseases, gastric tincture is used. To prepare it, you need to grind dry orange peel (50 g), cloves, myrrh and cinnamon (6 g each) and red sandalwood (4 g) into powder. Pour all components into a bottle and fill with vodka (3 liters). Everything needs to be infused in a warm place (at least 22°C) for three days. Take the finished medicine 50 g before meals at lunch and in the evening.

Vodka tincture of young birch leaves is used as an anti-cold, disinfectant, healing and analgesic agent. To prepare it, birch leaves (100 g) are thoroughly washed and poured with vodka (3 l) for 10 days. Use the tincture twice a day.

### **Harm of vodka and contraindications**

Vodka, as a representative of strong alcoholic drinks, is quickly absorbed by the mucous membranes of the stomach and intestines, leading to an intoxicating effect, and if consumed excessively, to severe toxic poisoning. Low-quality vodka produced by handicraft methods often contains impurities of heavy fractions, which can cause many times more harm to the body, even death. A one-time intake of more than 500 ml of vodka leads to disorientation in space, movement disorders, as a result of severe injuries, cerebral hemorrhages, heart attacks, and cardiac arrest.

Systematic consumption of the drink provokes the emergence of severe alcohol dependence, disruption of the liver, kidneys, gastrointestinal tract, as well as mental retardation. Women who drank during pregnancy give birth to sick children who are lagging behind in mental and physical development and have a number of pathological abnormalities in the functioning of internal organs. Drinking vodka by children under 18 years of age slows down growth and reduces mental activity.

## Mulled wine



German *glühender Wein* – hot, flaming wine

This is a very tasty alcoholic hot drink, the basis of which is red wine heated to 70-80°C with sugar and spices. It is traditionally consumed in Switzerland, Germany, Austria and the Czech Republic during mass Christmas celebrations.

Recipes for the first mulled wine-like drinks were mentioned in Ancient Rome. The wine was mixed with spices, but it was not heated. It was only during the Middle Ages that real hot mulled wine appeared in Europe. The drink was prepared based on claret or Bordeaux with the addition of galangal herb.

Semi-dry and dry red wines are considered ideal for mulled wine, although there are recipes in which rum or cognac is added. In Germany, standards were established based on which the alcohol content should not be less than 7 vol. The main ways to prepare mulled wine are with or without water.

Without water, mulled wine is prepared by simply heating wine (70-78°C) with spices and sugar. Heat the wine over medium heat, stirring occasionally, and then leave to brew for 40-50 minutes. Usually, cloves, lemon<sup>[22]</sup>, cinnamon, honey, anise, ginger, as well as allspice and black pepper, cardamom<sup>[21]</sup>, and bay leaf are added to mulled wine. Raisins, nuts, and apples are also added.<sup>[23]</sup>

To prevent mulled wine from being very strong, it can be prepared using water. In a container you need to boil water (150-200 ml of water per liter of wine) and add spices, boil a little until you feel the aroma of essential oils. After this, add sugar or honey and only at the very end add wine.

In any of the cooking methods, mulled wine is never brought to a boil, otherwise it instantly loses its basic taste and alcohol content decreases. Also, excessive use of spices should not be allowed - the drink will be spoiled.

Mulled wine can also be made non-alcoholic, for example, with cardamom. To do this, you need to mix a third of a teaspoon of cardamom<sup>[21]</sup>, 2 stars of star anise, 5-6 cloves, a third of a teaspoon of cinnamon, half a ginger root, cut into circles and nutmeg on the tip of a knife. Combine grape juice<sup>[23]</sup> (1 liter) with orange or cranberry juice<sup>[66]</sup> (200-300 ml) and heat until small bubbles appear. Throw in the pre-mixed seasonings and leave to steep for about 15 minutes until the spices begin to release their aroma. Add a few slices of lemon<sup>[22]</sup> or apples, honey<sup>[73]</sup> or sugar to taste.

Mulled wine is served in ceramic mugs or in tall, thick glasses with a large handle.

## The benefits of mulled wine

Almost no one argues that mulled wine is healthy. There was even an opinion that those who drank spiced wine during the plague did not become ill with this deadly disease. Mulled wine is an excellent remedy for the flu , bronchitis , various types of colds , and pneumonia . Can be used to restore strength after infectious diseases, with mental and physical exhaustion, as well as to increase the level of interferon in the blood, strengthen the immune system, and restore strength.

Red wine is a wonderful antiseptic with an antimicrobial effect; it fills the body with vitamins, microelements and amino acids.

Spices - cardamom <sup>[21]</sup> , ginger, cinnamon, black pepper, nutmeg, cloves, curry, turmeric , star anise - have warming and tonic properties, improve hematopoiesis and circulation.

If you prepare mulled wine with lemon <sup>[22]</sup> or chokeberry , you can significantly increase the level of vitamin C in the body.

Danish scientists have proven that red wine can prolong human life, thanks to flavonoids it significantly improves the functioning of the cardiovascular system, as well as resveratrol, which increases life expectancy. Grape substances , thanks to which the vine does not die for a long time, activate an enzyme that affects the aging gene.

Scientists from the Netherlands have found that antioxidants contained in wine even help treat Alzheimer's disease and reduce the risk of stroke by half . It should be used to prevent the formation of blood clots, increase the diameter of blood vessels, lower blood pressure, and remove cholesterol.

Italian scientists have found that white and red wines effectively destroy streptococcal infections that cause sore throat , pharyngitis , and caries . Wine can help with weight correction; there is even a wine diet - the Shelt diet. The fact is that the substances contained in wine can adjust insulin levels, maintain the desired acidity of the stomach, have a beneficial effect on digestion, and reduce the risk of kidney stones .

### **Harm of mulled wine and contraindications**

You should not drink more than 2 glasses in one evening, because... Mulled wine still contains alcohol, and the amount of spices can cause stomach upset.

Insulin-dependent diabetics should not drink mulled wine, and drinking large amounts of hot wine can cause headaches.

It is not recommended to drink alcoholic mulled wine for pregnant and lactating women, children under 18 years of age, as well as people before driving a vehicle or complex technological machines and mechanisms.

### **Gogol-mogol**



Gogol-mogol (eng. *hoog-mug* - hash) is a non-alcoholic drink based on raw chicken eggs and sugar. Belongs to the dessert class.

There are several legends from different countries where eggnog originated. So in Germany, its creation is attributed to pastry chef Manfred Keckenbauer. In Poland - to the singer of the choir at the synagogue in the city of Mogelev, Gogel, who, having lost his voice, took the advice to drink a scrambled raw egg. But he added sugar and wine to it . Thus, the drink received the well-known name gogol-mogol.

Subsequently, various ingredients were added to the main components, creating more and more new variations of the drink.

Eggnog is considered a non-alcoholic drink, but some bars and clubs add rum , cognac , beer, brandy , whiskey or wine to it . At the same time, this is done carefully enough so that the drink is mixed evenly.

### **The benefits of eggnog**

Raw chicken eggs , which are part of eggnog, are saturated with a large number of minerals, trace elements and vitamins that are essential for the normal functioning of the body. <sup>[25]</sup> These include vitamins A , E , B12 , B3 , D , trace elements calcium , phosphorus , magnesium , iron , zinc , iodine and selenium , a powerful antioxidant .

Eggnog is very often used to treat colds and is used for loss of voice. Due to the high saturation of this drink with proteins (almost 14% of the daily value of proteins), it is drunk with insufficient body weight and anorexia . But at the same time, eggnog is a low-calorie product, saturated with the right fats.

Also, eggnog contains essential amino acids cholein, biotin and folic acid .

Eating eggnog in the diet reduces the risk of cardiovascular diseases, cancer, strengthens hair, teeth and all bone tissue of the body. The cholesterol contained in eggs and the substances that break it down allow you to bind and remove fat and excess cholesterol. The egg composition has a beneficial effect on the eyes and level of vision.

### **Harm of eggnog and contraindications**

Contraindicated in people who are allergic to egg yolk .



To prepare eggnog, you should use only fresh eggs, otherwise there is a risk of contracting salmonellosis .

If the egg has a crack, a dent, or is a darker color than the others, then they are not suitable for eggnog, because... bacteria could already have entered them.

## Grappa



Grappa (Italian *Grappa* - grape pomace) is an alcoholic drink produced by distilling grape pomace.

The drink belongs to the brandy class and has a strength of 40-50 vol. In accordance with the international decree of 1997, only those drinks that are produced on Italian territory and from Italian raw materials can be called grappa. This decree also strictly regulates the quality of the drink and the standards for its production.

During the wine production process , a large amount of fermented mass from grape skins, seeds and twigs remains. To utilize this waste, the entire mass is distilled and, as a result, a high-proof drink is obtained - grappa.

The exact time, place and history of the origin of the drink is unknown. After all, more than 1,500 years have passed since the production of the first prototype of modern grappa. But the Italians prefer to call the small town of Bassano del Grappa near the Mount Grappa of the same name the birthplace of the drink. Initially, this drink was very rough and hard. They drank it in one gulp without any savoring from clay bowls. Over time, grappa underwent a taste transformation and became an elite drink. The drink gained its greatest popularity in the 60-70s. 20th century due to the growing global popularity of Italian cuisine .

The quality of grappa depends entirely on the raw materials. The best grappa is obtained from the distillation of grape residues for expensive wine or white grape pomace from which the juice has only been squeezed. The raw materials are fermented and sent for distillation.

Distillation can be carried out in two ways: in a copper still or in continuous distillation columns. The result is a ready-made drink, which is either immediately bottled or left to age in fresh oak and cherry barrels. Over time, wooden barrels give grappa an amber hue and a characteristic taste of tannins.

### **There are several types of grappa:**

- *blanka* – freshly squeezed grappa of transparent color, immediately bottled for further sale. It has a sharp taste, low cost and great popularity in Italy.



- *affinata in legno* – grappa aged in barrels for six months, has a milder taste than lanka and a light golden hue.
- *vecchia* – grappa aged in barrels for one year.
- *stravecchia* – grappa, which has a strength of about 50 vol., rich golden color. It is aged for one and a half years in oak barrels.
- *monovitigno* – 85% grappa made from a specific grape variety (Teroldego, Nebbiolo, Ribolla, Torcolato, Cabernet, Pinot Gris, Chardonnay and others).
- *polivitigno* – grappa, which contains more than two grape varieties.
- *aromatica* – grappa created by distilling the aromatic grape varieties Prosecco or Muscato.
- *aromatizzata* – grappa made from grape spirits infused with fruits, berries and spices such as anise, cinnamon, juniper, almonds, etc.
- *uve* – grappa with a characteristic strength and a pure wine aroma. Made from whole grapes.
- *grappa soft* – low-grade grappa (no more than 30 vol.).

Drink the Blanca variety grappa chilled to 8°C, while the rest should be consumed at room temperature. Grappa is often added to coffee or drunk neat with lemon .<sup>[22]</sup>

The most famous brands of grappa are: Grappa Bric de Gaian, Grappa Ventani, Grappa Tre Soli Tre, Grappa Fassati Vino Nobile di Montepulciano.

### **The benefits of grappa**

Due to its high strength, grappa is often used as a disinfectant for wounds, bruises and abrasions.

This same property allows you to make a variety of medicinal tinctures with grappa.

So, for severe stimulation of the nervous system and insomnia, use hop tincture in grappa. To do this, hop cones must be crushed (2 tbsp) and poured with grappa (200 ml). The resulting mixture should be infused for 10 days. Take the resulting tincture twice a day, 10-15 drops.

reduce headaches and migraines . Crushed oranges<sup>[26]</sup> (500 g), finely grated horseradish (100 g), sprinkle with sugar (1 kg) and pour in a liter of grappa with water (50/50). To dissolve the sugar, boil this mixture in a water bath under a closed lid for an hour. The cooled and strained tincture should be taken 1/3 cup once a day, two hours after meals.

Grappa is widely used in traditional Italian dishes . It is used for flambéing meat, shrimp , as part of marinades for meat and fish , as well as in making cocktails and desserts.

### **Harm of grappa and contraindications**

Grappa should not be drunk by people with chronic diseases of the gastrointestinal tract, cardiovascular and nervous systems.

Also, do not neglect doctors' warnings about the dangers of drinking strong alcoholic drinks such as grappa for pregnant women, nursing mothers and children under 18 years of age.

### **Grog**



### English *grog*

An alcoholic drink based on rum or cognac , diluted with hot water with the addition of sugar, lime or lemon <sup>[22]</sup> juice, as well as spices: cinnamon, vanillin, coriander <sup>[55]</sup> , nutmeg and others.

Grog is a truly sea drink. It was first used in the 18th century. after the order of Admiral Edward Vernon to dilute the rum with water due to the excessive passion of sailors for it.

Alcohol began to have a detrimental effect on their health and stamina. At that time, rum was consumed on long voyages as a disinfectant against cholera , dysentery and other intestinal diseases. This was a necessary measure, because... Water supplies on ships, especially in hot weather, quickly deteriorated and rotted. The drink got its name from the English spelling of the faye cloak (grogram cloak), the admiral's favorite clothing in inclement weather.

To make the drink tasty and aromatic, there are several subtleties of its preparation:

- mixing and heating of all ingredients is best done in a water bath;
- alcohol should be poured into the hot infusion at the end without further boiling;
- to prevent spices from getting into the glass, the finished grog should be strained through cheesecloth;
- the finished drink must steep for 15 minutes before serving;
- the temperature of the drink must be at least 70°C, because when cold it becomes more like tea.

Currently, there are dozens of recipes for making grog, in which, in addition to or instead of the main ones, a wide variety of ingredients are used: green tea, rooibos, mate, liqueur , vodka , wine , citrus zest, ginger , freshly squeezed fruit juices , uzvar , coffee , eggs , cream , milk or butter . <sup>[27]</sup>

To prepare a classic drink, you need to boil clean water (600 ml) and remove from heat. While the water has not cooled down, add dry tea leaves (2 tbsp.), sugar (3-5 tbsp.), cloves (3 inflorescences), allspice black pepper (4 pcs.), bay leaf (1 pc. .), star anise seeds (6 pcs.), nutmeg and cinnamon to taste . <sup>[28]</sup> Pour a bottle of rum into the resulting infusion and, bringing to a boil, remove from heat. With the lid closed, the drink is allowed to brew and cool for 10-15 minutes. Grog is served warm in mugs made of clay, porcelain or thick bar glass. The thick walls of the dishes prevent the drink from cooling quickly.

Drink the drink in small sips. Gourmets recommend drinking no more than 200 ml at a time, otherwise severe intoxication occurs. Chocolates, dried fruits, sweet pancakes, pancakes and other baked goods are served as treats for the drink.

### **The benefits of grog**

Due to the strong alcohol it contains, the drink has excellent antiseptic, warming and restorative properties. It is used to warm up during hypothermia , frostbite of the face and limbs, as well as the resulting loss of strength. The drink will lead to normal blood circulation and breathing. For more serious manifestations of hypothermia (drowsiness, lethargy, loss of consciousness and loss of coordination), drinking the drink should include taking a bath, but with a water temperature no higher than 25°C. Water that is too hot can cause blood to rush from the extremities to the heart, which can lead to death.

At the first sign of flu or cold , taking 200 ml of grog will relieve swelling of the nasopharynx, lower the temperature and calm the cough . The drink perfectly improves the body's protective functions, in particular against infectious and viral diseases.

Grog has many beneficial properties inherent in rum. It is able to heal small wounds and ulcers formed on the mucous membranes of the mouth and throat, and have a positive effect on the nervous and cardiovascular systems. The drink has a relaxing and calming effect on these systems.

### **Harm of grog and contraindications**

The drink is not recommended for people with kidney and liver diseases, as well as people undergoing rehabilitation treatment for alcoholism .

Also, pregnant women, nursing mothers and children under 18 years of age should not drink the classic drink. For this category of people, it is better to prepare a non-alcoholic version of the drink.

## **Gin**



This is an English alcoholic drink originally from the Netherlands.

Gin production began in the mid-17th century. in the Netherlands, and after the “Glorious Revolution” it spread to England. It gained the greatest popularity after a market was created in London for the sale of low-quality wheat, from which gin was made. The government did not impose any duties on the production of gin and, as a result, by the beginning of the 18th century its distribution had reached

unprecedented proportions. Thousands of liquor stores and gin shops have opened. The total volume of its production was six times higher than the volume of beer production.

Over time, the process of making gin has remained virtually unchanged. Its main component is wheat alcohol, which, through the process of vertical distillation and the addition of juniper berries, acquires its unique dry taste. Lemon zest <sup>[22]</sup>, orris and angelica roots, bitter orange, coriander <sup>[55]</sup> and cinnamon can be used as herbal additives in the production of gin. According to established international standards, the strength of the drink cannot be less than 37 vol.

Today, only two types of gin are produced: London and Dutch. They have completely different production technologies. At all stages of distillation of Dutch gin, juniper is added, and the resulting strength of the drink is 37 vol. London gin is obtained by adding aromatic substances and distilled water to ready-made wheat alcohol. The strength of the drink at the exit is 40–45 vol. English gin also has three types: London Dry Gin, Plymouth Gin and Yellow Gin.

Gin is usually colorless, but can take on an amber hue when aged in oak barrels. Only Dutch gin can be aged for a long time. English gin, other than Seagram's Extra Dry, is not aged.

Since its inception, gin has gone from a low-quality surrogate to a truly gentleman's drink. And now it is used both in its pure form and in various kinds of cocktails.

### **The benefits of gin**

Gin, like any other alcoholic drink, should not be consumed in large quantities. Gin has medicinal and preventive properties only in small doses.

Gin was created in the Middle Ages as a medicinal tincture with a diuretic effect. It was sold in pharmacies in small doses. The classic gin and tonic cocktail originated in India and was widely used as a cure for malaria. The main active ingredient, quinine, contained in tonic water, has a bitter taste, and combining it with gin made the drink much more pleasant.

Currently, gin is used both for rubbing and for the prevention of colds.

If you mix 2 tablespoons of gin, onion juice and honey, you get an excellent remedy for bronchitis. You need to take a teaspoon every three hours.

Brewed chamomile <sup>[29]</sup> (2 tbsp per 100 ml) with 50 g of gin also helps against bronchitis and has an expectorant effect. It is necessary to take a tablespoon for two days before meals.

To relieve lower back pain due to radiculitis, there are several recipes based on gin. The composition of freshly squeezed juice of white radish, onion and two tablespoons of gin must be spread on gauze, folded several times, applied to the painful area, covered with polyethylene to seal, and wrapped on top with a warm, thick cloth. After half an hour, the compress must be removed and the skin area wiped with a soft cloth moistened with warm water.

Another compress option is much simpler. It is necessary to moisten gauze with gin, apply it to the source of pain and, as in the previous recipe, cover it with polyethylene and a warm cloth. You need to keep it for three hours, after which the skin should be wiped and lubricated with moisturizer. The same compress helps well with sore throat.

Gin is also used to treat swelling and redness of the larynx due to infection or strain on the vocal cords. A mixture of onions, two tablespoons of sugar and two glasses of water is boiled until the onions soften and 50 g of gin is added to it. This decoction should be taken one teaspoon throughout the day.

### **Harm of gin and contraindications**

Systematic consumption of gin in large quantities can lead to alcohol addiction and disruption of the cardiovascular system.

Due to individual intolerance, juniper in gin can cause an allergic reaction. For the same reason, gin is contraindicated for people with kidney inflammation and hypertension.

Low quality or counterfeit gin can seriously harm the human body. Therefore, you should take gin from world brands, the quality of which is controlled by the manufacturer and does not raise any doubts.

The sweetish taste of gin is a sign of low quality drink.

## Julep



Julep (Arabic *julab* - rose water) is a chilled cocktail, the main component of which is fresh mint <sup>[3]</sup>. The following components are used in its preparation: alcoholic drinks, syrups, table mineral water, fresh fruits and berries. Initially, julep, like water with sugar, was used to dilute bitter medicines, mixtures and tinctures in it.

The first mention of this cocktail dates back to 1787 in the works of American writers John Milton and Samuel Pepys, and already in 1800 it became popular all over the world.

Traditionally in America it is prepared with a bourbon base. At that time, juleps were served in small silver mugs with a lid.

The classic recipe for making a julep includes sugar or sugar syrup dissolved in water at the bottom of a glass, crushed mint, liqueur (depending on taste preferences, you can use rum, whiskey, bourbon, cognac, vodka and other alcoholic drinks) and crushed ice. Serve it in a wide, tall glass, pre-chilled in the freezer.

Due to the small amount of mint, the julep is considered the “little brother” of such a cocktail as the mojito. Apple, peach, pineapple, pomegranate <sup>[30]</sup>, strawberries, grapes, birch and cherry juices can be used as fruit and berry additives.

In addition to alcoholic julep recipes, there are also a large number of non-alcoholic ones. The most popular are fruit juleps.

## Benefits of Julep

Julep is very good to drink on hot summer days. It perfectly refreshes, gives coolness, gives strength and vigor. Menthol, released from mint into the drink, has many medicinal and beneficial properties. It has an antiseptic and antispasmodic effect, and also promotes vasodilation. Julep perfectly calms the nervous system, enhances digestion, improves appetite, and also helps with nausea and vomiting.

Mint is also an excellent tonic for the heart muscle. Julep helps relieve palpitations, normalize heart rhythm and restore blood circulation in blood vessels. For people with diabetes , mint julep is indicated as a choleric agent and as a means to improve the functioning of the pancreas.

Lemon Julep is made from freshly squeezed lemon juice. <sup>[22]</sup> (200 ml), fresh crushed mint (50 g), lemon and mint syrup (10 g each) and ice. This drink is rich in vitamins C , A , B, P. In addition, the substances contained in lemon help bind and remove toxins from the body, especially from the liver.

Raspberry julep is made by mixing raspberry juice (180 ml), mint syrup (10 g), ice, fresh raspberries and mint sprigs for garnish. The raspberry drink contains a large amount of healthy acids, vitamins C, B, E, A , PP and various microelements . The substances contained in raspberries have a beneficial effect on the functioning of the genital organs of both men and women. Raspberry julep enhances the hematopoietic functions of the body, stabilizes the heart rhythm, and stimulates the smooth tissues of the stomach.

To prepare a cherry julep, use cherry juice (120 ml), preferably freshly squeezed, birch sap (60 ml), mint syrup (20 g), crushed ice, and a whole cherry as a decoration for the glass. This type of julep contains vitamins PP, B1 , B2 , C, E , amino acids and trace elements. Cherry microelements also promote the production of red blood cells, strengthen large blood channels and small capillaries. This drink perfectly quenches thirst and increases appetite.

### **Julep harm and contraindications**

Juleps are not recommended to be drunk in extreme heat or in large quantities. This can cause a serious imbalance in body temperature and the external environment and, as a result, lead to colds, including pneumonia .

It is not recommended to use juleps for people with allergic reactions to menthol or those suffering from low blood pressure.

If you experience heartburn quite often, then eating juleps may make the situation worse.

This drink should not be consumed by women who are being treated for infertility or who are trying to conceive a child; excessive consumption of mint and mint syrups can inhibit the activity of the ovaries and delay the release of eggs from the follicles .

### **Calvados**





Calvados (French *Calvados* ) is an alcoholic drink based on pear or apple cider, produced in the French province of Basse-Normandy. The drink belongs to the brandy class and has a strength of 40-50 vol.

Only drinks produced in the French departments of Calvados (74% of total Calvados production), Orne, Manche, Er, Sarthe and Mayenne can be called Calvados.

The first mentions of this drink were found in the records of Gilles de Gouberville and they date back to 1533. He described in detail the technology for distilling apple cider into a fairly strong drink. It is believed that it was from that time that Calvados began to win the hearts of fans of good drinks.

In 1741, the document “Appellation d'Origine Controlee” was adopted, regulating the activities of local producers of alcoholic beverages made from cider. Also, in accordance with the document, this drink was given the name of the name of the Spanish ship El Calvador, which ran aground near the Normandy coast, and the appellations that produced this drink were identified.

Due to the climatic conditions in this region of France, excellent harvests of apple and pear trees are produced . There are more than a thousand different varieties of apples and their hybrids. To date, the state has regulated only 48 varieties for the production of cider for Calvados.

### **The production of Calvados is divided into several stages:**

1. *Fermentation* of apple mass. For the production of Calvados, the best proportion of apple and pear varieties has been bred - a mixture of 40% sweet apples, 40% bitter varieties and 20% pears or sour apples. The fermentation process lasts for five weeks.
2. *Distillation* of the fermented mass. Single or double distillation is carried out in copper distillation stills and continuous distillation apparatuses. The output alcohols have a strength of 60-70 vol. The highest quality Calvados is obtained through single distillation in alambics.
3. *Exposure* . The distilled young drink is poured into oak barrels of 200-250 liters. Wood for barrels is taken only of French origin. The drink, at the discretion of the manufacturer, can be aged for 2-10 years or more.

Depending on the aging time, Calvados acquires a characteristic dark amber color and aroma. The aging period of the drink is indicated on the label with special symbols:

- Fine – the drink is aged for 2 years or more;
- Vieux-Reserve – aging period from 3 years;

- VO( Very Old), VSOP (Very Superior Old Pale) – Calvados aged more than 4 years ;
- XO( Extra Old), Extra – infusion in barrels is carried out from 6 years;
- Age 12, 15 d'age – the aging period cannot be less than that indicated on the label;
- 1946, 1973 – exclusive, rare and vintage Calvados.

There are already more than 10 thousand Calvados producers. The most famous manufacturers in France are Lecompte, Pere Magloire, Roger Groult, Christian Drouin, Boulard.

The rule of good form is to drink young Calvados as an aperitif, and aged Calvados as a digestif and when changing dishes during a banquet.

### **The benefits of Calvados**

The apples on which Calvados is made provide it with many minerals ( potassium , iron ), vitamins ( B12 , B6 , B1 , C ) and amino acids ( pectin , tannin ). <sup>[23]</sup> In particular, tannin, with moderate consumption of Calvados, strengthens blood vessels, prevents atherosclerosis , and enhances metabolism. The presence of phenolic compounds in Calvados protects and removes free radicals from the body, thereby having a preventive effect on cancer.

Malic acid , which is part of Calvados , perfectly stimulates the appetite and improves digestion. The same acid gives the unique taste of Calvados-based cocktails with various juices, gin , whiskey , rum and liqueurs .

Young Calvados is used in traditional Norman cuisine to make desserts, pastries, sauces and flambéing meats . In addition, Calvados is used to prepare Camembert and cheese fondue. It is added to melted cheese and set on fire - this provides not only an aesthetic effect, but also adds piquancy to the dish.

### **Harm of Calvados and contraindications**

Excessive consumption of strong alcoholic drinks, including Calvados, causes severe harm to organs such as the liver, kidneys, excretory tract, as well as the brain. As a result, fatal diseases develop and progress: liver cirrhosis , pancreatitis , gastritis , alcoholic dystrophy, trophic ulcers , anemia , etc.

People who are trying to lose excess weight, have exacerbations of chronic diseases, women who are breastfeeding or during pregnancy, as well as children under 18 years of age should not include Calvados in their diet.

### **Cocoa**



Cocoa (lat. *theobroma cacao* - food of the gods) is a tonic and aromatic non-alcoholic drink based on milk or water , cocoa powder and sugar.

Cocoa powder was first used to make cocoa (about 3000 years ago) by the ancient Aztec tribes. Only men and shamans enjoyed the privilege of drinking this drink . Ripe cocoa beans were ground into powder and diluted with cold water, and hot pepper , vanilla and other spices were added.

In 1527, this drink entered the civilized world thanks to the Spanish colonizers in South America. From Spain, cocoa began its confident march across Europe, undergoing changes in preparation technology and composition. In Spain, pepper was removed from the recipe and honey was added , and the drink itself began to be heated. In Italy they made it more concentrated and began producing a modern prototype of hot chocolate. The British were the first to add milk to the drink, giving it softness and lightness. In the 15th-17th centuries. In Europe, drinking cocoa was considered a symbol of respectability and prosperity.

There are three classic recipes for cocoa drink:

- a bar of dark chocolate melted in milk and whipped into foam;
- brewed cocoa drink in milk with dry cocoa powder, sugar and vanilla;
- soluble cocoa powder diluted in water or milk.

When preparing cocoa, only fresh milk should be used. Otherwise, the milk will curdle and the drink will be spoiled.

### **Benefits of cocoa**

Due to the wide variety of microelements ( calcium , magnesium , iron , potassium <sup>[9]</sup> , copper <sup>[69]</sup> , zinc , manganese ), vitamins ( B1 - B3 , A , E , C ) and beneficial chemical compounds, cocoa has a large number of positive properties. So :

- magnesium helps cope with stress, relieve nervous tension, relax muscles;
- iron enhances hematopoietic function; <sup>[8]</sup>
- calcium strengthens bone tissue and teeth in the body;
- anandamide stimulates the production of endorphin, a natural antidepressant, thereby uplifting your mood;

- phenylethylamine allows the body to endure heavy physical activity much more easily and quickly restore strength;
- bioflavonoids prevent the emergence and growth of cancerous tumors.

The beneficial antioxidant flavanol contained in ripe cocoa grains is completely preserved in cocoa powder and, accordingly, in the drink. When absorbed in the body, it increases sensitivity to insulin in diabetes , nourishes the brain and stimulates the activity of the cardiovascular system. Cocoa also contains a very rare chemical compound, epicatechin, which lowers blood pressure, improves cerebral blood flow and short-term memory.

At an older age, drinking a cup of cocoa daily prevents memory problems and enhances the ability to switch attention.

Sugar-free cocoa is also used as a facial and neck skin care product. Gauze soaked in a warm drink is applied for 30 minutes. This mask smoothes out fine wrinkles, gives the skin elasticity and tone, and the skin looks much younger.

For hair, you can use a more concentrated cocoa drink with added coffee . It should be applied over the entire length of the hair for 15-20 minutes. This will create a chestnut toning effect and give your hair a healthy shine.

Some nutritionists recommend that people who want to lose extra pounds consume cocoa without sugar and heavy cream .

It is very useful for children from 2 years of age to drink cocoa for breakfast - this will give them energy for active activities for the whole day.

### **Harm of cocoa and contraindications**

People with congenital intolerance to the drink, children under 2 years of age, and people with increased secretion of gastric juice should not drink cocoa.

The tannins contained in cocoa can lead to constipation if consumed in excess .

If you have increased excitability of the cardiovascular and nervous systems, cocoa should be drunk very carefully, because it acts as a stimulant.

You should also not drink cocoa at night - this can lead to insomnia and sleep disturbances. In people prone to migraines , cocoa compounds such as theobromine, phenylethylamine and caffeine can cause severe headaches, including vomiting.

### **Cachasa**



Cachaça (port. *cachaca* ) is an alcoholic drink made by distilling sugar cane. The strength of the drink can vary from 38 to 54 vol.

Cachaça is the national drink of Brazil, and its production is strictly regulated by law. The word cachaca is a common noun of the commercial name of the drink in Brazil. Thus, in the state of Rio Grandido, cachaca is included in the food basket of citizens.

The first mention of cachaça dates back to the period of colonization of Brazil by the Spaniards and Portuguese. There is a legend that the prototype of cachaça was first discovered by black plantation slaves, who noticed how liquid formed in livestock feeders where the cane had been lying for a long time. When using it, my mood improved, and life did not seem so difficult. Plantation owners noticed this effect. The drink was improved and acquired the status of hard currency, which was exchanged for new slaves in Africa.

According to the method of producing cachaça, there are *hacienda* and *production* . The first is of higher quality and is intended for sale on the domestic market. It is produced almost by hand, and technologies are applied as when it appeared. To do this, sugar cane is crushed and corn flour , wheat bran , grain, rice or soy are added to it . Due to this, a natural fermentation process occurs. The duration of fermentation ranges from 16 to 20 hours. The finished wort is distilled only in copper stills. The finished drink must be aged in barrels.

Almost all wood is used to make barrels: oak, chestnut, almond, fruit trees, etc. The aging process lasts no more than three years. After this cachaca has a light brown color, reminiscent of the color of lemon tea <sup>[22]</sup> and the taste is very close to good cognac or brandy . There are a large number of varieties of such cachaça. Each hacienda produces its own brand, and there are about 4 thousand of them.

The second cachaca is mass-produced and exported. In pursuit of profit and reduction of production time, the technology is significantly simplified compared to hacienda. Instead of plant fermentation stimulants, advances in the chemical industry are used. This allows you to reduce the fermentation time to 6-10 hours. The distillation process itself is carried out in continuous cycle columns. The finished drink is settled in steel vats and is often not aged in barrels, so it has a transparent color. However, some manufacturers subject it to short-term aging. Sometimes the drink is mixed in half, aged and young, to improve the taste. Cachaça is poured into clear glass bottles with a tin stopper.

The world's most famous cachaca brands are: Caninha 51, Germana, Pitu, Old 88, Tatuzinho, Muller, Velho Barreiro, Paduana and Ypioca.

Cachaça is the base of many cocktails in Brazil .



## Benefits of cachaca

Due to its strength, cachaca is an excellent disinfectant and wound-healing agent. This drink is also used in the preparation of tinctures. When creating tinctures, you should strictly adhere to the recommended dosage, otherwise an overdose can lead to the opposite effect.

High blood pressure can be regulated with green walnut tincture .<sup>[16]</sup> This requires 100 pcs. Cut the green nuts together with the peel into quarters, cover with sugar (800 g) or pour in honey and add a liter of cachaça. In an airtight container, leave the mixture to infuse for 2 weeks in a dark place. Every other day, the future tincture should be shaken thoroughly. The finished tincture should be filtered and consumed 1-2 teaspoons before each meal (3-4 times a day). In addition to reducing blood pressure, this tincture is a prophylactic for sclerosis , slugging of the liver and intestines.

Orange tincture has a general strengthening effect on the body, gives vigor, a surge of strength, helps with depression of the nervous system and normalizes metabolism. Also, its use has a beneficial effect on the condition of the teeth and oral cavity. To prepare it, you need to grind the oranges with the peel (0.5 kg) in a meat grinder or in a blender, add sugar (1 kg) and cachaça (0.5 l). Boil the mixture, let it cool and can be used. You need to drink 50 ml after meals. once a day.

## Harm of cachaca and contraindications

Cachaca is a fairly strong alcoholic drink, the excessive consumption of which can lead to alcohol dependence .

gastrointestinal ulcers and other chronic diseases of the stomach and intestines should not drink the drink , because it greatly irritates the mucous membrane.

Pregnant and lactating women, as well as children under age, are prohibited from drinking cachaça.

## Kvass



Kvass is a low-alcohol drink produced by incomplete fermentation of milk or bread sourdough. The strength of the drink does not exceed 2.6 vol. Kvass is traditionally made by Slavic peoples. According to the international classification, kvass belongs to the category of beer; in Russia and Ukraine it is also considered an independent drink.

Kvass is a fairly ancient drink. It was known about it back in Egypt 3000 BC. The origin, production and use of the drink were described by the ancient philosophers Herodotus and Hippocrates. Kvass appeared on Slavic territory about a thousand years ago, even before the founding of Kievan Rus.



Kvass was held in high esteem by people of all classes and ranks. By the 15th century there were already over 500 types of kvass. In addition to everyday and widespread use, this drink was used in hospitals and hospitals to restore the strength of postoperative patients and improve digestion.

Kvass can be factory-made or home-made. As a preservative to increase shelf life and sale, factory kvass is additionally enriched with carbon dioxide.

Bread, fruit, milk and berry kvass are prepared at home. Berry and fruit varieties are often ordinary bread kvass, to which the juice of pear, apple, cranberry, cherry, lemon <sup>[22]</sup>, etc. is added. Sometimes such kvass is prepared directly from juice by adding flour or bread to it.

The classic kvass recipe includes the following ingredients: yeast, bread crumbs and sugar. Rusks (200 g) are poured with boiling water (0.5 l), tightly closed with a lid and left for 2-3 hours. The finished starter is filtered, and sugar (50 g) and yeast (10 g) are added to it . The future kvass is left for 5-6 hours in a warm place. The finished drink is cooled and bottled. The drink should be consumed within two days - otherwise it will become sour.

Factory-made kvass is made either from natural fermentation products of rye or barley malt, or from synthetic kvass mixtures consisting of kvass flavors identical to natural ones, sweeteners, dyes, often burnt sugar, water and carbon dioxide. The finished drink is bottled into kvass tankers for street sale, or into plastic PET bottles with a volume of 0.5-2 liters. Such drinks are not always of good quality and do not have the same beneficial properties as natural homemade kvass.

### **The benefits of kvass**

The content of lactic and acetic acids in kvass quenches thirst well, promotes good digestion, improves metabolism and has a calming effect on the nervous system. The enzymes contained in kvass reduce the number of pathogens in the stomach and intestines, improve muscle tone, relieve fatigue, and strengthen blood vessels and heart muscle. In addition, kvass contains a set of vitamins, amino acids and microelements that have a positive effect on the body with vitamin deficiency, scurvy, brittle teeth and damaged tooth enamel.

Kvass acids have an immunomodulating function and have an effective therapeutic effect on hypertension and dysbacteriosis. The effect of kvass on the body is comparable to such products as kefir, yogurt <sup>[31]</sup> and kumiss.

Kvass B vitamins support hair health, strengthen the hair follicle and give natural shine. In turn, vitamins PP and E heal the skin and complexion, smooth out fine wrinkles. <sup>[32]</sup> Kvass also has bactericidal properties. In its environment, the pathogens of typhoid, cholera, anthrax and others die.

Despite the sugar content, kvass is a dietary product and is recommended for people who are on a diet or fasting. Beet kvass is especially suitable . Drinking kvass before meals will satisfy the first hunger and, as a result, reduce the required amount of food for satiety.

Kvass is used to prepare various dishes: pancakes, okroshka, marinades for meat and fish, etc.

During the famine and war, this drink saved more than one human life, because it was consumed as an independent product that provided the body with nutrients, saving it from exhaustion.

### **Harm of kvass and contraindications**

People with diseases such as liver cirrhosis, hypotension and gastritis should not drink kvass.

Also contraindicated for use is increased stomach acidity, gastric and duodenal ulcers, gout, kidney and urinary tract diseases. It is necessary to carry out therapeutic measures with kvass only after consultation with a doctor.

Considering all the beneficial properties of kvass, it should still not be introduced into the diet of children under 3 years of age, pregnant and nursing mothers.

## Kefir



Kefir (from Turkish *kef* - health) is a nutritious drink obtained from milk by fermentation of lactic acid bacteria: rods, streptococci, yeast, acetic bacteria and about 16 other species. Their number must be at least 107 per liter. The drink has a white color, uniform texture, sour milk smell and a small proportion of carbon dioxide. Kefir is most widespread among residents of the Slavic and Balkan countries, Germany, Norway, Sweden, Hungary, Finland, Israel, Poland, the USA and the countries of the Middle East.

Kefir was first obtained by the mountaineers of the Karachay and Balkar peoples due to the ingestion of kefir fungus into milk in the mountainous area near Elbrus. Kefir grains were so valued by local people that they were used as currency in exchange for other goods and given as dowries to girls for weddings. The spread of the drink throughout the world began in 1867. It was freely sold, but the secret of preparation was kept in the strictest confidence.

The mass production and sale of kefir in the USSR began due to an incredible incident with a young girl. After graduating from the dairy school in 1906, Irina Sakharova was specially sent to Karachay to obtain a recipe for making kefir from the local population. Already on the spot, one of the mountain men liked the girl, and according to mountain tradition, he stole her. The girl was not at a loss and filed a lawsuit against him, and as compensation for moral damage, she asked him to reveal the secret of kefir to her. The court satisfied the claim and demands, and Irina returned home, one might say, victorious. Since 1913, the drink began to be produced en masse in Moscow, and from there it spread throughout the Soviet Union.

The modern food industry produces several types of kefir for the market:

- low-fat kefir with a fat content from 0.01% to 1%;
- classic kefir – 2.5%;
- fat kefir – 3.2%;

- creamy kefir – 6%.

Many manufacturers add fruit and berry fillers to kefir or additionally enrich it with vitamins C, A and E. Bifidobacteria are also added to some types of kefir to improve its absorption and digestion of food. Kefir is produced in plastic and glass bottles of 0.5 and 1 liter, in polypropylene bags and tetrapacks.

Kefir is very easy to make at home. To do this, you need to take milk (1 l) and dry starter culture with live bacteria. If homemade milk is used, it should be boiled and cooled to room temperature before use to prevent bacteria from cooking. When using store-bought pasteurized or sterilized milk, the boiling procedure can be omitted. In addition to dry starter culture, you can also use ready-made store-bought kefir, and its label must indicate “containing live lacto- or bifidobacteria” of at least  $10^7$ . Mix all ingredients, pour into yogurt maker cups and leave for 8-12 hours, depending on the device power (read instructions). You can use a thermos or a regular jar, but remember that the containers must be kept warm at a constant temperature, otherwise the process of bacterial growth will not occur. To stop fermentation, finished kefir should be stored in the refrigerator at a temperature of 1-4°C.

When choosing kefir in a store, you should pay attention to the production date and expiration date of the kefir. High-quality kefir cannot be stored for more than 10 days. An indication on the packaging of a shelf life of up to 1 month may indicate the presence of preservatives, antibiotics or non-living bacteria in the drink. It is also better to purchase kefir in transparent glass or plastic containers. When viewing the drink through the walls of the package, you should make sure that it is white in color and has a uniform consistency. Exfoliated kefir is evidence of improper pre-sale storage.

### **The benefits of kefir**

The drink contains a large amount of vitamins ( A , E , H , C , group B , D , PP ), minerals ( iron , zinc, potassium, calcium, sodium, phosphorus , sulfur, chlorine , manganese, copper <sup>[69]</sup> , fluorine, molybdenum , iodine, selenium, cobalt, chromium ) amino acids and lactic acid bacteria.

Kefir is an easily digestible drink, the beneficial substances of which are quickly absorbed by the walls of the stomach and intestines and enter the bloodstream. It contains a large number of probiotics , which have a beneficial effect on the intestinal microflora, increase the number of beneficial microorganisms, improve metabolism, and normalize stool. The main medicinal properties of the drink are based on the bactericidal properties of lactic acid bacteria and microorganisms, as well as the results of their vital activity.

Kefir is used in the preventive treatment of diseases of the gastrointestinal tract, kidneys, liver, tuberculosis , sleep disorders, chronic fatigue, to increase immunity and restore vitality after strip operations. Nutritionists recommend drinking low-fat kefir for overweight people to speed up metabolism and remove toxins resulting from fat burning. Kefir is also the basis of the kefir diet .

Depending on how long after preparation you consume kefir, it has different properties. If you drink freshly prepared kefir (the first day), it has a laxative effect, and after three days of storage, the kefir strengthens.

Kefir is also prescribed by doctors to people with low acidity of gastric juice, with congenital lactose intolerance , as well as with impaired absorption of carbohydrates. Lactose is a source of nutrition for fermented milk microorganisms, so it is not present in the drink.

Kefir is used for refreshing and nourishing masks for the face, neck and hair. It is also used in cooking for preparing a variety of pastries, pancakes, pancakes, desserts, as well as a marinade for meat and the base of sour sauces.

## **Harm of kefir and contraindications**

Excessive consumption of kefir is contraindicated for people with gastric disorders associated with high acidity of gastric juice, ulcers , pancreatitis , chronic diarrhea (one-day kefir) and allergies .

Not recommended for children under 8 months. Also, consumption of large amounts of kefir (more than one liter per day) by children from 8 months to 3 years can cause rickets , brittle bones and improper development of joints. The daily intake of kefir for children and adults should not exceed 400-500 ml.

## **Kissel**



Kissel is a sweet dessert drink with a jelly-like structure. It is prepared on the basis of fruit and berry compotes, uzvar, juices, syrups, milk, jam diluted in water with the addition of corn or potato starch, as well as grain starter. The jelly contains sugar as a sweetener.

Kissel is a native Russian drink. Its name comes from oatmeal jelly, common in villages more than 1000 years ago. The starch-based fruit and berry jelly that we are familiar with, which appeared much later, inherited this name.

Kissel can be prepared at home from fruits, berries, sugar and starch, or you can use the achievements of the chemical industry - instant jelly from bags.

The recipe for making jelly from natural products at home is quite simple. To do this, wash fresh fruits or berries well in cold water and grind them into a puree in a blender. If there are small seeds in the berries, then the puree should be additionally rubbed through a sieve. The result should be a glass (250 g) of puree. Pour water (2 l) into the pan, add sugar (1-3 tbsp), fruit and berry puree. Bring the resulting mixture to a boil. Separately, in a glass of water (100 ml), you need to dilute the starch (1-2 tbsp) and gradually, stirring constantly, pour it into the compote. Cook the jelly until thickened (about 10 minutes). The finished drink should be poured into glasses or bowls in portions and cooled in the refrigerator.

Instant factory jelly is even easier to prepare. It is necessary to boil the amount of water recommended on the package and gradually, stirring continuously, add the contents of the package. Boil the drink for the recommended time and that's it, the drink is ready.

## **The benefits of jelly**

starch in jelly makes it a very high-calorie and nutritious drink. However, it retains all the vitamins of fruits and berries used in its preparation. It can be consumed as a replacement for one of the meals, for example, an afternoon snack. For people with increased secretion of gastric juice, gastritis or peptic ulcers of the gastrointestinal tract, doctors recommend jelly to alkalize the acidic gastric environment.

Kissel is rich in organic acids, and its beneficial and medicinal properties depend on the fruits from which it is cooked.

Blueberry jelly improves visual acuity and has a positive effect in the prevention and treatment of diseases of the gastrointestinal tract and infectious diseases.

Apple-based jelly is prescribed by doctors for low levels of red blood cells in the blood, low hemoglobin and hypovitaminosis. It is also used as a dietary dish that improves digestion.

Jelly made from rowan berries <sup>[33]</sup> is used as a general treatment for diseases of the liver and biliary tract. It has substances that help renew bile, improve its color and quality characteristics. In addition, this jelly has a slight laxative and diuretic effect.

Warm cherry jelly helps in the initial stages of diseases of the upper respiratory tract and inflammatory processes in the lungs. This effect is achieved due to the antiseptic properties of cherries.

A large amount of vitamin C and acetylsalicylic acid in cranberry jelly helps with colds and flu.

It is recommended to drink jelly after eating spicy food, which irritates the mucous membranes, because its viscous structure envelops the walls of the stomach, preventing damage to them and improving its functioning.

### **Harm of jelly and contraindications**

All the negative properties of jelly can be attributed to the starch it contains. Starch, which is part of the jelly, is an additional source of carbohydrates, which, if consumed in excess, can cause allergies or rapid weight gain.

Also, if you are allergic to any fruit or berry, you should not use them to prepare the drink.

### **Cobbler**



Cobbler (eng. *cobbler* - tavern owner, brewer) is a cocktail dessert drink consisting of a variety of fruits, syrups, juices, alcoholic beverages and crushed ice.

Cobbler was first prepared in America in 1809. It was made by a tavern owner as a sign of reconciliation after a quarrel with his wife, which made her completely delighted, and the whole world received a new drink.

The main distinguishing feature of cobbler from other cocktails is its preparation technology. Unlike others, it is not mixed in a shaker. The drink glass is filled 2/3 with crushed ice, and then all the necessary fillers are added. Decorate the glass and add fresh ( apple , pear , orange , banana , plum ) or canned ( pineapple , cherry , cherry , peach , grape , apricot ) fruits inside.

wine , champagne , port or aromatic liqueur can be used as an alcoholic filler . All fruits should be evenly distributed in the glass. This drink is served with a straw and a spoon for fruits and berries. Due to the abundance of fruit in the drink, some call cobbler a “fruit salad in wine sauce.”

### **Benefits of cobbler**

Cobbler is a great refreshing drink, especially on hot days. It acquires its positive properties due to the fruit and berry ingredients it contains.

So strawberry cobbler is prepared by mixing strawberry juice (50 ml), strawberries ( 20 g), lemon <sup>[22]</sup> (20 g) and vanilla (10 g) syrup. All ingredients are shaken and poured into a pre-prepared glass with crushed ice and berries. The drink is topped with whole strawberries and cream . Strawberry cobbler is rich in vitamin C and folic acid . The enzymes that strawberries are rich in improve appetite and intestinal function, and stimulate the outflow of bile and urine.

Pineapple cobbler is prepared from pineapple and currant juice (30 g each) and canned pineapple pieces (20 g). The juices are poured into a glass with ice and garnished with a slice of lemon. <sup>[22]</sup> This drink preserves pineapple vitamins B , A and PP , as well as a number of microelements. Currants enrich the drink with vitamins C, E and antioxidants . Pineapple cobbler has a positive effect on the cardiovascular system, lowers blood pressure, has an anti-infective effect, improves appetite and relieves attacks of nausea, for example, during pregnancy. <sup>[34]</sup>

Coffee and chocolate cobbler consist of coffee (20 g) or chocolate (20 g) syrups, respectively, raspberry syrup (10 g), finely broken dark chocolate (20 g) and strong unsweetened tea (50 g). All ingredients are mixed in a mixing glass and poured into a serving glass. The drink is topped with whipped cream. Cobblers made from such components have a tonic effect and give a boost of energy and vigor.

Egg cobbler is made from beaten raw egg , milk (20 g), strawberry juice (20 g) and orange syrup. All components are thoroughly mixed and poured into a glass filled with ice. Sometimes currant juice is added to it. The drink turns out to be very nutritious, rich in protein and healthy fats for the body. When preparing the drink, remember that the eggs should be as fresh as possible. Under no circumstances should you use an egg with a damaged shell.

### **Harm of cobbler and contraindications**

Some cobblers contain alcoholic beverages, so consuming them in excess can lead to alcohol poisoning. Pregnant and lactating women, as well as children under age, should not consume such cobblers.

You should also be careful about those components of the drink that cause allergies .

### **Cocktail**





Cocktail (English: *cock's tail* ) is a drink obtained by mixing (mixing) various alcoholic and non-alcoholic drinks. The volume of one serving of cocktail does not exceed 150 ml. Also, the cocktail recipe clearly states the proportions of the components, the violation of which can irreparably spoil the drink or lead to the creation of a new type of it.

The first mention of the cocktail dates back to 1806 in the New York newspaper “Balance”, which published an article about a buffet in honor of the elections. There was a list of bottled drinks, including alcoholic mixes - cocktails.

Some attribute the origins of the cocktail to cockfighting, which was common more than 200 years ago. Spectators and participants were treated to a mix of no more than five ingredients after successful fights. There was no special glass for cocktails at that time, and they were prepared in tall mixing glasses. The cocktail ingredients were supplied in wooden barrels and bottled on site, which were reused many times.

In 1862, the bartender's guide to making cocktails, *The Bon Vivant Companion or How To Mix*, was first published by Jerry Thomas. He became a pioneer in the cocktail business. After him, all the bartenders began recording their mixes, creating more and more new recipes. For some, this guide has become a real bible for bar business and a standard for bartender behavior. Drinking establishments with a varied selection of cocktails began to open at tremendous speed.

In the 19th century With the advent of electricity, a whole revolution took place in the making of cocktails. The equipment of bars now includes such devices as ice makers, compressors for carbonating water and mixers.

Cocktails based on alcoholic beverages are mainly made from whiskey , gin or rum , with tequila and vodka used less frequently . Milk , liqueur and honey are also used as sweet and taste-softening ingredients . Non-alcoholic cocktails are most often based on milk and natural juices .

There are four main ways to prepare cocktails:

- directly in the served glass;
- in a mixing glass;
- in a shaker;
- in a blender.

Depending on the base, cocktails are divided into alcoholic, beer and non-alcoholic.

The group of alcoholic cocktails has its own division of cocktails into subgroups: aperitifs, digestifs and long drinks. But some types of cocktails do not fit this classification and are served as independent drinks. Due to the growing popularity of mixed drinks, flip, punch , cobbler , highball, julep, collins , layered cocktails, sour and eggnog have emerged as a separate group of cocktails .

### **The benefits of cocktails**

Non-alcoholic cocktails have many beneficial properties. Recently, so-called *oxygen cocktails have become very popular* . They have a foamy structure due to the addition of natural components, such as licorice extract. Oxygen enrichment occurs with the help of technical devices: an oxygen cocktail, a mixer and a stone connected to an oxygen cylinder. To prepare 400 ml of such a cocktail, you need 100 ml of base (natural freshly squeezed juices, fruit drinks , milk), 2 g of foaming agent and connection to an oxygen mixer.

Entering the stomach along with the foam, oxygen is very quickly absorbed into the blood, distributed throughout the body and nourishes every cell. This cocktail normalizes metabolic processes in the body, accelerates metabolism and redox reactions in cells, improves blood circulation and blood saturation of small capillaries and stimulates the immune system. In addition, the body absorbs twice as much of the nutrients that form the basis of the cocktail.

It is recommended to use such cocktails for pregnant women, athletes, people living in industrial cities and cities with a high level of urbanization, with chronic hypoxia, diseases of the gastrointestinal tract, cardiovascular system, sleep disorders and chronic fatigue.

Cocktails made from fresh fruits , berries and vegetables are the healthiest for the body. After all, in addition to vitamins and minerals , they are rich in fiber , which improves the functioning of the gastrointestinal tract and normalizes the body's metabolic processes. They also contain substances that enhance immunity , maintain acid balance and stimulate the burning of fat deposits.

### **Harm of cocktails and contraindications**

Alcoholic cocktails are not recommended for pregnant and lactating women, children and people with disorders of the nervous system. Excessive consumption can lead to alcohol poisoning. Systematic use leads to alcohol dependence .

Oxygen cocktails are contraindicated for use by people with diseases such as gallstones and urolithiasis , hyperthermia , asthma and respiratory failure.

When preparing cocktails from various types of juices and fruit drinks, individual allergic reactions to foods should be taken into account.

### **Cola**



Cola (lat. *Cola* ) is a tonic sweet carbonated drink that contains caffeine . The drink got its name from kola nuts, which were used in the original recipe as a source of caffeine.

The drink was first produced by the American chemist John Stith Pemberton in 1886 as a medicinal syrup. The drink was sold in 200 ml portions. in pharmacies as a remedy for “nervous disorders”. After some time, the drink began to be carbonated and sold in vending machines. For a long time, cola nuts and leaves of coca bushes containing narcotic substances (cocaine) were used as part of the drink. At that time, cocaine was freely sold, and instead of alcohol, it was added to drinks for “tone and pleasure.” However, since 1903, cocaine, due to its negative effects on the body, has been prohibited for any use.

The ingredients of the modern drink are kept by the manufacturing companies in the strictest confidence and are a trade secret. At the same time, only two people in leadership positions can know the entire cooking recipe. Company employees bear criminal liability for any disclosure of components.

During its existence, the drink gained significant popularity throughout the world, and such independent cola brands as Coca-Cola, Pepsi-Cola in the USA and Afri-Cola in Germany emerged. But despite this, cola is an American drink, sold in more than 200 countries.

### **Benefits of cola**

Kola nut extract , which is part of the drink, is a strong tonic due to the substances it contains. Theobromine, caffeine and colatine together have a tranquilizer effect, giving a temporary boost of vigor and energy. Cola helps with stomach upsets, nausea, diarrhea and sore throat. If symptoms occur, drink no more than one glass of chilled cola.

Cola is widely used in cocktails , especially with spirits. The most popular youth cocktail with cola is whiskey -cola. Its popularity around the world is inextricably linked with the legendary group The Beatles. To prepare it, use whiskey (40 g), cola (120 g), a slice of lime and uncrushed ice.

Quite original is the Cola Roo cocktail, consisting of vodka , Amaretto liqueur (25 g each), cola (200 g) and ice cubes. The drink belongs to Long Drink.

A cocktail combining vodka (20 g), a bag of instant coffee (preferably 3 in 1) and cola has an invigorating effect. All ingredients are poured into a tall glass with ice. In this case, cola should be added quite slowly, because in combination with coffee a reaction occurs with the formation of foam.

Cola is also widely used in cooking, especially in the preparation of marinades. To do this, mix the marinade sauce for meat and cola in half and pour the resulting mixture over the meat. When cooked,

the sugar contained in cola will give the meat a golden crust and the taste of caramel, and the acid will allow the meat to marinate in a very short time.

Oddly enough, you can make a diet cake from cola. To do this you need to mix 4 tbsp. spoons of oatmeal and 2 tbsp. spoons of wheat bran , add 1 tbsp. a spoonful of cocoa and 1 teaspoon of baking powder. Mix all dry ingredients thoroughly and add 2 eggs and 0.5 cups of cola. Bake the cake at 180°C for about 30 minutes. Readiness should be checked with a wooden skewer. To make the cake more juicy, you can pour it with fondant made from 1 teaspoon of gelatin and 3 tbsp. spoons of cola.

### **Harm of cola and contraindications**

Cola is a very high-calorie drink due to the large amount of sugar dissolved in it. Causes obesity due to excessive consumption . As part of an anti-obesity program, some US cities have banned the sale of cola in schools.

The content of orthophosphoric acid in the drink damages tooth enamel and increases the acidity of the stomach, thereby leading to the destruction of its walls and ulcerative formations. It is not recommended to drink cola for people suffering from gastrointestinal diseases. Also, the same acid negatively affects the absorption of calcium from food and washes it out of the bones of the skeleton.

When drinking cola, the mucous membrane of the mouth dries out, so it is very difficult to get drunk with this drink, which leads to additional stress on the kidneys. Cola, in which sugar is replaced with a sweetener (phenylalanine), is contraindicated for people with phenylketonuria.

### **Compote**



Compote (French *compote* - to compose, mix) is a dessert non-alcoholic drink made from one type or a mixture of fruits and berries based on water and sugar. Compote is prepared from fresh, frozen or dried ingredients. This drink is very popular chilled in the summer, and in cold weather compotes go well warm as a source of vitamins. Compotes are also prepared for the winter for future use.

The name of the drink came into our language in the 18th century. from France. It was in this country that cooks first prepared compote. To this day, fruit puree called compote is prepared in French pastry shops.

The compote should be prepared from ripened components, without mechanical damage or signs of rotting. The taste and color of the finished drink depends on these indicators. For everyday use, compote is prepared by boiling (2-5 minutes) fruits and berries (about 500 g) in water (3-4 l) with sugar (6-7 tbsp).

When canning compotes, there are several general recipes and technologies. The two most popular are:

• **1st recipe:**

Wash jars prepared for preservation thoroughly to remove dirt and residues from previous preparations. The neck of the jars should be intact without chips. Seaming lids, washed from industrial grease, are sterilized in boiling water for 10 minutes.

berries and fruits in two waters, remove stems and inflorescences. Divide the clean ingredients so that they fill the jars 1/4 full.

Pour boiling water over the jars, cover with lids and leave to cool for 15 minutes.

Then pour the water back into the pan where it was boiled. Add sugar there at the rate of 200 g per 3-liter jar and boil again.

Pour boiling syrup over the berries again and roll up the lids.

Place the jars upside down so that you can immediately see where the lid does not fit tightly to the neck of the jar. To keep the jars warm, cover them with a blanket or any other warm things.

• **2nd recipe:**

Also wash the jars and lids and sterilize them. Sterilize each jar by steaming for 3-5 minutes or in the microwave for two minutes.

As in the first case, rinse and peel the fruits and berries. Then blanch in portions using a colander in boiling water for 30 seconds.

Place the sterilized components of the compote into jars and add sugar (200 g per 3-liter jar). Pour boiling water over everything and roll up.

Like point 6 of the first recipe.

Compotes should be stored in a dark room at a temperature of 0-20°C and a humidity of no more than 80% for 12 months.

**The benefits of compote**

Depending on the ingredients used in preparing the compote, the amount and composition of biologically active substances, vitamins, minerals and organic acids are determined. The color and aroma of the drink also depends on this. The following fruits are used as raw materials for preparing compotes: apples , apricots , pears , quinces , peaches , plums , oranges , tangerines , etc.; berries: grapes , cherries , sweet cherries , cherry plums , red and black currants , gooseberries , cranberries , viburnum <sup>[35]</sup> , dogwood , strawberries , raspberries , etc. To preserve all the beneficial substances in the compote, you need to boil it for no more than 5 minutes under a closed lid.

Compote is a fairly high-calorie drink due to the sugar it contains. In its usual form, it is not recommended for people with diabetes . For them, it is necessary to prepare compotes without sugar or replace it with sweeteners ( fructose ) and substitutes.

Raisin compote is recommended by doctors as a remedy against anemia , gastrointestinal disorders, muscle weakness, high temperatures accompanied by fever , kidney and heart diseases. This compote can also be given to infants from the first days of life for colic , intestinal gas and microflora disorders. To prepare it, raisins should be washed in warm water, all specks and remaining stalks should be removed. It is better to take raisins by weight. Pure raisins should be placed in a teapot for brewing,



pour boiling water over them and leave to steep for half an hour. When brewing tea for children, you should take 5-10 raisins per 200 ml of water.

Rosehip compote <sup>[36]</sup> is a storehouse of vitamins, minerals and acids that are so necessary for the body with the onset of cold weather. It is especially useful for people with impaired functioning of the kidneys and gastrointestinal tract, it helps remove excess fluid from the body, normalizes metabolism, binds and removes toxins. Dried or fresh rose hips should be chopped, poured into a thermos, added sugar and poured boiling water. Before use, it should be infused for 3-4 hours.

### **Harm of compote and contraindications**

It is not recommended to consume large quantities of various compotes during the hot season for people with kidney failure and pregnant women in the 2-3 trimester. This can lead to the accumulation of excess fluid in the body and additional stress on the kidneys.

Compotes made from sour or unripe fruits and berries should not be drunk if there is increased acidity of the stomach accompanied by gastritis , gastrointestinal ulcers and damage to tooth enamel.

## **Cognac**



Cognac (French *cognac* ) is an alcoholic drink produced in the city of the same name, Cognac (France). It is produced from a special type of grape, using special technology.

Cognac is made from white grape varieties. The main share of them is *the Ugni Blanc variety* . Full ripening of the grapes occurs in mid-October, so the process of creating such a noble drink begins in late autumn.

The quality of cognac spirits is determined by two main manufacturing processes - juice extraction and fermentation. The use of sugar during the fermentation stage is strictly prohibited.

The next process involves distilling the wine in two stages and bottling the cognac spirit into oak barrels of 270–450 liters. The minimum aging period for cognac is 2 years, the maximum is 70 years. In the first years of aging, cognac acquires its characteristic golden-brown color and is saturated with tannins. The age of cognac determines its taste and has a clear classification. Thus, the marking on the VS label indicates aging up to 2 years, VSOP - up to 4 years, VVSOP - up to 5 years, XO - 6 years or more.

All drinks produced using the same technology and from the same grape variety and having similar taste and appearance qualities, but made anywhere in the world, are not considered cognac on the



international market. All these drinks have the exclusive status of brandy . Otherwise, in accordance with international regulations, a fine is imposed on the manufacturer of such cognac. The only exception in the world is the Shustov company. For winning the World Cognac Exhibition in Paris in 1900, the company received the opportunity to call its drinks “Cognac”.

### **The benefits of cognac**

No alcoholic drink can be a medicine if consumed thoughtlessly. However, in small doses, cognac has some therapeutic and preventive effects.

A small portion of cognac raises blood pressure and, as a result, relieves headaches and general weakness of the body. In addition, due to the presence of biological substances in cognac that stimulate the stomach and awaken appetite, the functioning of the digestive tract improves. Tea with a teaspoon of cognac can also act as a means to boost immunity and prevent colds. In the fight against the beginnings of a cold, you can use cognac with ginger <sup>[14]</sup> .

The heated drink is used to rinse, disinfect and treat the throat for sore throat . This cognac is taken with lemon <sup>[22]</sup> and honey as an antipyretic. And adding milk to this mixture provides an expectorant effect for bronchitis and laryngitis . Cognac before bed will relieve insomnia , relieve nervous tension accumulated during the day, and ensure sound, healthy sleep.

In cosmetology, cognac is used as a remedy for acne , mixing it with glycerin, water and borax. This mixture is used to wipe the inflamed areas of the skin, and after just a few days of such procedures, the skin will become much cleaner. To whiten the face, make a mask consisting of 2 tablespoons of cognac and lemon juice, 100 ml of milk and cosmetic white clay. The resulting mixture is evenly distributed over the face for 20–25 minutes, avoiding the areas around the eyes and mouth.

To give your hair good nourishment and strengthen it, make a mask of egg yolk , henna, honey and a teaspoon of cognac. A plastic cap and a warm towel are put on your hair over the mask. Keep the mask on for 45 minutes.

Doctors recommend drinking no more than 30 g of cognac daily.

### **Harm of cognac and contraindications**

Cognac has much fewer negative properties than advantages.

The main danger of this noble drink is its excessive consumption, which can cause addiction and a rather severe stage of alcoholism .

Cognac is also strictly contraindicated for people suffering from cholelithiasis, hypertension , diabetes and hypotension.

It must also be remembered that a therapeutic and positive effect can only be expected from cognac of good quality and a well-known brand, and not from some kind of surrogate of unknown origin.

### **Coffee**



Coffee (Arabic *qahwa* - stimulating drink) is a tonic non-alcoholic drink made from roasted coffee beans. Coffee is a heat-loving plant, so it is grown on high mountain plantations. Two varieties of coffee trees are used to produce coffee: *Arabica* and *Robusta* . In terms of consumer properties, *Arabica* is less strong, but more aromatic, *Robusta* is the opposite. Therefore, a mixture of these two varieties in different proportions is often sold.

The history of coffee is shrouded in a huge number of legends. The most famous is the legend of a shepherd who noticed how goats behaved after eating coffee tree leaves. Goats were particularly active from coffee fruits. The shepherd picked several berries from the tree and tried to infuse them with water. The drink turned out to be very bitter and he threw the remaining coffee berries into the coals of the fire. The aroma of the resulting smoke was so pleasant and intoxicating that the shepherd decided to repeat his attempt. Having stirred the coals, he took out coffee beans, poured boiling water over them and drank the resulting drink. After some time, he felt a surge of strength and energy. He told the abbot of the monastery about his experience. He tried the drink and was convinced of the wonderful effect of coffee on the body. To prevent the monks from falling asleep while reading prayers at night, the abbot ordered everyone to drink a decoction of roasted coffee beans in the evening. It is believed that this legend dates back to the 14th century. and its events took place in Ethiopia.

Coffee became widespread thanks to European colonialists. For the French king and his subjects and for the needs of the massive discovery of caffeine, coffee trees began to be grown in Brazil, Guatemala, Costa Rica, South India, the island of Java, Martinique, Jamaica, and Cuba. Currently, the main coffee producers in the world market are Colombia, Brazil, Indonesia, Vietnam, India, Mexico and Ethiopia.

In order for the end consumer to receive coffee beans in their usual form, coffee undergoes a number of production processes:

- **Berry picking** . To improve quality, ripe berries are picked from trees only by hand or by shaking.
- **Freeing grains from pulp** . Pulping machines remove most of the pulp, and then the fermentation process frees the grains of any residue. The cleaned grains are washed under pressure of water.
- **Drying** . Clean coffee beans are laid out on concrete terraces or special dryers in direct sunlight. The drying process takes place within 15-20 days. During this period, the grains are turned over about 1400 times, i.e. every 20 minutes. Also, during drying, the moisture level of the grains is strictly monitored. Ideally dried coffee beans have a moisture content of 10-12%.

- **Classification** . Mechanical sieves and separators separate husks, pebbles, sticks, as well as black, green and broken beans from coffee beans and separate them by weight and size. The separated grains are poured into bags.
- **Tasting** . From each bag, several beans are roasted and coffee is brewed. Professional tasters determine the subtlest differences in taste and aroma, and based on their conclusions, the cost of the finished product is determined.
- **Roasting** . There are four main degrees of coffee roasting used in production. The darkest coffee is used to make espresso.

The most delicious and aromatic coffee comes from freshly ground beans, so coffee is ground by end consumers. However, some distributors and suppliers of coffee grind and pack it in foil vacuum packaging to preserve all the quality characteristics. At home, coffee should be stored in an airtight jar or package away from air and moisture.

Coffee is used in the preparation of more than 500 types of coffee drinks and cocktails. The most popular and world famous are: espresso, Americano, macchiato, cappuccino, latte, glaze, etc. Cezves, coffee makers and espresso machines are used to prepare coffee.

### **Benefits of coffee**

Coffee has a number of positive properties. It contains more than 1200 chemical compounds. Of these, 800 are responsible for taste and aroma. Coffee also contains more than 20 amino acids, vitamins PP, B1, B2, micro- and macroelements calcium, magnesium<sup>[37]</sup>, sodium, potassium, phosphorus, iron.

Coffee has a strong diuretic effect, so when drinking it, you need to monitor your water balance and drink at least 1.5 liters of natural water. Coffee also has a slight laxative effect.

Coffee is a tonic drink, so drinking it gives you a surge of strength, vigor, and improved attention, memory and concentration for a short period of time. The caffeine contained in coffee soothes migraine headaches and low blood pressure.

Drinking coffee daily can significantly reduce the risk of diabetes, as well as increase insulin sensitivity in people who already have the disease. Some substances contained in coffee have a restorative effect on liver cells and prevent the development of cirrhosis<sup>[38]</sup>. Thanks to the presence of serotonin, coffee is classified as a drink that relieves depression.

Ground coffee is widely used in cosmetology, as a cleansing and exfoliating agent for dead skin. Using it as a scrub for the whole body improves blood flow to the upper layers of the skin, tones it, and normalizes metabolic processes. Using strong brewed coffee as a hair mask, you can give your hair a chocolate tint, making it stronger and shinier.

In addition to the direct use of coffee for making drinks, it is also used for making desserts, cakes, sauces, creams, sweet cereals (semolina, rice, etc.) and others.

### **Harm of coffee and contraindications**

Coffee prepared using the espresso method or simply poured with boiling water increases cholesterol levels in the blood, which can lead to the development of cardiovascular diseases.

Increasing consumption of coffee up to 4-6 cups a day can lead to leaching of calcium from bones and, as a result, to their fragility.

Drinking too much coffee leads to headaches, insomnia, increased blood pressure and tachycardia. Pregnant women should limit their coffee consumption to one cup per day, because... The child's body eliminates caffeine more slowly and this can lead to developmental disorders of the skeleton and inert tissue.

Coffee is contraindicated for children under 2 years of age. Older children can be given coffee, but its concentration should be 4 times less than in a regular cup. Otherwise, coffee can lead to nervous and physical exhaustion of the child.

## Cruchon



Cruchon (fr. *cruchon* - jug) is a refreshing cold drink, usually alcoholic, consisting of fresh and canned fruits and berries, and a mixture of wines . To enrich the drink with carbon dioxide bubbles, champagne or carbonated mineral water is usually added to the cup .

Due to the slight similarity in the preparation scheme, cruchon can be said to be “brother of punch ” and “distant relative of cocktail ”. This drink is very convenient to prepare before the arrival of a group of friends in a large jug or special punch bowl, and then pour portions into small crystal glasses. Before serving, the drink must be cooled to a temperature of 8-10°C and a small amount of ice is added.

There are two legends about the creation of the cruchon. Both date back to 18th century France. According to the first, the cruchon was invented by one of the servants of the “golden youth” of France. After each party, for his own consumption, he poured all the remaining alcohol into one container and drank the resulting “explosive mixture.” The owner's cook found out about such experiments and, also for his own benefit (to leave a few unopened bottles of wine for himself), served such a drink to the table, adding fruit and ice to it. Guests and hosts appreciated the drink, the fame of which very quickly spread throughout the capital and France as a whole. The drink got its name from the jug in which it was served.

According to another legend, the drink was created by the Viscount de Cruchon, who, in order to attract visitors to the wine exhibition in Versailles, created through experiments a drink consisting of several types of wines, fruits , sugar and ice. Visitors liked the drink served at the exhibition so much that it became one of the most popular drinks in Paris and was named after its creator.

To prepare a cruchon, you must adhere to several rules:

Choose berries and fruits in such a way that they complement each other, and the taste of one fruit does not interrupt the taste of the others. Good combinations are peaches and oranges, melon and pineapple, melon and strawberries, watermelon and cherries, apples and pears, etc. The main feature of the cruchon is that fruits and berries must retain their shape and in no case be crushed. In this case, it is better to scrape out the pulp of melon and watermelon with a special spoon, forming neat balls.

Alcoholic drinks should be light and of low strength. White and red table grape wines go well in a cruchon. It is possible to add cognac or liqueur, but not more than 40-80 ml per three liters of cruchon.

Sugar should be added depending on the sweetness of the original fruit and alcoholic beverages. Usually this is no more than 150-200 g per three liters. To ensure that the sugar dissolves completely in the drink, you can use powdered sugar or prepare sugar syrup.

To dilute the cup to the desired volume, you can use carbonated mineral water, fruit juices, cider or champagne. It must be remembered that champagne is not recommended to be mixed with other wines in advance. It is better to add it immediately before serving.

The drink must steep for at least two hours. This will allow fruits and berries to give out as much flavor and aroma as possible.

According to the rules of etiquette, the cruchon is served to guests in a special glass with a straw, a small spoon or skewer for berries and fruits.

### **The benefits of the crunch**

The positive properties of the cruchon depend on the ingredients from which it is composed.

Watermelon cup is rich in vitamins C and A. You can cook it directly in the peeled watermelon rind. To do this, you need to cut off the top part of the watermelon in a circle, where the tail is located, scrape out all the pulp from the inside with a spoon, pour in all the ingredients and add the pitted pulp. The presentation of such a cup looks very original.

Peach cup has vitamins A, PP, C, E and trace elements iron, phosphorus, magnesium and potassium. <sup>[39]</sup> Its use stimulates digestion, the formation of red blood cells, and thins the blood. The use of non-alcoholic peach cup is recommended for pregnant women with toxemia. To prepare a cup with peaches, you need to peel the peaches (1 kg) from fuzzy skins and seeds, cut into quarters and place in a deep container under the cup. Sprinkle the peaches with sugar (400 g) on top and pour in the juice of two medium lemons. <sup>[22]</sup> The entire mass should be filled with water (2 liters), stirred to dissolve the sugar and left in the refrigerator for 24 hours. Before serving, add a bottle of champagne and liqueur (250 g).

Melon cup contains vitamins: B, C, PP, A, organic acids: folic and nicotinic, trace elements: potassium, calcium, iron and sodium. <sup>[40]</sup> Eating a cup with melon increases immunity, hemoglobin in the blood and stimulates urination. Melon cup can be prepared like a watermelon cup directly inside a peeled melon or in a cup. Pour in wine (1 bottle), cognac (40 ml) and melon liqueur (60 ml). For a beautiful design, it is better to clean the melon with a special round spoon, with the help of which even balls are formed. Next, carefully transfer the melon balls into the mixture of alcoholic drinks, add sugar (2 tablespoons) and mix. Let the drink steep in the refrigerator for 2-3 hours. Just before serving, top up with champagne and add ice cubes.

### **Harm of the cruchon and contraindications**

In the hot season, you should not get carried away with very chilled cupochon, because... Temperature changes can cause colds.

Alcoholic cruchons are not recommended for pregnant and lactating women, children under 18 years of age, as well as people with disorders of the nervous system.

## Kumis

Turks. *qımız* - fermented mare's milk

An alcoholic drink based on mare's milk, obtained by fermentation under the influence of acidophilus and Bulgarian bacillus and yeast. The drink has a pleasant sweet and sour taste, white in color with a slight foam on the surface. Kumis, made from various types of starters, may contain different amounts of alcohol. Its content can vary from 0.2 to 2.5 vol. and sometimes reach 4.5 vol. During the fermentation process, milk protein is broken down into easily digestible components, and lactose is broken down into lactic acid, carbon dioxide, alcohol and other substances.

Kumis appeared more than 5,000 years ago, from the time of domestication of horses by nomadic tribes. Archaeological expeditions carried out in Mongolia and Central Asia revealed the remains of leather wineskins with remains of mare's milk. The secret of kumis was kept secret for a long time, and strangers who accidentally learned the technology for preparing the drink were blinded. Kumis is considered the national drink of the Turkic peoples. Kumis is popular in Turkmenistan, Uzbekistan, Kazakhstan, Mongolia and other Asian countries.

Currently, the recipe for kumys is widely known and it is made not only at home, but also in factories. If all the rules for producing kumys are followed, the result is a very costly production. Therefore, many manufacturers, in pursuit of reducing the cost of the drink, are starting to use cow's milk rather than mare's milk instead of the base. As a result, the quality of the drink is significantly reduced.

The production of classic kumis based on mare's milk consists of several stages:

1. **milk the mare**. Due to the small amount of milk per milk yield, mares are milked 3-6 times a day. During the process of milk flowing into the udder, milkmaids have 15-20 seconds to collect all the milk. Therefore, very dexterous hands are required.
2. **sourdough**. All the milk is poured into a linden wood block and fermented mature kumys is added there. The mixture is heated to 18-20°C and kneaded for 1-6 hours.
3. **fermentation**. During mixing, a constant process of mixed lactic acid and alcoholic fermentation occurs. It is at this stage that all the nutrients of koumiss are formed.
4. **ripening**. The resulting mixture is poured into sealed glass bottles and left for 1-2 days in a warm room. During this time, the drink self-carbonates.

Depending on the ripening time, kumys is divided into three types:

- **weak koumiss** (1 volume) is aged for 24 hours, has a slight foam, is not very sour, more like milk, but if it sits for a while, it quickly separates into a dense lower layer and a watery upper layer;
- **medium koumiss** (1.75 vol.) ripens for two days, a persistent foam forms on its surface, the taste becomes sour, stinging the tongue, and the drink itself acquires a uniform, stable emulsion structure;
- **strong koumiss** (3 vol.) is aged for three days, and becomes much thinner and sour than average koumiss, and its foam is not so persistent.

## The benefits of koumiss



Koumiss contains a large amount of 95% digestible nutrients. Among them are vitamins ( A , E , C , group B ), minerals ( iron , iodine , copper ), fats and live lactic acid bacteria.

The beneficial properties of koumiss were studied by N.V. Postnikov in 1858 and on the basis of his scientific works, health resorts were opened and basic methods for treating various diseases with koumiss were created.

Koumiss is saturated with antibiotic substances that negatively affect the vital activity of tuberculosis bacillus , typhoid fever and dysentery. Lactic acid bacteria have a beneficial effect on the functioning of the gastrointestinal tract, increase the secretion of gastric juice, fat-breaking substances of the pancreas and gall bladder. It is effective to treat ulcers of the stomach and duodenum with koumiss at the stage after an exacerbation. Koumiss bacteria negatively affect the reproduction and development of putrefactive microorganisms and E. coli.

For the cardiovascular system, koumiss has a positive effect on the composition and properties of blood. It increases the content of red blood cells and leukocytes, which actively fight all foreign microorganisms and bacteria.

On the part of the nervous system, koumiss has a calming and relaxing effect, normalizes sleep, reduces irritability and chronic fatigue.

In addition to treating people, koumiss is used to treat diseases of the gastrointestinal tract of large animals: horses, cows, camels, donkeys and sheep.

Depending on the severity and nature of the disease, the age of the patient, there are special methods for taking koumiss, which are in some ways similar to drinking mineral waters. The treatment period should not be less than 20-25 days.

Also, the methods of drinking the drink depend on the secretory functions of the stomach:

1. for increased and normal secretion, use an average of koumiss 500-750 ml per day (200-250 ml before meals or 20-30 minutes before meals);
2. in case of reduced secretion, medium koumiss with higher acidity is prescribed 750-1000 ml per day (250-300 ml before each meal 40-60 minutes);
3. for gastrointestinal ulcers accompanied by increased and normal secretion, doctors recommend drinking weak koumiss 125-250 ml three times a day in small sips;
4. for gastrointestinal ulcers accompanied by decreased secretion, use weak and medium koumiss 125-250 ml three times a day 20-30 minutes before meals. You should also drink everything gradually in small sips;
5. in the postoperative and rehabilitation period of severe illnesses, weak koumiss is prescribed 50-100 ml three times a day 1-1.5 hours before meals.

### **Harm of koumiss and contraindications**

It is not recommended to consume koumiss in cases of exacerbation of gastrointestinal diseases, as well as in case of individual intolerance to the drink itself and the lactose present in it .

### **Liquor**



Liqueur (Latin *liquefacere* - dissolve) is a sweet alcoholic drink infused with fruits , berries , herbs and spices . Its strength ranges from 16 to 50 vol.

No one knows when the first liqueur appeared. But it is believed that the first prototype of modern liqueurs was the Elixir of Benedictine, created in the 16th century. monk Bernardo Vinzelli in the city of Fécamp. Many monks and distillers tried to repeat or improve this liqueur. As a result, new, no less tasty, types of liqueurs were obtained. The taste of the liqueur was very delicate for that time and therefore was considered a drink of aristocrats.

There are a lot of technologies for producing liqueurs. Each manufacturer keeps it secret. But still, the main stages are inherent in every production.

**Stage 1:** Infusion of the main herbal components of alcohol-water based liqueur or brandy for several months.

**Stage 2:** Filtration and separation of the drink from fruit and citrus components.

**Stage 3:** Creating a syrup and mixing it with an alcohol base. Depending on the required final sugar content, its amount is constantly adjusted so as not to spoil the liqueur with excessive sweetness.

**Stage 4:** After sweetening, the liquor settles and the heavy fractions settle to the bottom. After this, the drink is filtered again and bottled.

Ready-made liqueur in bottles has a short shelf life, about a year. Then it begins to lose its color, and some bitterness may appear, especially if the seal of the container is broken.

### **Liqueurs are divided into:**

- **strong** (35-45 vol.) The sugar content in them ranges from 32-50%. These include such famous liqueurs as Benedictine and Chartreuse.
- **dessert** (25-30 vol.) Prepared exclusively on the basis of fruits, berries and tropical plants. They have a very sweet or sweet and sour taste. They are represented by liqueurs based on apricot, cherry plum, dogwood, lemon <sup>[22]</sup>, sea buckthorn, black currant and a mixture of citrus fruits.
- **cream liqueurs** (16-23 vol.) Contain from 49 to 60% sugar. Often, to achieve a creamy consistency and milky hue, low-fat cream is added to them. The most popular are Advocaat, Country Lane Cream, O'casey's Cream, Baileys.

Liqueurs are widely used in the manufacture of confectionery and various types of alcoholic cocktails.

### The benefits of liquor

Only natural liqueurs have medicinal properties. A liqueur made from a mixture of food colors and flavors will not lead to anything good, so you should be very careful when choosing liqueurs.

Almost all liqueurs are an excellent remedy for colds . They are added to tea (2 tsp) and consumed during hypothermia or the first symptoms of the disease. Lemon, honey and mint liqueurs have a particularly good effect on the immune system .

To prevent diseases of the upper respiratory tract, it is good to use liqueurs in the bath. By pouring a glass of liqueur (except chocolate, coffee and egg) onto hot stones, the air in the steam room is filled with healthy essential oils. Such inhalations increase the production of the hormone endorphin, which results in improved mood and a surge of strength and vigor.

Small doses of liquor in the daily diet reduce the size of fatty plaques on the walls of blood vessels, reduce cholesterol levels in the blood and the amount of salt deposits in the joints.

Also, the beneficial properties of liqueurs depend on its main component.

Pear liqueur contains vitamin C <sup>[20]</sup> , folic acid and potassium , which promote hematopoiesis.

Raspberry liqueur is rich in organic acids, vitamin C , carotene, and phenolic compounds. It is consumed (2 tsp per medium cup) with a brewed collection of herbs from linden, mint , thyme , yarrow and St. John's wort to lower the temperature and as a diaphoretic for colds and hypothermia. For stomatitis and sore throat , rinsing with a warm solution of raspberry liqueur (1-2 tablespoons) and a glass of water helps a lot.

Banana liqueur is rich in vitamin B6 and iron , which increase hemoglobin levels in the blood. It should be drunk in the morning with tea and in the evening before bed, 30 g in its pure form. <sup>[41]</sup>

Apricot liqueur contains vitamins B1 , B2 , B15 , carotene, folic acid, potassium, iron, manganese, cobalt . <sup>[42]</sup> This set of beneficial substances has a beneficial effect on the cardiovascular system, with hypertension, excessive excitability of the nervous system and anemia . You should drink it by diluting it in a glass of mineral water (3 tsp of liqueur) with honey (1 tsp).

### Harm of liquor and contraindications

Excessive consumption of liquor can lead to alcohol addiction and the development of cancer.

It is also contraindicated in overweight people or people trying to lose weight. After all, liqueurs are a very high-calorie product.

You should not take liqueur whose base causes you an allergy .

Children under 18 years of age, as well as pregnant and nursing mothers, are prohibited from drinking liqueurs.

### Lemonade



Lemonade (fr. *limonade* - lemonized) is a soft non-alcoholic drink based on lemon juice, sugar and water. The drink has a light yellow color, lemon aroma and a refreshing taste.

The drink first appeared in France in the 17th century. during the reign of Louis I. At court it was prepared from weak lemon tincture and lemon juice. According to legend, the appearance of the drink is associated with an almost fatal mistake by the court cupbearer. Inadvertently, instead of wine, he scooped lemon juice into the monarch's glass; in order to somehow correct this rash act, he added water and sugar to the glass. The king appreciated the drink and ordered it to be prepared on hot days.

Currently, lemonade is prepared both industrially and at home. The drink became especially popular after Joseph Priestley invented a pump for enriching drinks with carbon dioxide. The first mass production and sale of carbonated lemonade began in 1833 in England, and already in 1871 the first trademark of lemonade, Lemon's Superior Sparkling Ginger Ale, was registered in the USA.

For mass production, they mainly use not natural lemon juice , but a chemical mixture, sometimes very distant from the natural taste and color of lemonade. In the preparation of industrial lemonade , citric acid , sugar, burnt sugar (for color) and an aromatic composition are used: lemon, orange, tangerine tinctures and apple juice. Modern industrial lemonade is not always a truly natural product. They often contain a whole range of preservatives, acids and chemical additives: phosphoric acid, sodium benzoate, aspartame (a sweetener).

There are several types of lemonade: Citro, Lemonade, Duchess, Pinocchio, Cream Soda, as well as lemonade based on the herbal collection Baikal and Tarragon. The drink is poured into 0.5 liter glass bottles and 0.5 to 2.5 liter plastic bottles.

In addition to the familiar liquid lemonade, it is also produced in the form of a powder, which is formed by evaporating lemon juice with sugar. To prepare this lemonade, just add water and mix thoroughly.

The world's largest producers of lemonade are the 7up, Sprite and Schweppes brands. Domestic leaders in production and sales are Bon-Boisson, Biola and Obolon.

### **The benefits of lemonade**

Natural homemade lemonade made from freshly squeezed lemon juice has the most positive properties. <sup>[43]</sup> Like lemon itself, lemonade contains vitamins C , A , D , P , B1 and B2 ; trace elements potassium , copper , calcium , phosphorus and ascorbic acid.

Lemonade quenches thirst well on hot summer days and has antiseptic properties. Concentrated lemonade helps in the treatment of atherosclerosis , gastrointestinal diseases with reduced acidity, as well as metabolic disorders in the body.

At high temperatures accompanied by fever , lemonade without sugar is prescribed to maintain water balance and alleviate the condition.

Lemonade also helps with scurvy , decreased appetite, colds and joint pain.

Pregnant women are recommended to drink lemonade in the first trimester to relieve toxicosis , however, it should be borne in mind that excessive consumption (more than 3 liters per day) can cause swelling of the extremities and heartburn.

The classic recipe for making lemonade is very simple. To do this, you need to wash 3-4 lemons, pour boiling water over them, peel them and squeeze out the juice. Pour water (3 liters) over the peel, add sugar (200 g) and boil. The resulting broth should be cooled to room temperature and lemon juice should be added to it. The finished drink must be stored in an airtight container in the refrigerator. Before serving, lemonade is poured into long glasses, garnished with a slice of lemon and a sprig of mint . In order for the drink to be carbonated, you can use carbonated mineral water , which must be added to the drink just before serving. At the same time, you need to add half as much water to the main recipe so that the drink is sufficiently concentrated. You can also add mint, lemon balm , ginger , currants , apricot , pineapple and other juices to the lemonade to taste.

### **Harm of lemonade and contraindications**

It is not recommended that factory-made carbonated lemonades be consumed by children under 3 years of age, or in large quantities (more than 250 ml per day) by children from 3 to 6 years of age.

People with kidney and liver diseases should avoid this type of drink, because These organs are the first to take the blow of processing unnatural lemonade. It must be remembered that the cheaper the drink and the longer its shelf life, the less beneficial it is for the human body.

Natural lemonade is not recommended for people with increased stomach acidity or individual intolerance to citrus fruits.

### **Mead**



Mead is an alcoholic drink with a strength of 5-16 vol., made from honey. The percentage of sugar ranges from 8 to 10%.

The most ancient archaeological excavations in Russia, dating back to the 7th-6th centuries. BC, they find evidence of the production of a honey-based drink by local peoples. Therefore, mead is one of the most ancient alcoholic drinks in Rus'. Bees that produce honey are considered divine insects in many legends, and the honey drink is a source of strength, immortality, wisdom, eloquence and magical abilities.

In addition to the Slavic peoples, there is evidence of the ancient origin of the drink in the history of the Finns, Germans and Greeks.

Initially, mead was made by honey extraction. To do this, honey was placed in oak barrels for natural fermentation and buried in the ground for 5-20 years. Later they began to use the method of boiling honey, which made it possible to obtain a finished drink within a month. Traditionally, this drink was drunk during significant events (birth of a child, matchmaking, wedding, funeral).

Depending on the method of preparation, mead is divided into several types:

- by strength and cooking time (young, regular, strong, set);
- by additional addition of alcohol (with and without);
- by the time of adding an additional portion of honey during the cooking process (at the end into the finished product or without adding it at all);
- on the use or not of boiling honey before the fermentation process;
- by additional fillers (hoppy and spicy based on juniper, ginger, cinnamon, cloves, rose hips or hot pepper).

Mead is very easy to make at home. There are two traditional ways of making mead - without and with boiling.

1. No boiling. To do this, you need to take boiled water (1 liter), honey and raisins (50 g each). Dissolve honey in water and add raisins washed in cold water. The addition of raisins is necessary for the growth of acid bacteria and the start of the fermentation process. Next, cover the container with the future drink with a leak-proof lid or saucer and leave for two days at room temperature. Then filter the drink through cheesecloth and pour into a bottle with a sealed stopper. In order for the drink to infuse, it should be placed in a cool place (refrigerator or cellar) for 2-3 months. After this period, the drink is ready for consumption.

2. With boiling. This recipe is designed for a large amount of finished product and for its preparation you need honey (5.5 kg), water (19 l.), lemon (1 pc.) and yeast (100 g.). Dissolve honey in six liters of water, add lemon juice and boil. Boiling must be carried out for 15 minutes over low heat, stirring constantly and skimming off any foam that forms. The mixture should be cooled to room temperature, pour in the remaining water and add half a portion of yeast. To complete the fermentation process, the drink is left for a month in an airtight container with an air vent tube lowered into water, then the remaining yeast is added and allowed to brew for another month. The finished drink should be filtered, poured into sealed bottles and left for 4-6 months in a cool place.

It is best to consume mead as an aperitif 10-15 minutes before meals. This will awaken your appetite and allow nutrients to be absorbed into the blood as much as possible.

### **The benefits of mead**



The presence of natural bee honey in the mead recipe makes this drink unique and truly healthy. It contains many vitamins, minerals and trace elements. Honey, which is part of mead, gives the drink anti-inflammatory, antibacterial, antiallergic and bactericidal properties. <sup>[73]</sup>

Warm mead is used in the treatment of colds, sore throat and tonsillitis. It also has slight diaphoretic and diuretic properties. At the same time, mead thins the accumulated mucus and removes it from the body, allowing for improved pulmonary ventilation.

Mead is used as a preventive measure for many diseases.

So, for heart diseases and heart failure, doctors recommend drinking mead (70 g) with dry red wine (30 g) once a day before meals.

Eating mead (200 g) with mint improves sleep and calms the nervous system.

In case of liver failure, you need to take mead (70 g) diluted in still mineral water (150 g) with meals.

A mixture of mead and Cahors (50 g each) will help relieve the lack of vitamins and lethargy in the spring.

A glass of strong mead with red wine (100 g each) will help fight an intestinal infection and its consequences ( constipation or diarrhea).

### **Harm of mead and contraindications**

For people who are allergic to honey and honey-based products, mead is contraindicated.

Non-alcoholic mead is not recommended for pregnant women to drink, because... it increases uterine tone, which can cause premature birth.

Alcoholic mead is contraindicated for pregnant women, nursing mothers and children under 18 years of age.

### **Martini**



Martini (Italian *Martini* ) is an alcoholic drink with a strength of 16-18 vol. infused with herbs. The composition of the herbal collection usually includes more than 35 plants, including: yarrow , mint , St. John's wort <sup>[44]</sup> , chamomile , coriander <sup>[55]</sup> , ginger , cinnamon, cloves, wormwood , immortelle and others.

In addition to leaves and stems, flowers and seeds rich in essential oils are also used. The drink belongs to the class of vermouth .

Vermouth under the Martini brand was first produced in 1863 by the Martini & Rossi distillery in Turin, Italy. It was the company's herbalist, Luigi Poggi, who compiled a unique composition of herbs, spices and wines , which allowed the drink to become popular. Worldwide love for the drink came after vermouth was supplied to America, Asia, Africa and Europe.

There are several types of martinis:

- **Rosso** – red martini, produced since 1863. It has a rich color due to caramel, a bitter taste and a strong aroma of herbs. Traditionally, it is consumed with lemon, juice and ice.
- **Bianco** – white martini, which has been produced since 1910. The drink has a straw color, a milder taste without pronounced bitterness, and a pleasant aroma of spices. Drink it neat with ice or diluted tonic, soda and lemonade.
- **Rosato** – pink martini has been produced by the company since 1980. It is produced using a mixture of wines: red and white. The taste contains hints of cloves and cinnamon, much less bitter than Rosso.
- **D'Oro** – martini prepared specifically for residents of Germany, Denmark and Switzerland, whose sociological survey revealed preferences for white wine, fruity flavors, citrus, vanilla and honey aromas. Since 1998, wishes have been embodied in this type of martini and the main exports are carried out to these countries.
- **Fiero** is a martini first produced in 1998 for the Benelux people. It has in its composition the aromas and taste of citrus fruits, especially blood orange.
- **Extra Dry** – Martini with lower sugar content and higher alcohol content compared to the classic Rosso recipe. The drink has been produced since 1900. It is used as a base for cocktails.
- **Bitter** is an alcohol-based martini with a distinct bittersweet flavor and rich ruby color. The drink belongs to the class of bitters.
- **Rosé** is a semi-dry sparkling rose wine made by blending white and red grape varieties.

Martini is consumed chilled at 10-12°C with ice cubes or frozen fruit. Some people cannot drink Martini straight, so they often dilute it with juice. For this, it is best to use freshly squeezed lemon or orange juice. The drink is also used as a base or one of the components for making cocktails .

Martini is an aperitif, so it is served before meals to stimulate the appetite.

### **Benefits of Martini**

Plant components, which are the basis for the production of martinis, have a positive effect on the body. The healing properties of a drink infused with herbs were discovered by the ancient thinker Hippocrates.

The therapeutic effect of drinking martini is possible only when consumed in small doses - no more than 50 ml per day. It is used to treat stomach diseases associated with low secretion of gastric juice, intestines and bile ducts. Martini, due to the wormwood extract it contains, stimulates the production of bile, cleanses it and normalizes the enzyme composition. <sup>[1]</sup>

To prevent and treat colds, you should drink a martini heated to 50°C with honey and aloe. To prepare the mixture, you need to heat the martini (100 ml), add honey (2 tbsp) and crushed aloe (2 large

leaves). Mix everything thoroughly. At the first signs of illness, take 1 tbsp. 1. 2-3 times a day half an hour before meals.

For angina pectoris and hypertension , you can prepare a motherwort tincture in a martini. To do this, fresh herbs should be washed in cold water, dried, ground in a blender and squeezed out the juice through cheesecloth. Mix the resulting volume of juice with the same amount of martini and leave for a day. During this time, all the beneficial substances of motherwort dissolve in alcohol. You need to take the tincture 25-30 drops diluted with 2 tbsp. 1. water 2 times a day.

As a general tonic, you can prepare elecampane tincture . To do this, fresh elecampane root (20 g) must be washed to remove impurities, crushed and boiled in water (100 ml). Then mix with martini (300 g) and let it brew for two days. Use the finished tincture 50 ml 2 times a day.

### **Harm of martini and contraindications**

Martini is a medium-strength alcoholic drink that should be consumed with caution by people with liver, kidney and gastrointestinal diseases. Pregnant and nursing mothers, children under 18 years of age and people before driving vehicles should not drink them.

A large number of different herbs used to flavor wine can cause allergies in the form of skin rashes, swelling of the throat and closure of the respiratory tract. If you have a tendency to allergic reactions to foods, you need to take a sample of the drink (no more than 20 g) and look for possible manifestations of allergies for half an hour.

### **Milk**



This is a fluid produced by the mammary glands of humans and mammals. It contains a large number of useful substances necessary for the growth and development of the body. Milk contains fats, proteins, vitamins and microelements. The color of milk can vary from white to yellow-blue. It depends on its fat content. Due to the lactose content, it has a slightly sweet taste. Milk includes more than 100 useful components, of which about 20 balanced and fatty amino acids, lactose, and minerals.

Milk is one of the first products that ancient human settlements began to produce after the domestication of animals. Depending on the traditions of peoples and historically established preferences, the milk of goats, cows, camels, donkeys, buffaloes, sheep, zebras, female deer, yaks and even pigs is consumed as food.

- **Cow's milk** is most common in Europe, USA and Australia. The protein contained in milk is very well absorbed, and in terms of nutritional value, a liter of cow's milk can be compared with 500 g of

meat. It also contains your daily dose of calcium. In cases of intolerance to cow's milk, doctors recommend consuming goat's milk.

- **Goat's milk** is the most common milk around the globe. Ancient Greek philosophers wrote about the benefits and nutritional properties of this type of milk. It is used to make yogurt, butter, cheese, kefir, ice cream, and is also added to chocolate. Due to the need for greater animal care and less milk yield, this type of milk is less used for factory production. Also, compared to cow's milk, goat's milk has a specific smell and taste, which is formed from the sebaceous glands of the udder. The main feature of goat milk is the uniform distribution of cream throughout the entire volume.

- **Horse milk** is common among the peoples of the east. Kumis is made from it, known for its many beneficial properties. The fat content of milk is significantly inferior to cow's milk and has a blue tint. The composition of mare's milk is very similar to human milk, which is why it is used to make some infant formulas for artificial feeding.

- **Buffalo milk** is used to prepare fermented milk products, in particular mozzarella cheese, in Italy, Indonesia, India, Egypt, Azerbaijan, Dagestan, Armenia and Kuban. This type of milk contains practically no casein, but it contains a greater amount of protein, fat, minerals and vitamins than cow's milk.

- **Camel milk** has recently become quite popular in Europe. In Switzerland it is used to prepare chocolate delicacies. In the east, such milk is used to prepare a traditional dish - shubat. Camel milk contains vitamins C and D, which are three times more than in cow's milk.

- **Sheep milk** is common in Greece and Italy, as well as among the peoples of the East. Milk contains vitamins B1, B2 and A, which are 2-3 times more than cow milk. Kefir, yogurt, cheese and butter are made from it.

- **Donkey milk** is one of the healthiest in the world. Its beneficial properties have been known since the days of the Roman Empire. To preserve youth, girls used milk for washing and bathing. Such milk is quite rare and expensive, because a donkey produces no more than two liters of milk per day.

- **Reindeer milk** is popular among residents of the North. Compared to cow's milk, it contains more protein (3 times) and fat (5 times). It is very difficult for an organism not accustomed to this type of milk to digest it, so it is recommended to dilute it with water. It is used to produce cheese and milk vodka - arak.

#### **There are several forms of milk:**

- *fresh milk* – only milk that has not yet cooled down. Paradoxically, there are quite a lot of different intestinal bacteria in such milk, so doctors recommend drinking milk two hours after milking, especially for children under one year old. During this time, most of the bacteria die;

- *baked milk* is milk subjected to heat treatment at a temperature of 95 ° C for 3-4 hours. The milk should not boil during the cooking process; <sup>[45]</sup>

- *milk powder* – white powder produced by evaporating milk;

- *pasteurized milk* – milk heated to 75 ° C, this treatment allows the milk not to spoil for 2 weeks;

- *sterilized milk* – milk heated to 145 ° C. This kills all microbes and bacteria, but reduces the beneficial properties of the milk;

- *condensed milk* – milk produced by evaporating moisture to a thick consistency and adding sugar.

It is best to consume milk as a separate product or in combination with cereals, tea, and coffee. Milk is poorly digestible in combination with eggs, fish, cheese and meat. For normal absorption of milk (250 g), it should be drunk in small sips for 5-6 minutes.

### **The benefits of milk**

The healing properties of milk have been known since ancient times. It was used for nursing weakened and exhausted patients, as well as in a complex of therapeutic measures for pulmonary diseases, tuberculosis and bronchitis.

Milk is a unique product that contains a wide variety of vitamins, microelements, proteins, enzymes, and lactic acids. Contained in milk, globulins, casein and albumin are antibiotic substances, so milk has bactericidal properties, prevents the development of infections in the body, and strengthens the immune system.

Microelements are responsible for the normal development of all cells in the body, especially affecting the health of hair, teeth, nails and skin. Saturated acids regulate the activity of the nervous system. In particular, milk has a calming effect and is recommended to drink before bed to prevent insomnia and depression. Lactose is responsible for the proper functioning of the intestines, preventing rotting processes and the growth of harmful microflora. Lactose also helps improve calcium absorption.

Milk, due to its high fat and protein content, perfectly restores strength after physical and mental stress. Potassium, calcium and vitamin B12 have a beneficial effect on the activity of the cardiovascular system and regulate metabolic processes. Medicinal herbs brewed with milk release their beneficial substances better and are easier to digest. Milk is often used as a dietary product as part of diets, in particular dairy diets.

Regardless of the type of milk, it is used in the treatment of colds, flu and sore throats. A glass of warm milk with honey and butter perfectly warms a sore throat, softens a cough and improves sputum discharge.

The amino acid lysozyme in milk has healing properties, therefore it is indicated for gastrointestinal diseases. Milk is also prescribed for increased stomach acidity and chronic heartburn.

Milk is often used in preparing various types of face masks. It nourishes the skin, relieves inflammation and irritation.

In cooking, milk is used to prepare sauces, cereals, baked goods, marinades, cocktails, coffee drinks and other dishes.

### **Harm of milk and contraindications**

Some people have specific intolerance to lactose and casein. There is especially a lot of casein in cow's milk, so it is worth replacing it with goat and camel milk or consuming processed cow's milk products: kefir, sour cream, fermented baked milk <sup>[46]</sup>, cottage cheese, cheese, yogurt and others.

In addition, milk can cause severe allergic reactions: itching, rash, swelling of the larynx, nausea, bloating and vomiting. If such manifestations are detected, milk consumption should be stopped.

### **Morse**



Morse (Russian version *mursa* - water with honey) is a soft drink, in most cases non-alcoholic, based on fruit and berry juice, water and sugar or honey. Also, for piquancy and additional aroma, you can add citrus fruit zest, spices (cinnamon, cloves, coriander <sup>[55]</sup>) and tinctures of medicinal herbs ( St. John's wort , sage , mint , lemon balm and others) to the fruit drink.

Morse refers to ancient drinks that were prepared in Rus'. The ingredients used were mainly forest berries: lingonberries , blackberries , blueberries , cranberries , barberries , rose hips , viburnum and others. In addition to berry fruit drinks, they also prepared vegetable ones - from beets , carrots , pumpkins .

You can make fruit drinks yourself or buy them in a store.

When preparing fruit juice at home, you should use certain rules:

- use only boiled water - this will not allow foam to form on the surface of the fruit drink. It is also best to use non-carbonated mineral water from artesian springs;
- use dishes that do not oxidize;
- to obtain juice from fruits and berries, you should use a manual or electric juicer. Before using it, you should check that there are no contaminants left on the internal parts of the machine from previous use - this can significantly affect the taste of the drink and its shelf life;
- before adding sugar, it must be diluted in hot water, and after cooling, added to the drink.

Factory-made fruit juice is less useful than homemade one, because... During the preparation process it goes through a sterilization stage (120-140°C). This destroys more natural vitamins. Manufacturers make up for this loss of nutrients with synthetic vitamins.

Fruit juice prepared at home is served chilled in a jug with ice cubes and a slice of lemon or orange . The drink must be stored in a cool place or on the refrigerator door, but no more than a day, otherwise the fruit drink begins to lose its beneficial properties and disappear. Children can be given fruit drinks from 6 months, but only from those products that do not cause allergies , and no more than 100 g per day.

### **The benefits of fruit juice**

Warm fruit juice is a good preventative against colds during the cold season. Fruit juice, which contains medicinal herbs, for example, plantain , elderberry , nettle , has anti-cold and immunomodulatory effects. Fruit drinks contain all the vitamins found in berries ( C , group B , K , PP



, A , E ) microelements ( potassium , magnesium , manganese , zinc <sup>[47]</sup> , iron , copper , barium, etc.), pectin and organic acids ( lemon , benzoin , apple , wine , vinegar).

The most useful are fruit drinks made from cranberries , raspberries , lingonberries , black currants and blueberries . They have a tonic, strengthening effect on the body, give energy and help fight respiratory diseases. Lingonberry juice stimulates the secretion of gastric juice and improves appetite. Cranberry juice reduces fever, helps in the treatment of diseases of the throat and lungs (acute respiratory infections, tonsillitis , bronchitis ), genitourinary system, hypertension , anemia and atherosclerosis , is indicated for women during pregnancy, especially in winter and in the 2-3 trimester. A drink made from blueberries and blackberries improves vision, normalizes the gastrointestinal tract, and calms the nervous system. Blackcurrant juice normalizes blood pressure, strengthens the walls of blood vessels, and is a good anti-inflammatory agent.

To prepare 1.5 liters of fruit drink, you need to use 200 g of berries and 150 g of sugar. The berries must be washed in cold water, sorted and poured into boiling water. Boil for 5 minutes over low heat, drain in a colander and squeeze out the juice. Mix the juice with the broth, add sugar and spices. Bring the drink to a boil. Vegetable fruit drinks are prepared in the same way. Only first the juice is squeezed out of them, and the cake is boiled. For the best absorption of nutrients, fruit drinks should be drunk 30-40 minutes before meals with normal stomach acidity and 20-30 minutes with increased acidity.

Fruit drinks also help in the fight against excess weight. If you spend fasting days using fruit drinks once a week, you can significantly reduce it.

### **Harm of fruit juice and contraindications**

Fruit drinks are contraindicated for children under 6 months, because... may cause allergies .

You should not consume excessive amounts of fruit drinks during the hot season - this can cause swelling and also allergies in the form of skin rashes.

### **Punch**



Punch (from Hindi *punch* - five) is a whole group of hot, burning or chilled alcoholic cocktails containing fresh or canned fruits and juice. Among the alcoholic drinks used in the preparation of punch are rum , wine , grappa , brandy , arrack , claret, spirit and vodka . Traditionally, the drink is prepared in large containers (punch bowls) and served at receptions and parties. The strength of the drink varies from 15 to 20 vol . and sugar content - from 30 to 40%. The most famous punch recipes are Caribbean Rum Punch, Barbados Punch and Plantation Punch.

For the first time, punch began to be prepared in India. It consisted of tea , rum, lemon juice, sugar and water. It was cooked hot. The drink was appreciated by the sailors of the British tea company at the beginning of the 17th century. It was they who brought the punch recipe to England, from where it spread throughout Europe. However, it was prepared on the basis of wine and brandy, because... rum at that time was quite an expensive and rare drink. Only towards the end of the 17th century. rum became more accessible, and the drink returned to its traditional recipe.

Currently, there are so many recipes for making punch that only the juices and fruits included in the composition remain common. In some punch recipes, sugar is replaced with honey and various spices and herbs are added. As a result, the word “punch” acquired a common noun form that unites similar drinks.

To prepare punch at home, you should remember a few main secrets:

- do not pour too hot water into alcoholic ingredients - this can lead to loss of taste due to volatilization of essential oils;
- before adding water to the drink, it should be mixed with sugar or honey and cooled;
- to heat wine, you should use enamel dishes in order to exclude the possibility of oxidative reactions with the metal;
- the finished drink must be heated to 70°C and served in heat-resistant glasses;
- fruits and spices should not fall into the glass when poured.

The classic recipe for punch is a drink based on rum (1 bottle), red wine (2 bottles), lemons and oranges (2 pieces each), sugar (200 g), spices (cinnamon, cloves and others) and water (1 l). The water must be brought to a boil, add sugar and cool to 50°C. Cut one fruit into slices and, along with the spices, add red wine heated almost to a boil. Pour in the freshly squeezed juice of the remaining two fruits. Pour wine and water into a punch bowl. To create an ambience on top of the bowl, you can place a strainer with several sugar cubes, pour rum over them and set them on fire. The refined sugar will melt and flow down, setting the entire drink on fire. This punch should be poured while the fire is burning.

Punches are not usually served with any dishes, so they are considered party drinks with light snacks. Pour the punch in 200-300 ml portions using a special scoop.

### **The benefits of punch**

The main advantage of punch is its ability to warm the body after hypothermia . It is used to prevent signs of colds, especially in winter.

Punches based on rum or cognac contain cognac alcohols, tannins and biologically active substances. These types of drinks have anti-inflammatory and antioxidant effects, stimulate appetite, dilate blood vessels, and relieve mild painful spasms.

Punches containing honey tone and give strength, and such a drink will calm an overly excited nervous system. In addition, it will have additional antibacterial and anti-inflammatory properties.

Juices, fruits and berries, taken as a filler for punch, enrich it with vitamins , minerals and trace elements .

In addition to alcoholic punches, you can prepare chilled non-alcoholic punch based on pomegranate juice. <sup>[48]</sup> To do this, pour carbonated mineral water into a decanter and add freshly squeezed juice of 2

ripe pomegranates. Divide the orange into two parts: squeeze out the juice from one and pour into the decanter, and cut the second into slices and also place in the decanter. If desired, you can add the juice of 1 lemon and sugar (2-3 tablespoons) to the drink. This punch will not only be refreshing, but also very healthy.

### **Harm of punch and contraindications**

Punch, which contains honey <sup>[73]</sup> and spices, should be consumed with caution by people prone to allergies .

Alcoholic punches are contraindicated for pregnant women, nursing mothers, children under 18 years of age and people driving vehicles.

### **Beer**



Beer is an alcoholic drink that is prepared by fermenting malt wort with yeast and hops. Barley is most often used as malted grains. Depending on the type of beer, the strength of the drink can vary from 3 to 14 vol.

Beer is the most popular alcoholic beverage and ranks third in the world in the overall list of drinks after water and tea. There are more than 1000 different types of beer. They differ in color, taste, alcohol content, raw ingredients used and cooking traditions in different countries.

The largest beer producers are: Germany, Ireland, Czech Republic, Brazil, Austria, Japan, Russia, Finland, Poland.

Scientists attribute the origin of beer to the period of the beginning of the cultivation of grain crops - about 9500 BC. There is a strong opinion among some archaeologists that grain began to be grown not for the production of bread, but specifically for making beer. The earliest fossilized remains of the drink were found in Iran and date back to 3.5-3.1 thousand years BC. Beer is also mentioned in Mesopotamian and ancient Egyptian writings. The drink was made in Ancient China, Ancient Rome, the tribes of the Vikings, Celts, and Germans. In those days, the technology for making beer was very primitive, and the drink was not stored for a long time.

Beer was improved in the 8th century. thanks to European monks who began to use hops as a preservative. For a long time, beer was considered the drink of the poor and therefore had a low status. In order to stay at least somehow “afloat”, the owners of breweries, in parallel with the production of beer, also produced cider. However, thanks to Emil Christian Hansen's scientific research into

developing a strain of yeast for brewing, this industry began to develop rapidly, thereby taking beer to a new social level.

There is no single classification of beer. American and European authors have their own systems of characteristics by which they carry out classification. This is how beer is divided:

- **according to raw materials** . Beer is made from barley, wheat, rye, rice, corn, banana, milk, herbs, potatoes and other vegetables, as well as a combination of several components.
- **by color** . Depending on the amount of dark malt in the original wort, beer can be light, white, red and dark.
- **according to wort fermentation technology** . There are bottom-fermented and top-fermented beers. In the first case, the fermentation process occurs at low temperatures (5-15°C), and in the second - at high temperatures (15-25°C).
- **by strength** . With traditional brewing methods, the strength of the drink does not reach more than 14 vol. Most beers have a strength of 3-5.5 vol. – light and 6-8 rev. – strong. There is also non-alcoholic beer. However, it is not possible to completely get rid of alcohol, so the strength of such a drink is 0.2 - 1.0 vol.
- **varieties out of classification** . These types include pilsner, porter, lager, dunkel, kölsch, altbier, lambic, root beer, bock beer, live beer and others.

The brewing process is quite complex and includes many stages and processes. The main ones are:

1. Preparation of malt (grains) by sprouting it, drying it and cleaning it from sprouts.
2. Crushing malt and adding water to it.
3. Separation of the wort by filtration into spent grains and unhopped wort.
4. Boil the wort with hops for 1-2 hours.
5. Clarification by separating the remaining hops and grains that have not dissolved.
6. Cooling in fermentation tanks.
7. Fermentation by adding yeast.
8. Filtration from yeast residues.
9. Pasteurization is carried out only in the production of some types of beer to increase shelf life.

Manufacturers bottle the finished drink into metal kegs, glass and plastic bottles and cans.

### **The benefits of beer**

Since ancient times, beer has been considered a healing drink for many ailments. But the drink received its greatest medical use thanks to the German professor Robert Koch, who identified the causative agent of cholera and the negative effect of beer on it. At that time, cholera was a common disease in European countries, especially in large cities, where the quality of drinking water was poor. It was much healthier and safer to drink beer than water.

Due to the fact that beer is produced mainly from grain crops through fermentation, it contains vitamins and minerals inherent in cereals. So it contains vitamins B1, B2, B6, H, C, K, nicotinic, citric, folic, pantothenic acids; microelements - potassium, magnesium, phosphorus, sulfur, silicon, calcium.

Moderate consumption of beer has a beneficial effect on metabolic processes, reduces the risk of malignancies and cardiovascular diseases, and also removes aluminum salts, an excessive amount of which in the body can cause the development of Alzheimer's disease. <sup>[49]</sup>

During the hot season, beer quenches thirst well. Also, some beers have an alkaline composition, the substances of which destroy kidney stones. Beer helps restore intestinal microflora during long-term antibiotic treatment.

Hops contained in beer have an analgesic and calming effect, activate the secretory glands of the stomach, and prevent the development of putrefactive bacteria in the intestines.

In traditional medicine recipes for diseases of the throat and bronchi, I use heated beer (200 g) with honey dissolved in it (1 tbsp.). You should drink this drink before bed in small sips so that the liquid flows evenly down your throat, warming and enveloping it.

Due to the high content of B vitamins in beer <sup>[12]</sup>, it has a positive effect on the skin.

The use of beer-based masks helps reduce the number of wrinkles, makes the skin more elastic, firm and silky. Beer masks also tighten pores, remove oily shine, and increase blood circulation.

In the sauna, beer poured onto the stones creates steam, inhaling which can relieve coughs and prevent colds.

Beer can be used as a hair conditioner. It will give your hair softness, shine and eliminate the first signs of dandruff.

### **Harm of beer and contraindications**

Excessive consumption of this drink can lead to so-called "beer alcoholism."

Also, due to the systematic consumption of large amounts of beer, additional stress occurs on the veins, as a result of which the heart begins to work under overload. Subsequently, this can lead to stretching of the heart muscle, its flabbiness and the inability to fully push blood out of the ventricles.

Beer contains substances that stimulate the production of female sex hormones, which can lead to changes in the figure of men in the form of sagging breasts and an increase in the volume of the hips.

With constant drinking of beer, a person loses the ability to independently relax and calm down, this occurs as a result of the calming effect of hops.

It is not recommended to drink beer for pregnant, breastfeeding mothers and children under 18 years of age.

### **Pisco**



Pisco (from the Indian dialect *pisco* - flying bird) is an alcoholic drink made from Muscat grape varieties . Pisco belongs to the brandy class and is the national Peruvian and Chilean drink. The strength of the drink is 35-50 vol.

Since the advent of the drink, the Machupa tribe has a legend about desperate sailors who set off on a reed boat in search of the center of the Earth, which, in their opinion, was located on the island “Te Pite o Te Henua”. The path was long, and when hope had already left the brave men, they saw the pisco bird, which led them to their goal. Since then, this bird has earned recognition and began to personify a sense of freedom. The island was discovered by Europeans thanks to the Dutch navigator Jacob Roggeveen, who visited this land on April 5, 1722, the day of the Resurrection of the Lord. The island was named after the Christian holiday “Easter”. It was the Spaniards who revealed to the Chileans the secret of distilling grape must, who subsequently produced a wonderful drink. It was named after the legendary pisco bird.

Currently, pisco is produced in Chile and Peru. But each of these countries is fighting for the right to call itself the historical homeland of the drink. It is also associated with the unofficial Chilean holiday “Piscola Day”, which takes place annually on February 8th. Piscocola is the most popular pisco-based cocktail . It is made from pisco, cola and ice in a 3:1 ratio.

There are some differences in the production of Peruvian and Chilean pisco. So in Peru, the drink is produced by distilling freshly fermented grape wine, cleared of pomace. Distillation is carried out once and the output is a drink with a strength of 43 vol. Diluting pisco with water is strictly prohibited by Peruvian law. To produce Chilean pisco, they use the “heart” of distillate from grapes grown in the five sunny valleys of the Andes.

It is mandatory to age the drink in oak barrels of 250-500 liters. The drink can also be made from one (puro) or several (acholado) grape varieties. Depending on the type of pisco, it is aged from 2 to 10 months.

Pisco can be served both as an aperitif and as a digestif. Depending on the temperature of the drink, it can be served in different glasses. Chilled, pure high-quality pisco is poured into vodka glasses, and warmed to room temperature - into cognac glasses. Cheaper varieties of pisco are used to make cocktails.

The most famous varieties of pisco are: Pisco Tradicional, Pisco Especial, Pisco Reservado, Gran Pisco.

### **The benefits of pisco**



Pisco, due to its strength, is used for medicinal purposes to prepare tinctures, as a disinfectant, anti-inflammatory and antibacterial agent. Also, during the production process, the drink is enriched with biologically active and tannin substances, grape essential oils, which have a beneficial effect on the human body.

The positive effect of pisco on the body is possible only with moderate consumption - no more than 50 g per day.

Drinking pisco before bed can relieve fatigue, muscle and nervous tension. If you drink the drink after a meal, it promotes the secretion of gastric juice, which speeds up the process of digesting food.

Pisco has an effect on blood pressure. For a short period of time, the drink lowers blood pressure due to the dilation of blood vessels, but after a while the opposite effect occurs - the pressure begins to rise. Therefore, this drink can be consumed by people with chronically low blood pressure and systematic loss of strength. Also, 20 g of pisco helps with vascular spasms, leading to headaches.

If hypothermia occurs, pisco can be added to hot tea with honey and lemon. This remedy will help you warm up faster, prevent colds and, if your temperature is elevated, help lower it.

A sore throat caused by acute respiratory infections, sore throat or other viral infections can be overcome by a tincture made from pisco and crushed aloe leaf (30 g each). Leave the mixture to infuse in a dark place for 24 hours, then take a teaspoon before meals 3 times a day. In combination with this remedy, you can use compresses on the throat. To do this, you need to mix pisco with warm water in a 1:2 ratio, soak gauze with the solution and apply it to your throat. To ensure that the liquid evaporates as slowly as possible, polyethylene and a woolen scarf should be placed on top.

Pisco can be used as a component in the preparation of face and hair masks. The drink will be especially effective when used for oily skin. The alcohols contained in the drink have a drying effect and narrow the output of the sebaceous glands.

### **Harm to pisco and contraindications**

Pisco is not recommended for people suffering from diabetes, hypertension, or cholelithiasis.

The drink is also not compatible with medications, and combination with some can lead to anaphylactic shock, toxic poisoning and coma. Such medications include tranquilizers, antipsychotics, antidepressants, antibiotics, neuroblockers, pacemakers, psychotropic drugs and others.

Drinking pisco during pregnancy and breastfeeding can lead to disruption of the mental and physical development of the child. Pisco is prohibited for children under 18 years of age.

### **Rum**



Rum (English rum) is an alcoholic drink produced by fermentation and distillation of cane molasses and syrup formed as a result of the production of cane sugar. At the exit, the drink has a transparent color, and after aging in wooden barrels it acquires an amber color. The strength of the drink, depending on the variety, can vary from 40 to 75 vol.

A similar drink was first made in ancient China and India more than 1000 years ago.

Modern rum began to be produced by fermentation in the 17th century. in the Caribbean islands, where there were large sugar cane plantations. The first rum was of low quality, and it was mainly prepared by slaves for personal use. The drink acquired further development and improvement of technology with the opening of the first factories for its distillation in 1664 in the territories of the Spanish colonies in America. The drink became so popular that for some time it was used for mutual payments as currency. In Europe it was on the same level as gold. Even after the independence of America, rum did not give up its position.

This drink was also popular among pirates, who saw it as a source of constant income. Rum was also present in the diet of sailors of the British fleet, however, due to its strength and strong alcoholic effect on the body, in 1740 Admiral Edward Vernon issued an order to distribute rum only diluted with water. This mixture was later called grog. Rum has long been considered the drink of the poor. To expand the audience for rum consumption, the Spanish government announced a reward for improving the drink and its manufacturing processes. The result of such experiments was the emergence of light rum, first produced by Don Facundo in 1843.

Due to the complex history of the drink, there is currently no unified classification system for rum. Each producing country has its own standards for the strength of the drink, aging time and blending. There are several unified groups of rum varieties:

- *light, white or silver rum* – a sweetish drink with weakly expressed taste characteristics, used mainly for making cocktails;
- *golden or amber rum* – a drink aged in oak barrels with the addition of aromatic substances (caramel, spices);
- *dark or black rum* – aged in charred oak barrels with aromatic notes of spices, molasses and caramel. It is this type of drink that is most often used in cooking;
- *rum flavored with orange, mango, coconut or lemon fruit*. Used in preparing tropical cocktails;
- *strong rum* – has a strength of about 75 vol., and sometimes higher;

- *premium rum* – a drink aged for more than 5 years. This drink is usually consumed in its pure form;
- *rum elixir* - a drink that has a sweeter taste, but lower strength (about 30 vol.) than regular rum. They drink it exclusively in its pure form.

Compared to other drinks, rum does not have a uniform preparation technology. Traditions and methods of its production completely depend on the territorial location of the manufacturer. But four stages are integral regardless of the terrain:

1. **Fermentation of molasses** . Yeast and water are added to the main ingredient. Depending on what kind of rum will be made at the end, fast (light rum) or slow (strong and dark rum) yeast is added.
2. **Distillation** . The fermented wort is distilled in copper stills or by vertical distillation.
3. **Exposure** . Some countries adhere to the aging standard of at least a year. For this purpose, recycled wooden barrels (after bourbon), fresh charred oak barrels and stainless steel barrels are used. Due to the warm tropical climate of the producing countries, rum matures faster than, for example, in European countries.
4. **Blending** . To create the appropriate taste, rum of different ages is mixed in certain proportions with the addition of caramel and spices.

Dark rum is most often consumed neat as a digestif. A classic snack option for a drink is an orange slice sprinkled with cinnamon. In addition, rum goes well with cherries, pineapple, melon, papaya, chocolate and coffee. Gold and white varieties are used mainly for making punches and cocktails: Daiquiri, Cuba Libre, Mai Tai, Mahito, Pina Colada.

### The benefits of rum

Rum has a number of beneficial properties. It is used to prepare compresses, tinctures and rinses.

For radiculitis and exacerbation of rheumatism, you can use a compress of heated rum. To do this, you need to moisten a small piece of gauze with rum and apply it to the sore spot. To create a greater warming effect, the gauze should be covered with polyethylene and a warm cloth.

To treat diseases of the upper respiratory tract (whooping cough, bronchitis, sore throat), you can prepare several healing mixtures based on rum. You need to mix crushed garlic (4-5 cloves), finely chopped onion (1 onion) and milk (1 glass). Boil the resulting mixture and add honey (1 tsp), rum (1 tbsp). You need to take the medicine 1 tsp. For sore throat and coughing attacks, it is good to use rum (100 g), mixed with freshly squeezed juice of one lemon. Add honey (2 tsp) there and mix thoroughly. Gargle with the resulting solution and take 1 tbsp orally. 1.

For festering wounds, abscesses and skin ulcers, you can use a decoction of calendula <sup>[50]</sup> (40 g of inflorescences per 300 g of boiling water) with rum (1 tbsp.) to wash the affected areas of the skin. To relieve inflammation and heal, you need to chop garlic (2-3 cloves), a small onion (1 pc.) and an aloe leaf. Add 2 tbsp to the resulting mixture. 1. rum and apply as a bandage. You need to change the mixture on the wound every 20-30 minutes during the day.

Rum can also be used to make homemade skin, body and hair care products. To protect your facial skin from external factors, you should use a special mask before going outside. It contains protein, rum (1 tbsp), cucumber, tomato <sup>[51]</sup> and honey (1 tsp). Apply the mask evenly to the skin for 15 minutes, then rinse with warm water. To strengthen your hair and stimulate its growth, you need to mix burdock oil and rum (1:1) and apply it to the hair roots with massaging movements, then distribute it over the remaining length. Keep the mask on for an hour, then wash off with your everyday shampoo.

Rum is used in the preparation of desserts, cakes, marinades for soaking fruits and meats, for canning and flambéing.

### **Harm of rum and contraindications**

Because Rum is a strong alcoholic drink, so it should not be consumed during pregnancy, breastfeeding, taking various types of medications that are not compatible with alcohol, before driving vehicles and technological machines, as well as for children under 18 years of age.

## **Sake**



This is the national low-alcohol drink of the Japanese, produced by fermenting rice. The taste of sake can have notes of sherry, apples, grapes, bananas, spices, and herbs. The color of the drink is usually transparent, but color changes towards amber, yellow, green and lemon shades are allowed. The strength of the drink varies from 14.5 to 20 vol.

Sake making has a history of more than two thousand years. The recipe for the first sake was borrowed from the Chinese, who brewed rice beer back in the 8th century. BC. Initially, this drink was prepared exclusively for imperial officials and temple servants. But with the beginning of the Middle Ages, sake began to be brewed in villages. The production technology differed from modern ones, especially at the stage of rice fermentation. To start the fermentation process, rice was chewed in the mouth and spat into vats along with saliva.

Today, in order for the drink to be of the proper quality and taste, manufacturers carefully select rice, water, molds and yeast.

To produce sake, special sake rice is used, which is larger in size and rich in starch than regular rice. It is used exclusively for the production of the drink. This type of rice is grown on hills and intermountains, where there are large differences in day and night temperatures. There are more than 30 varieties of sakei rice that are certified by the government. The most popular variety is *Yamada Nishiki*.

Particular attention is paid to water in sake production. It is specially enriched with magnesium, potassium and phosphorus to create an ideal environment for the growth of yeast and mold. On the contrary, some elements are purified (iron, manganese), this is necessary to preserve the taste and color characteristics of the drink.

Rice contains a large amount of starch and has no sugars, so simple yeast fermentation is not possible. To solve this problem, molds are used, which in the process of their life activity saccharify rice.

To start the fermentation process, sakedels use special sake yeast. They are the result of many years of work by breeders and a special state laboratory for sakedelia. There are more than a thousand varieties of sake yeast.

Sake production technology includes several stages:

1. **Grinding rice** . Before using rice, it is cleaned of the shell and germ, which, due to the beneficial substances they contain, can negatively affect the quality of the drink. This process occurs in grinding machines, where the grain is freed from unnecessary components by rubbing against each other. This stage takes from 6 to 48 hours. The rice should not be used immediately after polishing. It should sit for 3-4 weeks and gradually gain lost moisture.
2. **Washing and soaking rice** . To remove foreign substances, the rice is washed with water under low pressure, which achieves an additional polishing effect. Then the grains are soaked for a day.
3. **Steaming rice** is done to soften the starch structure and sterilize the grains from harmful microbes.
4. **Malting rice** . Parboiled rice is colonized by molds that break down the complex starch structure into fermentable sugars. The process takes place at a constant temperature of 30°C and relative humidity of 95-98% for 48 hours. To ensure that a sufficient amount of oxygen enters the rice and the temperature does not rise too high, it is periodically kneaded with hands.
5. **Yeast starter** . In order for the yeast to quickly and efficiently begin the fermentation process, it is first diluted in water and left for several days.
6. **Fermentation** . The finished yeast starter is added to the rice and the process of turning rice into sake begins. Rice is added gradually in small batches over 3-4 days. This gives the yeast the opportunity to “not overwork.” The total fermentation time is 15-35 days depending on the type of sake produced.
7. **Pressing mash** . At this stage, the solid particles of the mash are separated from the drink itself. It is produced using special continuous filter presses.
8. **Sedimentation and filtration** . To free young sake from unfermented starch, proteins and other solid particles, it is left to stand for 10 days. Next, the carefully drained sake is filtered through activated carbon.
9. **Pasteurization** . Enzymes remaining after sake production are removed by heating the drink to 60°C.
10. **Exposure** . Sake is aged in enamel cubes for 6 months - this helps get rid of the characteristic smell of rice malt and gives the drink a pleasant aroma and mild taste. During this process, a constant temperature of 20°C is maintained.
11. **Bottling** . Sake after aging has a strength of 20 vol., so before bottling it is diluted with water until the strength is reached 15 vol.

There are several types of sake: futsushu - table wine, 75% of sake produced in the country; Tokuteimeishoshu – premium sake, 25% of sake supplied to markets. Also, depending on the quality of the drink, it is consumed differently.

Low-quality varieties are heated to almost 60°C before serving, while elite varieties are cooled to 5°C. As a snack for sake, you can use seafood dishes, chips, cheese and other light snacks. The drink should be stored for no more than a year at a temperature of -5 to 20°C.

## Benefits of sake

The drink contains amino acids , which are 7 times more than in red wine. These acids have a positive effect on the immune system, strengthen it and prevent the development of malignant tumors.

Sake in moderation has a positive effect on the body. Research by Japanese scientists has shown that those who drink sake stabilize their blood pressure and improve their memory. When drinking the drink, good cholesterol increases in the blood and blood circulation is stimulated. Sake has a preventive effect on the heart, preventing angina and the possibility of a heart attack. The drink also has disinfecting and antiseptic properties. If you apply a sake compress to a scratch, contusion or bruise, the subcutaneous hemorrhage will resolve much faster.

Sake has a positive effect on the skin. Using the drink as a wiping lotion, you can quickly get rid of acne , cleanse the skin and tighten pores. After application, the skin becomes soft, tightened, and a healthy color appears. For hair, you can use a rinse based on sake (50 g), vinegar (30 g) and water (200 g). This solution makes hair shiny, silky and manageable.

Those who suffer from insomnia or chronic fatigue should take a bath with sake (200 g) before going to bed. This will relax the muscles, calm the nervous system and warm the body.

In cooking, sake is used to remove unpleasant odors from a dish. In the bar business it is used to make cocktails.

## Harm of sake and contraindications

The alcohol contained in sake, with prolonged and excessive consumption, negatively affects liver cells and, as a result, can lead to the development of cirrhosis.

It is not recommended to drink the drink for pregnant women, nursing mothers, people taking medications that are incompatible with alcohol, as well as for children under 18 years of age.

## Moonshine



This is an alcoholic drink that is produced on homemade equipment from mash of alcohol-containing products. The raw materials used for production are sugar, potatoes, grain, berries, fruits, sugar beets and others. The choice of raw materials depends on the location and financial availability. The quality of the drink largely depends on the quality of the raw materials. The strength of the drink can range from 30-40 vol. and higher. In most countries, the production and sale of moonshine is punishable by law.



For many centuries, people have been making moonshine. This drink became especially popular in Rus' during the reign of Ivan the Terrible. Under him, royal taverns were opened, where people who especially distinguished themselves for their services to the king and the state could drink for free "as much as they could scoop up at one time." This drink was also widely used as a disinfectant and antiseptic during wars. In those days, there were many recipes for high-quality moonshine-based drinks. However, during Gorbachev's Prohibition, many recipes and technologies were lost, and vineyards with selected varieties were mercilessly destroyed.

To obtain a high-quality drink, you should adhere to a special technology, which consists of several main stages:

- 1. Preparation of raw materials.** For high-quality moonshine you need good malt. Grains must be germinated and the germination period for each crop varies from 5 to 10 days. This process is mandatory for the formation of active enzymes that participate in the process of starch saccharification. The grain is poured with water in a ratio of 1:2 and left. To prevent the water from starting to rot and ferment, it should be changed every 6-8 hours. After the first sprouts appear, the water is drained and the grain is laid out on a deck in a dark place with a constant temperature of no more than 17°C. When the sprouts are 5-6 mm long and the roots are 12-14 mm long, the germination process is completed. Sprouted grains are used to create malted milk.
- 2. Fermentation .** Yeast is used to start the fermentation process. They are soaked and placed in the prepared wort. In order for the yeast to fully perform its function (convert sugar into alcohol), it is necessary to maintain a constant temperature of the mash (no more than 20°C). Temperatures that are too low will slow down the fermentation process; temperatures that are too high will kill the yeast and may leave undigested sugar. Fermentation continues as long as carbon dioxide is released. Therefore, a gas outlet tube is removed from the container with mash into a bottle of water.
- 3. Distillation of the mash** is carried out to separate alcohols. For this, homemade distillation apparatuses and rectifiers are used. The distillation process has a special sequence and the need to comply with temperature conditions. First, the mash is intensively heated to 68°C, which results in the release of toxic fumes. The condensing vapors at the outlet form "pervak". This moonshine contains a large amount of toxic substances and is not even used for preparing lotions and compresses. Further heating is carried out less intensely to prevent the emission of mash. To obtain high-quality moonshine, the optimal temperature is considered to be 78-82°C. Exceeding the temperature leads to an increase in the release of fusel oils.
- 4. Cleaning.** The resulting moonshine, in addition to alcohol and water, also contains harmful impurities. For filtration, potassium permanganate, charcoal or activated carbon are most often used. These substances are added directly to the moonshine and left until they completely settle to the bottom, then the drink is filtered through cotton wool.
- 5. "Ennoblement" .** To get rid of the characteristic smell of mash and give the drink color, artificial or vegetable flavors and dyes are added to the finished drink. Cinnamon, anise, mustard, cumin, cardamom <sup>[21]</sup>, vanilla, nutmeg, chili pepper, black tea, saffron, parsnip, ginger, golden root, horseradish and others can be used as flavorings . Sugar syrup or liquid honey is used to sweeten moonshine.

If the container is sealed, the shelf life of moonshine is unlimited. For these purposes, it is best to use glass bottles with a cork closure.

### **The benefits of moonshine**

Moonshine in small doses, like alcohol, has medicinal properties. For colds, especially in the early stages, drinking 30-50 g of moonshine with red pepper helps a lot . You can also use a compress on the throat and chest area. To eliminate the possibility of skin burns, moonshine should be diluted with water. Moisten gauze with the resulting liquid, apply it to the throat and wrap it with a warm scarf. It is best to apply a compress at night.

A high-quality drink can be used to treat peptic ulcers of the stomach and duodenum. You need to take moonshine 1 tbsp. l. in the morning on an empty stomach.

Moonshine, due to its strength, can be used to disinfect wounds, scratches and bruises. This prevents infection and inflammation from occurring. The drink also has some pain-relieving properties. <sup>[52]</sup> If you apply a cotton swab soaked in moonshine to a sore tooth, the pain will go away for a while, which will make it possible to safely get to the dentist.

It is widely used for preparing medicinal tinctures.

Mint tincture is used to treat vomiting, nausea, abdominal cramps, scrofula and rickets in children. To prepare it, you need to chop fresh peppermint and pour moonshine in a 1:1 ratio and leave to infuse in a dark place for 10 days. The finished tincture should be taken 15-30 drops diluted in half a glass of water.

Golden root tincture has many medicinal properties. To prepare it, you need to pour dried rhodiola root <sup>[53]</sup> (50 g) with moonshine (0.5 l) and leave for a week in a dark, warm place. The finished tincture is used to treat sore throat (gargle with diluted water (100 ml) tincture (1 tsp)), heart disease (20 drops 3 times a day), chronic fatigue (10-15 drops 3 times a day).

Ginger tincture is used to treat bronchial asthma and reduced visual acuity. Fresh ginger (500 g) must be peeled, grated, poured into a vessel for tincture and filled with high-quality moonshine (1 liter). In a warm place, let the tincture brew for 15 days, shaking thoroughly every other day. After the specified time, strain the tincture and allow the sediment to settle. Take 1 tsp of ginger tincture. diluted in water (100 ml) 2 times a day.

### **Harm of moonshine and contraindications**

Failure to comply with the rules for preparing the drink and sanitary and hygienic standards can lead to cloudiness of the drink and a decrease in its quality. As a result, drinking such moonshine can lead to severe toxic poisoning.

Long-term and excessive use of moonshine can lead to alcohol addiction. Also, this alcoholic drink should not be consumed by pregnant and lactating women, people taking medications that are incompatible with alcoholic beverages, as well as children under 18 years of age. If a small child accidentally drinks moonshine, you should immediately consult a doctor and begin emergency treatment. Failure to handle it in a timely manner can lead to death.

### **Sbitten**



It is a non-alcoholic hot or cold drink consisting of water, honey, spices and herbs, often medicinal. The word sbiten was formed from the process of combining (churning) two liquids - honey diluted in water and a spicy herbal infusion.

The first mention of the drink was preserved in the chronicles of the Slavic peoples from 1128. In those days, the drink was prepared in special copper vessels (baklaga or sakla), and it was called perevar, vzvar, var. Before tea appeared in Rus', sbiten was the number one hot drink. It was prepared not only for home consumption, but also sold in crowded places: markets, fairs, folk festivals, and taverns.

The main spices and herbs were sage, St. John's wort, cinnamon, ginger, hot pepper and bay leaf. However, several years after the October Revolution, the amount of sbiten consumed by the population began to gradually decrease until it completely stopped. Black tea and coffee took its place.

There are two main ways to prepare sbiten - simple and custard. When preparing custard sbiten, a fermentation process occurs.

To prepare one liter of simple sbiten, you need to take honey (100 g), spices (cloves, cinnamon<sup>[28]</sup>, black and allspice, ginger, St. John's wort, cardamom<sup>[21]</sup>, nutmeg) and water (1 liter). Pour water into two containers of 200 and 800 ml. Dissolve honey in a smaller amount of water and boil over low heat, constantly skimming off the foam. Wrap the spices in cheesecloth and boil them in more water. In order for the spices to impart their aroma to the water as much as possible, they should be infused for 30 minutes. Finally, mix both mixtures and reheat before serving.

To prepare custard sbiten, you need to mix water (4 l), honey (500 g), light mash (4 l), vinegar (30 g) and ginger (20 g) in an enamel bowl. Boil the mixture over low heat for an hour, constantly skimming off the foam, cool, and then pour into a tightly sealed container. Add half a tablespoon of yeast there. To ferment, leave the drink in a warm place for 6-12 hours. After the specified time has passed, uncork the container, move it to a cool place and let it brew for another 2-3 days. After which the custard sbiten is ready to eat.

In addition to spices, you can add fruit and berry juices to sbiten, which will give the drink additional aroma and taste.

### **The benefits of sbiten**

Hot sbiten is mainly a winter drink, which was consumed to warm up after it had cooled down. Also, due to its composition, it has anti-inflammatory and immunomodulatory effects. It is also drunk to

restore the body after illness, surgery and injury. A cold drink is consumed to quench thirst in the bathhouse after a steam room or on hot days.

Sbitten acquires its main beneficial properties by adding honey to it. This product saturates the drink with vitamins and minerals (magnesium, iodine, iron, calcium, potassium and others). Sbitten has a tonic effect and perfectly restores strength after heavy mental and physical stress. This drink can be consumed in small quantities by people with diabetes. It is necessary to control the diet for anemia, indigestion, intestinal disorders, gas, constipation, diseases of the cardiovascular system and skin.

Also, thanks to spices, sbitten is filled with healing properties. Cloves added to the drink relieve stomach and intestinal spasms, relieve pain and give energy. <sup>[54]</sup> Cinnamon has an antifungal effect, which reduces the level of putrefactive processes in the gastrointestinal tract and normalizes sugar levels. <sup>[28]</sup> Cardamom has a positive effect on the nervous system and relieves tension. <sup>[21]</sup>

### **Harm of sbitten and contraindications**

The drink is not recommended for people who are allergic to honey and honey products, because this may lead to suffocation caused by pulmonary edema.

Those who want to lose extra pounds should refrain from losing weight. Due to the honey included in its composition, it becomes quite high in calories.

### **Juice**



This is a nutritious and fortified liquid obtained by squeezing fruits, berries and vegetables. To get high-quality juice, you should use only fresh and ripened fruits. For the production of juices , apples , cherries , sweet cherries , strawberries , wild strawberries , raspberries , black currants , red currants , blueberries , blueberries , barberries , goji berries , serviceberry , lingonberries , plums , pears , quinces , peach , apricots , grapes , watermelon , melons are used. , feijoa , grapefruit , pomegranate , orange , lemon , lime , citron , mandarin , sweetie , kumquat , tangelo , bergamot , pineapple , passion fruit , papaya , mango , kiwi , pomelo , kiwi , mulberry , blackberry , cranberry , elderberry , bird cherry , gooseberries , dogwoods , hawthorns , tomatoes , celery , parsley , potatoes , carrots , beets , radishes, cabbage ( broccoli , Brussels sprouts, cabbage), zucchini, cucumber, peppers, pumpkin and others, for example, birch sap .

There is a basic system for classifying types of juice:

1. **freshly squeezed juice** , which is produced immediately before consumption from fresh products;

2. **Directly pressed juice** is a drink produced under production conditions, temperature-treated and bottled in sealed bags;
3. **reconstituted juice** – a drink that is produced by diluting juice concentrate with water and additionally enriched with vitamins;
4. **concentrated juice** - a drink from which most of the water has been forcibly extracted to more than double the dry matter content;

In addition to classic juices, manufacturers produce juice products, which include:

- **Nectar** - this type of juice is produced mainly from those fruits and berries for which the use of direct extraction technology is impossible due to too much sweetness, acidity or viscosity of the fruit. These include cherry, banana, pomegranate, currant, peach and others. Also, during the production of nectars, to stabilize the taste, color and aroma, it is possible to add natural acidulants, sweeteners, flavors and preservatives. As a percentage, the share of natural fruit puree is 20-50% of the total volume of the drink.
- **A juice drink** is a drink obtained by significantly diluting fruit puree with water. At the same time, the mass of dry matter in it ranges from 5 to 10%. Typically, such drinks are represented by quite exotic fruits and berries: blackberries, mango, cactus, passion fruit, lime and others.
- **Morse** is a drink made by diluting fruit puree with water and adding sugar. In this case, the share of dry matter is at least 15% of the total volume of the drink.

At home, juices can be obtained using manual or electric juicers, or using a juicer. It should be remembered that when preparing juices from bony berries (raspberries, currants, blackberries), it is better to use a manual juicer, because An electric sieve quickly becomes clogged with cake and requires frequent cleaning with a coarse brush.

Juices are used to prepare fruit drinks, mousses, marmalade, jellies and jelly. They can also be canned. However, they must be subjected to boiling (no more than one minute) to stop the processes of fermentation and souring. After packing the juices into jars, it is imperative to keep them at room temperature for 2 weeks. During this period, it is possible to identify those banks in which air leaks occur.

Freshly squeezed juices are considered the most beneficial. But they should be consumed immediately after preparation. When they are stored in the refrigerator, an oxidation process occurs and more vitamins are lost. Opened canned juices can be stored in the refrigerator for two days in an airtight container. Packaged factory juices, if the packaging is sealed, can retain their properties for 6 to 12 months, but once opened, manufacturers recommend storing them in the refrigerator for no more than 1-2 days.

### **Benefits of juice**

Juices are a whole storehouse of vitamins and minerals. By consuming juices, the body is filled with a concentrated composition of beneficial substances that cannot be obtained through normal consumption of fruits. After all, it is quite difficult to eat a kilogram of fruit in one sitting. Juices, due to their liquid state, are quickly absorbed by the mucous membrane of the stomach and intestines, and therefore do not require additional energy costs for processing. They enhance digestion, activate enzymes, remove toxins and stabilize the acid-base balance of blood and lymph.

Each type of juice has its own positive properties and its own set of vitamins. The most popular are:

## • Fruit juices

Orange juice contains vitamins ( C , K , A , group B , E), minerals ( copper , potassium , phosphorus, iron, calcium, magnesium, selenium, zinc), more than 11 amino acids. This juice has many positive properties. It is used to strengthen the immune system, reduce the manifestations of vitamin deficiency , in the fight against colds , inflammation of the joints, gums and lungs, atherosclerosis , anemia , at elevated temperatures and blood pressure. <sup>[56]</sup> Doctors recommend drinking orange juice no more than 3 times a week, 200 g each. Otherwise, intense physical activity is necessary to neutralize the acid.

Grapefruit juice includes vitamins (C, PP, E, K, B1, B2), acids and minerals (magnesium, potassium, phosphorus, calcium, iodine, iron, copper <sup>[69]</sup> , zinc, manganese and others). It has antiseptic, anti-inflammatory, antiallergic properties. It should be used for inflammatory processes of the respiratory system, nervous exhaustion, sleep disturbances, high blood pressure and varicose veins . <sup>[57]</sup> Grapefruit juice should be used with caution when taking medications, as Fetal substances can change the effect of drugs on the body.

Plum juice contains vitamins A, PP, potassium, calcium, magnesium. This juice is used to remove excess water from the body, reduce the level of stomach acidity and cholesterol in the blood, and for chronic constipation . <sup>[58]</sup>

Apple juice is one of the healthiest and hypoallergenic juices, which is rich in vitamins (groups B, C, E, A ), minerals (potassium, phosphorus, iron, copper, sodium, magnesium, selenium, sulfur) and organic acids. It is used for atherosclerosis, rheumatism , arthritis , liver and kidney diseases, as well as urinary and gallstone diseases. Substances in apple juice strengthen hair, nails, teeth, increase hemoglobin, and restore muscle tissue after physical activity. <sup>[59]</sup>

## • Berry juices

Grape juice contains vitamins (A, C, B1, B2), minerals (potassium, calcium, copper <sup>[69]</sup> , selenium, iron, phosphorus, magnesium, sulfur), organic acids and alkaline substances. Drinking juice stimulates the bone marrow and the production of red blood cells, increases hemoglobin levels, cleanses the body of toxins and excess cholesterol, and speeds up metabolism. Grape juice has a beneficial effect on the functioning of almost all organs of the body (stomach, heart, intestines, liver, joints, mucous membranes and skin). It has a mild diuretic and defecatory effect. <sup>[60]</sup>

Watermelon juice includes vitamins (C, PP, A , B1, B2, B6, B12), minerals, fiber and sugar-containing substances. The juice has a strong diuretic effect, dissolves sand in the kidneys and bladder, but at the same time acts gently, without irritating the organs. It is also drunk for anemia , after radiation exposure, liver and intestinal diseases, gout and atherosclerosis. <sup>[61]</sup>

## • Vegetable juices

Celery juice contains vitamins (C, group B) and minerals (calcium, phosphorus, potassium). It is recommended to drink it to restore strength during mental and physical stress, overweight, to improve appetite and digestion. <sup>[62]</sup>

Pumpkin juice contains vitamins (A, E, B1, B2, B6), minerals (potassium, iron, magnesium, phosphorus) and organic acids. It is recommended for diabetes , obesity , bladder and kidney stones, high cholesterol, diseases of the gastrointestinal tract, heart, and prostate gland.

Tomato juice contains vitamins A and C, organic acids ( malic , citric , oxalic ), minerals (magnesium, potassium, sodium, calcium). It normalizes metabolism, prevents fermentation processes in the intestines, strengthens the heart muscle and blood vessels. <sup>[63]</sup>



Beetroot juice is most beneficial for women during the period of hormonal changes in the body (menstruation, menopause). It is rich in iron, potassium, iodine, magnesium. It has a beneficial effect on the circulatory system, stimulating the production of red blood cells, thins the blood, lowers blood pressure and cleanses blood vessels of fatty plaques. This juice should be drunk carefully, because... Excessive use may cause nausea and dizziness. <sup>[64]</sup>

Carrot juice contains vitamins (A, C, D, group B, E), minerals (magnesium, potassium, silicon, calcium, iodine). The rich composition of the juice helps in the treatment of many diseases of the cardiovascular, nervous and immune systems, eyes, kidneys, thyroid gland, vitamin deficiency, anemia, polyarthritis. Excessive consumption of carrot juice can cause skin color to change from yellow to orange. <sup>[65]</sup>

Cabbage juice is rich in vitamins (C, K, D, E, PP, group B, U). It is used in the treatment of diseases of the gastrointestinal tract, spleen, liver, atherosclerosis, colds and pneumonia. Due to specific substances, this juice prevents the process of converting carbohydrates into fats, so nutritionists recommend drinking it for weight loss.

To improve the taste and increase nutrients, you can combine the juices of several fruits, berries or vegetables.

### **Harm of juice and contraindications**

Juices with a high level of acid content are not recommended for consumption by people with gastrointestinal diseases, which are accompanied by an increased level of acidity, as well as during exacerbation of gastritis and peptic ulcers. Also, excessive consumption of acidic juices can lead to the destruction of tooth enamel.

### **Slivovitz**



This is an alcoholic drink made from fermented plum juice with a strength of 45 vol. The drink is widespread mainly among the peoples of the Balkan countries and belongs to the class of brandy. Slivovitz is considered the national drink of Bulgaria, Serbia, Herzegovina, Bosnia and Croatia. In these countries, there is not a single house in which plums do not grow, and almost everyone makes the drink for their own consumption. There are over 2000 different varieties of plums used to prepare the drink. In addition to slivovitz, it is traditional for these countries to prepare prunes and plum jam.

The drink was first produced in the 16th century. The local peasant population liked slivovitz so much that it began to be produced everywhere, and its use became widespread. One of the brands of Serbian plum brandy was awarded a European Union certificate in 2007.

To prepare slivovitz, the ripest fruits are selected, which are thoroughly washed and placed in a mortar. There, the plums along with the seeds are crushed until a pulp is obtained. Then the whole mass is poured into a barrel, a small amount of water is added there and left to ferment until the release of carbon dioxide stops. The finished wort, depending on the desired end result, can be subjected to single or double distillation. In this case, the strength can reach 75 vol. It is also believed that the drink can be consumed immediately after distillation, but true connoisseurs of the drink believe that the drink should be aged in oak barrels for at least 5 years. After this, it acquires a light yellow color and a richer plum aroma.

Slivovitz is consumed as an aperitif in its pure form. Mixing it with other drinks leads to the formation of an unpleasant metallic taste. When serving, the temperature of the drink is not of fundamental importance. Slivovitz can be drunk either chilled or warmed to room temperature.

### **The benefits of slivovitz**

Balkans consider slivovitz a universal drink that has many beneficial properties. It is used as an antiseptic for minor wounds, bruises and cuts, for colds and as a basis for herbal tinctures and compresses.

To relieve pain from polyarthritis, rheumatism, radiculitis and gout, make a tincture of grated Adam's root (250 g) and 200 ml of slivovitz. The mixture should be infused for 24 hours.

Walnut tincture helps with heart rhythm disturbances. <sup>[16]</sup> For it, you should use crushed membranes of the inner part of the nut (500 g), which are poured with slivovitz until the membranes are completely covered. Infuse the mixture in a dark place for 2 weeks. You need to take the prepared tincture 30-40 drops once a day.

To cleanse the skin of oily shine, prevent acne and relieve skin irritation, you can prepare a lotion using St. John's wort leaves. Pour the dried herb (10 g) with strong slivovitz (100 ml) and leave for 7 days. Before use, dilute the finished infusion (2 tablespoons) in half a glass of warm water, moisten a cotton swab and wipe the skin or apply to problem areas for 5-7 minutes. In case of severe manifestations of the rash, the procedure should be carried out daily until complete cleansing.

A good antiseptic and anti-inflammatory agent for the oral mucosa can be prepared from calendula flowers (25 g). They need to be crushed and poured with 100 ml of slivovitz. The infusion should be left for 5-6 days in a dark place, after which it should be used for rinsing. Before use, it must be diluted in water in a proportion of 1 tsp. half a glass of water. If the gums are inflamed, they must first be massaged with a soft toothbrush.

To calm the nervous system during unexplained attacks of anxiety, excitement, and depression, you should take tincture of lily of the valley flowers. Collected fresh flowers must be poured into a half-liter bottle so that two-thirds of the volume is obtained. Then fill it to the top with slivovitz and leave for 15 days in a cool, dark place. You need to take the infusion 10 drops diluted in 50 ml of water 2-3 per day after meals.

### **Harm of slivovitz and contraindications**

Slivovitz is a strong alcoholic drink, the excessive and systematic use of which can lead to disruption of the liver, kidneys and stomach.

It is not recommended to drink slivovitz for pregnant and nursing mothers, people driving vehicles or complex machinery, as well as children under 18 years of age.

This drink is not compatible with taking medications - this may enhance or inhibit their effect.

## Alcohol



Alcohol (from Latin *spiritus* - spirit) is an organic compound that has a diverse and extensive class. The most famous and common are *ethyl*, *methyl* and *phenylethyl* alcohols. Various types of alcohols can not only be obtained in laboratory conditions, but also found in nature. They are found in plant leaves (for example, methyl), in naturally fermented organic products (ethanol), and in essential vegetable oils. Also, some vitamins belong to the alcohol class : A , B8 and D. Under normal physical conditions, alcohol has a transparent color, a sharp characteristic odor and taste, and is a good solvent for oily and fat-containing substances. The alcohol strength varies from 95.57 to 100 vol.

Drinks containing alcohol have been known to mankind since ancient times. There is historical evidence that more than 8 thousand years BC. people drank fermented fruit drinks and knew about their effect on the body. The first drink saturated with a large percentage of alcohol was made by Arab chemists in the 6th-7th centuries. In Europe, ethyl alcohol was first produced in Italy in the 11th-12th centuries. On the territory of the Russian Empire, the first strong alcoholic drink was Akvavit , which was brought by Genoese ambassadors in 1386. However, 100% alcohol was obtained in Russia through chemical experiments only in 1796 by chemist T.E. Lovitz.

There are two main industrial methods for producing ethyl alcohol: synthetic and natural fermentation. The most popular is the second method. Fruits and berries, grains, potatoes, rice, corn , starch, and raw cane sugar are used as raw materials. The reaction to form alcohol begins to occur only in the presence of yeast, enzymes and bacteria. The production process has several main stages:

- selection, washing and grinding of raw materials;
- breakdown of starchy substances by fermentation to simple sugars;
- yeast fermentation;
- distillation in booster columns;
- purification of the resulting aqueous-alcoholic liquid from impurities and heavy fractions.

It is almost impossible to obtain alcohol of the proper concentration at home.

Alcohol is widely used in various industries. It is used in medicine, perfume and cosmetic production, food, alcoholic beverage and chemical industries.

### **The benefits of alcohol**

Alcohol has a large number of beneficial properties and uses. It is an antiseptic and deodorizing agent used to disinfect medical instruments, skin and hands of healthcare workers before surgery. Alcohol is also added as an antifoaming agent to artificial ventilation devices and used as a solvent in the manufacture of medications, extracts and tinctures. In the alcoholic beverage industry, alcohol is used to fortify alcoholic beverages, and in the food industry - as a preservative and solvent for natural dyes and flavors.

In everyday life, alcohol is used for rubbing at high temperatures, warming compresses and for preparing medicinal tinctures. Those. Alcohol in its pure form is an empty drink, which is refined by infusing it with medicinal herbs and fruits.

To treat the respiratory system and throat for colds, sore throat and bronchitis , it is necessary to use tincture of eucalyptus , calendula and kalanchoe. Take 100 g of all ingredients, chop thoroughly and pour a liter bottle into the floor. Pour alcohol on top until completely covered and leave for three days in a dark place. Dilute the finished infusion in warm water in a ratio of 1:10 and gargle at least 3 times a day.

For hypertension , heart and vascular diseases, you can use a tincture of rose petals (300 g), grated red beets (200 g), cranberry juice <sup>[66]</sup> (100 g), juice of one lemon , liquid honey (250 g) and alcohol (250 ml.). All components must be thoroughly mixed and left to infuse for 4-5 days. The finished tincture should be taken 1 tbsp. 1. 3 times a day.

To narrow dilated veins, it is necessary to make rubbing and compresses from horse chestnut tincture . To prepare it, you should chop 6-10 medium chestnuts and pour alcohol (500 g) into them. The tincture should be infused for 14 days in a dark place. The finished medicine should be rubbed with massaging movements 3 times a day into the legs with pronounced veins and taken orally 30 drops also 3 times a day. The course of treatment must be carried out within a month.

A good choleretic agent is tincture of barberry fruits . To do this, pour fresh or dried fruits (2 tablespoons) with alcohol (100 g) and leave for 14 days. Take the finished infusion, diluting 20-30 drops into 50 ml. water 3 times a day. The effectiveness of treatment begins to appear after 15 days of systematic use.

### **Harm of alcohol and contraindications**

Alcohol vapors that are used in industry (ethanol, methanol, isopropanol), with prolonged inhalation exposure, can lead to lethargic sleep, narcotic effects or death. The probability of one outcome or another depends on the time of inhalation of the vapors - from 8 to 21 hours.

Methyl alcohol, when used internally, has severe toxicological poisoning, which has a detrimental effect on the nervous (convulsions, convulsions, epileptic seizures), cardiovascular ( tachycardia ) systems, affects the retina and optic nerve, causing complete blindness. If more than 30 g of this alcohol is ingested, death occurs.

Ethyl alcohol is less dangerous, but also has a number of negative effects on the body. Firstly, it is quickly absorbed into the blood through the mucous membranes of the stomach and intestines, the concentration of which reaches its maximum 20-60 minutes after administration. Secondly, it has a dual effect on the nervous system: first causing strong excitement, and then sharp depression. At the

same time, cells of the cerebral cortex die and degrade in large numbers. Thirdly, the functioning of internal organs and systems is disrupted: liver, kidneys, gallbladder, pancreas and others.

## Serum



from old glory *syrovatъ* – associated with cheese

This is a by-product of the preparation of cheese, cottage cheese<sup>[67]</sup> and casein, obtained by heating sour milk, curdling it and straining it. The process of milk coagulation can occur naturally as a result of its souring or the addition of food acids.

Whey as a healthy and nutritious drink has been known since the time of Hippocrates. It was he who recommended using it for diseases of the liver, lungs and various forms of psoriasis. At the beginning of the 18th century. The serum was used as a diuretic, tonic, and sedative, and doctors prescribed it for diarrhea, dysentery, poisoning, and kidney stones.

Modern cheese factories sell whey in plastic bottles and 1 liter bags.

The whey can also be prepared at home. There are two simple recipes:

1. Place homemade milk (1 l) in a warm place for it to naturally sour. Then the formed curdled milk should be brought to a boil and cooled. As a result of heating, clots of cottage cheese are formed, which must be strained through cheesecloth. The filtered finished whey can be consumed. In this case, the resulting cottage cheese can become the basis for casseroles, jelly desserts or cheesecakes.

1. In store-bought pasteurized milk (1 liter) heated to a boil, add freshly squeezed juice of one lemon, mix and remove from heat. The milk will separate into whey and cottage cheese, which must be separated, as in the first recipe, through cheesecloth.

On an industrial scale, serum is used as the basis of cosmetic products: ready-made masks, face creams, shampoos, balms and hair conditioners.

## Benefits of serum

Whey contains vitamins (groups B, C, A, E, H), minerals (magnesium, calcium, phosphorus), milk sugar and lactic acid bacteria. The low-molecular structure of the protein allows it to be quickly absorbed and included in the processes of cell division, growth and renewal.

Whey is very useful for the functioning of the body as a whole. It has a general strengthening effect on it, normalizes the secretory functions of the stomach. Nutritionists include whey in the diet of

overweight people to enhance metabolic processes and remove waste and toxins, and also as the main product of a fasting day .

The drink is also useful for diseases of the cardiovascular system, reduced immunity, and impaired production of hormones, in particular sex hormones.

Gastroenterologists recommend using whey for gastrointestinal diseases: gastritis , colitis , ulcers , to relieve internal inflammation, stimulate intestinal activity, inhibit the development of putrefactive processes and restore microflora. For edema during pregnancy associated with poor kidney function, doctors recommend drinking whey to remove excess fluid and normalize kidney function.

The serum is used to prepare face and hair masks. It helps exfoliate dead cells, nourish and rejuvenate healthy cells. The serum also removes the effects of the negative effects of sunlight, wind, dust and toxins. To whiten normal and oily skin, wipe it daily with a cotton pad soaked in serum with lemon juice. You can get rid of freckles by preparing a mask consisting of cottage cheese (3 tbsp) and whey (3 tbsp). Apply the resulting mixture to pre-cleaned skin in an even, thin layer for 10 minutes. Then rinse everything off with warm water . To give your hair shine and make it stronger, after regular shampooing, your hair should be rinsed with serum.

Whey is used to prepare some children's dairy products, because... The protein contained in it is as close as possible to the protein of mother's milk. It is used to prepare various types of baking dough, pancakes, pancakes, as a marinade for meat and fish and as a base for cold soups.

### **Serum harm and contraindications**

The serum is contraindicated in case of individual intolerance to the product and diseases associated with impaired protein breakdown.

## **Tequila**



Tequila (Spanish *Tequila* ) is an alcoholic drink made by distilling the wort formed as a result of fermentation of the blue agave core. The drink got its name from the city of the same name, Tequila, Jalisco state. The strength of the drink is 55 vol., however, many manufacturers dilute it with water to 38 vol. before bottling.

At the state level, the Mexican government regulates the production of tequila and is regulated by certain standards:



- tequila is a drink produced in the Mexican states of Guanajuato, Tamaulipas, Jalisco, Michoacan and Nayarit;
- only blue agave is used as a raw material for the production of elite varieties of tequila;
- the alcohol content in agave-based tequila must be at least 51%; the rest of the alcohol can be obtained from corn, sugar cane and other raw materials.

The first specialized production of tequila was launched in the 16th century. in the vicinity of the city of Tequila by the Spanish conquistadors. At the same time, the recipe for the drink was borrowed from the Aztec tribes, who had been preparing a similar drink, octli, for 9 thousand years. The colonialists loved tequila so much that profits from its production and sale began to be taxed. The first successful prototype of modern tequila was produced in 1800. Bottles from that year survive to this day. The drink gained worldwide popularity after the Olympic Games were held in Mexico City in 1968, and already in 1974 the world brand “tequila” was assigned to the Mexican producers of the drink.

There are two large groups of tequila:

- tequila exclusively based on agave;
- tequila created by distillation of mixed sugars, the share of which does not exceed 49% of the total volume.

Depending on the aging period in oak barrels, tequila bottles are marked:

- **joven** – unaged tequila, bottled immediately after production;
- **blanca** or **plata** – the aging period is no more than 2 months;
- **reposado** – tequila aged for 10 to 12 months;
- **añejo** – a drink aged from 1 to 3 years;
- **extra añejo** – the aging period of the drink is more than 3 years.

There are several ways to drink tequila:

1. pure tequila - pour salt on the back of your hand between the index and thumb, take a slice of lemon with them, and then quickly lick off the salt, drink a glass of tequila in one gulp and snack on the lemon.
2. tequila boom – pour carbonated tonic into a glass of tequila, cover the top with your hand and sharply hit the table. Drink the foamed drink in one gulp.
3. tequila in cocktails. The most popular are Margarita, Tequila Sunrise and Mexican Ruff.

### **The benefits of tequila**

Agave, on the basis of which tequila is produced, is considered a medicinal plant and thanks to this it imbues the drink with beneficial and medicinal properties. This is especially true for tequila aged for at least 3 years. Moderate consumption of the drink (no more than 50 g per day) strengthens the immune system, cleanses the blood, tannins stimulate the functioning of the stomach, intestines and liver, and antiseptic substances prevent the development of putrefactive bacteria.

Mexican scientists who studied the effect of tequila on the human body found that some substances in its composition prevent the growth of oncological tumors, the appearance of through ulcers and inflammation of the stomach and duodenum, and also accelerate the growth of microorganisms

beneficial to the intestines. Tequila also has a positive effect on the hair structure, strengthens the hair follicle and gives it shine. For medicinal purposes, tequila should be drunk in small sips 45-60 minutes before meals, holding it in the mouth.

Tequila is used as compresses and rubs for sore joints that have lost mobility, for radiculitis and rheumatism . To do this, gauze, folded several times, is moistened with tequila, applied to the sore spot, covered with polyethylene and a warm cloth. This compress should be kept until the gauze is completely dry.

### **Harm of tequila and contraindications**

Drinking excessive amounts of tequila negatively affects the functioning of the liver and pancreas, which leads to the development of cirrhosis . The alcohol it contains has a negative effect on the development of the fetus during pregnancy and the child during breastfeeding.

It is not recommended to drink tequila for children under 18 years of age, as well as before driving a vehicle or complex technological machines.

### **Uzvar**



This is a soft non-alcoholic drink made from a variety of dry fruits , berries and honey. Dried plums, apricots, apples, pears, cherries, raisins, barberries, rose hips, rowan, hawthorn, blueberries and others are used as ingredients for uzvar. Fruits and berries for uzvar can be prepared during their ripening period or bought ready-made in the store.

This drink is a national Ukrainian drink and its name comes from the preparation technology. Dried ingredients are infused or infused rather than boiled. Uzvar is considered a mandatory drink that must be present among the twelve dishes on Christmas Eve. Also in Western Ukraine, uzvar is cooked at the birth of a baby. This ritual is performed so that the child has a happy and prosperous life.

To prepare the classic uzvar recipe, you will need water (3 liters), dried pears and apples (200 g each), prunes and dried cherries (100 g each), and optional sugar or honey. Before cooking, all dried fruits should be thoroughly washed and soaked in cold water for 1-2 hours. Then you need to put a pan of water on the fire, pour fruit and sugar into it. You need to add fruits in a certain sequence. First pears and apples, and then everything else. Let the drink boil for 1-2 minutes. After this, remove the drink from the heat, cover with a tight lid and towel. You should never add honey to a hot drink. Such carelessness turns a useful product into a mixture of toxins that are difficult to remove from the body. It must be placed only in liquid that has cooled to 40-35°C. If desired, you can spice up the drink by

adding a little cinnamon, lemon or orange zest, and citrus juice. In order for the fruit to give out as much flavor and color as possible, the uzvar should brew for at least 2-3 hours. The drink should be served cold.

### Benefits of uzvar

Uzvar is a concentrated complex of vitamins and minerals that can prolong youth, health and beauty. Due to the substances released from dried fruits, uzvar has medicinal and anti-inflammatory properties. The drink has a positive effect on the functioning of the cardiovascular, nervous and urinary systems, as well as on the intestines and stomach.

Each of the components of uzvar enriches the drink with its own special substances. So apples and pears fill the drink with vitamins A, C, PP, B1, B2 and fructose, which give the body vigor, a boost of energy, improve brain function, and remove heavy metals and toxins. Pectin and bromelain effectively act on the process of breaking down adipose tissue, thereby promoting gradual weight loss.

Raisins contain a large amount of boron and iodine, which help normalize the functioning of the thyroid gland, and are also a preventive measure for osteoporosis. It strengthens the cardiovascular, nervous and respiratory systems. Raisins contain easily digestible sugars and healthy acids.

Dried plums (prunes) are rich in vitamins (C, A, PP, group B), minerals (iron, magnesium, zinc, copper <sup>[69]</sup>, iodine), which contribute to the proper functioning of the intestines and the entire gastrointestinal tract. Substances in prunes bind and remove toxins, waste and bad cholesterol accumulated in the body. It is used to prevent gallstone disease and diabetes.

Dried apricots ( dried apricots ), as one of the components of uzvar, provide carotenoids, potassium and magnesium to the drink. It is especially useful to drink uzvar with dried apricots for people suffering from anemia, anemia and hypertension.

### Harm of uzvar and contraindications

Uzvar has no clear contraindications for use. Only those people who have an individual intolerance to one of the ingredients of the drink should refrain from drinking it. In this case, when preparing uzvar, the allergenic product must be excluded.

### Physical



Fiz (English *fizz* - foam, fizz) is a refreshing soft drink with a foamy-sparkling structure. May be with or without alcohol content. Physical belongs to the class of long cocktails, the main components of

which are carbonated water and ice. Mixing the ingredients of fiza, except for carbonated water or any other carbonated drink, is done in a shaker, mixer or whisk. The mixed components of the drink are poured into a glass (highball) with 200-250 ml of ice and the remaining volume is topped up with sparkling water or, as is customary in some European countries, soda. After preparation, the drink is immediately served to the table.

The first mention of physes was published in Jerry Thomas's Bartender's Guide in 1887. He presented six recipes for fiz, which have become classics among the huge number of variations of this cocktail. Physics became most popular in America in 1900-1940. Gin Fizz or Gin Fiz became so famous and beloved that some bars in New Orleans employed entire teams of bartenders, and the process of preparing the cocktail was similar to the work of an automatic line conveyor. The demand for this drink led him to world fame. This is evidenced by the inclusion of Gin Fizz in 1950 in the list of cocktails in the French cookbook L'Art Culinaire Francais.

The recipe for a sweet and sour cocktail Gin Fiz consists of gin (50 ml), freshly squeezed lemon juice (30 ml), sugar syrup (10 ml) and sparkling water or soda (80 ml). To prepare it, you need to fill the shaker 1/3 full with ice, add all the ingredients except sparkling water, and shake thoroughly for at least one minute. Pour the mixed drink into an ice-filled glass so that no ice from the shaker gets into the glass, and top up with sparkling water or soda. Before serving, garnish with a slice of lemon. One of the options for such a cocktail is the Diamond Gin Fizz - instead of sparkling water, sparkling wine is added to it .

An equally popular cocktail is Ramos Fiz based on fresh chicken eggs . There are several types of Ramos Fiz: *silver* - with the addition of beaten egg white; *golden* - with the addition of egg yolk ground with sugar; *royal* - with the addition of a whole beaten chicken egg. This cocktail was invented in 1888 by American Henry Ramos, owner of the Imperial Cabinet Saloon bar in New Orleans. Preparing Ramos Fiza takes, by bar standards, quite a lot of time (5-15 minutes), so during major holidays and festivities, Henry specifically hired “shaker fights”, who did nothing but shake the shakers. Thus, up to 35 servings of fiz could be prepared at the bar at the same time. Nowadays, the manual process of whipping a cocktail has been replaced by whipping it in a blender. To prepare the drink, mix gin (45 ml), freshly squeezed lime and lemon juice (15 ml each), sugar syrup (30 ml), low-fat cream (60 ml), egg, orange blossom flavored water (3 dashes), vanilla in a blender. extract (1-2 drops). After 5 minutes of blending, add 5-6 ice cubes to the blender, blend for another minute, pour into a prepared glass (highball) with ice and add the rest of the soda.

### **The benefits of physical**

In addition to alcoholic ones, there are a large number of non-alcoholic fizzy drinks, which have a number of useful properties. They are prepared on the basis of freshly squeezed fruit, berry and vegetable juices, iced tea , mineral carbonated water or carbonated drinks: tarragon, Baikal, Pepsi, cola, Sprite. All of them are perfectly refreshing, quench thirst in hot weather and can even be given to children.

- Apricot fizz consists of apricot juice with pulp (60 g), lemon juice (10 g), egg white, sugar (1 tsp) and sparkling water (80 ml). Juices, protein and sugar must be whipped in a blender until a foamy structure is obtained, pour into a glass and add sparkling water. This drink contains vitamins ( A , B , C , H , E , PP), minerals ( potassium , magnesium, iron, phosphorus, iodine ) and organic acids. It is useful to drink for anemia , low acidity, constipation <sup>[68]</sup> , kidney and cardiovascular diseases.
- Cherry fizz is prepared in the same way as the previous cocktail, only cherry juice with pulp is used instead of apricot juice. The drink is rich in vitamins (C, E, A , PP , B1, B2 , B9), minerals ( calcium ,

magnesium, potassium, manganese, iron, iodine, etc.) and natural organic acids. Cherry juice in the composition of phys is useful for diseases of the respiratory and digestive systems, kidneys, constipation and arthrosis.

- Carrot juice contains vitamins (K, E, C, group B), minerals (phosphorus, iron, copper <sup>[69]</sup>, potassium, zinc and others), essential oils and carotene, which in the human body, in combination with egg white, turns into useful vitamin A. This type of physis has a beneficial effect on the condition of the skin, mucous surfaces, nails and hair, enhances visual acuity, normalizes the functioning of the kidneys, liver and gall bladder.

### Physical harm and contraindications

Excessive indulgence in alcoholic exercise can lead to alcohol dependence, as well as disruption of the liver, kidneys and gastrointestinal tract. They should also not be used by pregnant and lactating women, children under 18 years of age, and people driving vehicles.

When preparing fiz from raw chicken eggs, you should make sure that the egg is fresh, its shell is clean and undamaged. Otherwise, drinking the drink can lead to infection with salmonellosis and, as a result, severe toxic poisoning.

Non-alcoholic fiza should be carefully consumed by people who are allergic to any food products. Before preparing the cocktail, you should make sure that none of the components will cause an allergic reaction. If such a component is in the recipe, then you should simply exclude it or replace it with another more suitable one.

### Frappe



Frappe (from the French *frapper* - to beat, knock, hit) is a type of thick cold cocktails, the main ingredients of which are milk, ice cream, and fruit syrups.

Frappe is prepared both non-alcoholic and using strong alcoholic drinks with a high level of sugar: creams, liqueurs, liqueurs, tinctures, bitters and others. Various components can be added to the drink: chocolate, honey, berries and fruits. The drink is served in two ways - with or without ice. In the first option, crushed ice takes up most of the serving glass, and the portion of the alcoholic mixture itself does not exceed 50 ml. In the second case, the drink is served chilled in a small glass. Frappe is usually drunk through a straw in small sips, as if savoring it.

The most popular and at the same time youngest type of this cocktail is *Coffee Frappe*. The emergence of the drink happened completely by accident and spontaneously. During the presentation

of Nestle's new instant chocolate drink in Thessaloniki in 1957, one of the assistants at the company's representative office in Greece, Dimitros Vakondios, wanted to drink his favorite instant coffee during a coffee break . But, to his great disappointment, there was no hot water, and he decided to mix a portion of instant coffee with sugar, cold water and milk in a blender . The drink turned out excellent. Since that time, the Coffee Frappe recipe has been used by almost all coffee shops in Greece, and the drink has become a symbol of coolness on hot days.

Coffee Frappe is based on coffee, most often espresso, milk, optionally, ice and sugar. This backbone allows frappe fans and bartenders to create a large number of new recipes. The classic version of Coffee Frappe is freshly prepared espresso (1 serving), milk (100 ml), sugar (2 tsp) and ice (3-5 cubes) mixed in a blender at low speed. To make the drink tasty and airy, the ingredients need to be beaten slowly for 2-3 minutes, then, to form a fluffy foam, stir at maximum speed for 1 minute.

### **The benefits of frappe**

Non-alcoholic, coffee and fruit and berry frappes are perfectly refreshing, toning and contain many useful substances. Depending on the constituent ingredients, the properties of the drink also change. However, the constant component remains milk and/or ice cream, which enrich frappe with calcium , potassium , B vitamins , animal fats and essential amino acids . Frappe with milk has a positive effect on the gastrointestinal tract, improves metabolism, reduces the number of microorganisms in the intestines that cause putrefaction.

Espresso-based Frappe coffee contains vitamins: B1 , B2 , PP , microelements: magnesium , calcium, phosphorus , potassium, iron, as well as amino acids. Its use has a mild diuretic effect, increases blood pressure, relieves headaches, and gives strength and energy. It is useful to drink it as a prevention of liver diseases.

Fruit and berry frappe is made from pureed fruits. This allows you to get rid of seeds and pieces of peel from getting into the drink. For example, before preparing strawberry frappe, you should thoroughly rub the berries through a fine sieve. Strawberries give the drink a characteristic aroma, saturate it with vitamins ( C , A , E , B1, B2, B9 , K , PP), minerals (iron, zinc, magnesium, potassium, phosphorus). If you drink strawberry frappe daily during the berry season, you can improve the condition of blood vessels, heart muscle, liver, gastrointestinal tract, kidneys, and also relieve swelling of the legs.

Mango frappe has a fairly large set of vitamins (A, C, D, group B), minerals ( phosphorus , calcium , iron , potassium ) and organic acids . Mango puree in the drink helps cope with the negativity, stress and nervous tension accumulated during the day. This frappe has a laxative, diuretic and antipyretic effect. It has a positive effect on the functioning of the cardiovascular, nervous systems and gastrointestinal tract.

### **Harm to frappe and contraindications**

Frappe has no contraindications. However, if there is individual lactose intolerance , then the drink should be prepared without milk. Also, when choosing a cocktail recipe, you should pay attention to its components and make sure that none of the components causes allergies . Otherwise, it is better to refuse the drink or replace the allergenic product with a safer one.

Alcoholic frappes are not recommended for pregnant women, nursing mothers and children under 18 years of age.

### **Tea**





Tea (Chinese tea, English tea) is a non-alcoholic drink obtained by brewing or boiling specially processed tea leaves. Tea leaves are collected from bushes of the same name, growing on vast plantations in warm and humid climatic zones. The most favorable weather conditions are in the tropics and subtropics

Initially, tea was used only as a medicine, but during the Tang Dynasty in China, tea became a popular drink for daily consumption. There are many myths and legends associated with the advent of tea. According to Chinese legend, the tea drink was created by one of the deities who created all arts and crafts, Shen Nung, who accidentally got some leaves of a tea bush into a pot of medicinal herbs. From then on he drank only tea. The appearance of the legend dates back to 2737 BC.

A later legend is that of the Buddhist preacher Bodhidharma, who accidentally fell asleep while meditating. When he woke up, he was so angry with himself that in an impulse he cut off his eyelids. The next day, in place of his fallen eyelids, a tea bush grew; after tasting its leaves, Bodhidharma felt cheerfulness and a surge of strength.

Tea came to Europe in the 16th century. It was first brought to France by Dutch traders. Louis 14 became a big fan of tea, who was informed that Eastern men drink the drink to treat gout. It was this disease that often bothered the king. From France the drink spread to all European countries. He was especially loved in Germany, Great Britain and the countries of the Scandinavian Peninsula. The top ten modern countries with the largest tea consumption include: England, Ireland, New Zealand, Australia, Canada, Japan, Russia, USA, India, Turkey.

The collection and sorting of tea leaves is done exclusively by hand. The top two leaves of the shoot and the unopened buds adjacent to them are most valued. Elite and expensive varieties of tea are obtained from such raw materials. Mature leaves are used for cheap varieties of tea. Mechanization of tea harvesting is not economically profitable, because When collected by a combine, a large amount of debris in the form of dried leaves, sticks and rough shoots gets into the raw materials.

After assembly, tea production has several main stages:

- drying tea leaves. To soften and lose moisture, tea leaves are laid out in an even layer and left for 4-8 hours at a temperature of 32-40°C;
- leaf curling. The process can be done manually or using mechanical rollers. At this stage, juice is released from the leaves and thus most of the moisture is lost;
- fermentation. Under the influence of oxidation processes, the starch contained in the leaf is converted into simple sugars, and chlorophyll into tannins;

- drying. To stop the oxidative reaction and achieve leaf moisture content of 3-5%, it is dried at a temperature of 105°C (green tea) or 90-95°C (black tea);
- cutting on an automatic line, if provided;
- sorting depending on the formed tea leaves;
- adding aromatic additives or herbal collection, if provided for in the recipe of the finished product;
- package.

There is an extensive classification of tea according to various criteria:

1. like a tea bush. There are several varieties of the plant: Chinese, Assamese, Cambodian.
2. According to the degree and duration of fermentation, tea is divided into green, black, white, yellow, oolong, and pu-erh.
3. according to the place of growth. Depending on the volume of tea production, the so-called gradation of tea is made. The largest producer is China (mainly leafy green, black, yellow and white teas). Next in descending order is India (black fine leaf and granulated teas), Sri Lanka (Ceylon green and black teas), Japan (green tea for the domestic market), Indonesia and Vietnam (green and black teas), Turkey (low and medium quality black tea). In Africa, the largest number of plantations are located in Kenya, South Africa, Mauritania, Cameroon, Malawia, Mozambique, Zimbabwe and Zaire. The tea produced here is low quality cut black tea.
4. Based on the type of tea leaf and mechanical processing, tea is divided into pressed, long-flowered, extracted, granulated and bagged.
5. by special additional processing. This may involve an additional degree of fermentation, roasting, or partial digestion in the stomachs of animals.
6. on aromatic additives. The most popular additives are jasmine, bergamot, lemon and mint.
7. for herbal filling. Such teas have only a name from the traditional drink. Usually this is simply a collection of medicinal plants or berries: chamomile, mint, rose hips, currants, raspberries, hibiscus, thyme, St. John's wort, oregano and others.

Depending on the type of tea and the time of the fermentation process, there are rules for brewing the drink. To prepare one serving of tea, use 0.5-2.5 tsp. dry tea. In this case, black tea varieties are poured with boiling water, and green, white and yellow varieties are poured with boiled water cooled to 60-85°C.

The process of preparing tea has its main stages, following which you can get truly great pleasure from both the preparation process and the drink itself:

- preparation for the tea drinking process;
- dosage of brewed tea;
- water heating;
- warming up the brewing utensils;
- the brewing process itself;
- pouring the drink into cups;

- drinking tea.

Based on these simple steps, many countries have formed their own traditions of drinking tea.

In China, it is customary to drink tea hot, in small sips, without sugar or any additives. The act of sharing a drink is an act of respect, unity, or apology. Tea is always served by people of younger age or older people.

In Japan, as well as in China, it is not customary to change the taste of tea in any way, and they drink it in small sips, hot or cold. It is traditional to drink green tea, which is usually drunk before, after and during meals.

In the mountains of Tibet, nomads and monks prepare brick green tea, which is mixed with butter and salt. The drink is very high in calories and is designed to restore strength after long journeys in the mountains. The reception of long-awaited and welcome guests is always accompanied by tea. The owner of the house constantly refills tea for guests, because... it is believed that the cup should not be empty. Just before leaving, the guest should empty his cup, thereby showing respect and gratitude.

The Uzbek tradition of tea drinking is diametrically opposed to the Tibetan one. Here it is customary for welcome guests to pour as little tea as possible in order to provide the opportunity to often turn to the host for more and express their respect to the hospitable home. In turn, it is pleasant and not a burden for the owner to add more tea to the bowl. Uninvited guests are immediately poured a full cup of tea and no more is added.

The English tradition of drinking tea is very similar to the Japanese one. In England, it is customary to drink tea with milk at least three times a day: during breakfast, lunch (13:00) and dinner (17:00). However, the high degree of urbanization and pace of life in the country has led to a significant simplification of tea traditions. Basically, they began to drink tea bags here, the preparation of which saves time and does not require a large number of equipment (a tea set, cutlery, napkins and fresh flowers to match the tablecloth, table and snacks are required).

Traditionally in Russia, tea was brewed after meals with boiled water from a samovar, and the teapot stood on top and was constantly heated, stimulating the process of tea extraction. The process of double brewing tea was often seen. In this case, steep tea was brewed in a small teapot, then poured into cups in small portions and diluted with hot water. This made it possible for everyone to individually regulate the strength of the drink. It was also customary to pour tea into a saucer and drink it with sugar as a bite. However, such wonderful traditions have practically disappeared. They can still be found in remote areas of the country and villages. Mostly tea bags are now consumed, and water is boiled in ordinary gas or electric kettles.

### **Benefits of tea**

Tea contains more than 300 substances and compounds that can be divided into groups: vitamins (PP), minerals (potassium, fluorine, phosphorus, iron), organic acids, essential oils, tannins, amino acids, alkaloids and biological pigments. Depending on the type of tea and the brewing process, the content of certain substances varies.

Tea affects all vital systems of the human body; it is consumed for medicinal and preventive purposes. From the gastrointestinal tract, strongly brewed tea has a beneficial effect on the tone of the stomach and intestines, promotes the digestion process, kills bacteria and putrefactive microorganisms, thereby helping in the treatment of dysentery, diarrhea, and typhoid fever. Also, the substances in tea bind and remove toxins from the intestines.

Caffeine and tannin, which are part of tea, have a positive effect on the heart and vascular system. This normalizes blood pressure, thins the blood, resolves blood clots and cholesterol plaques, and relieves vascular spasms. Also, systematic intake of tea gives elasticity and strength to blood vessels. These properties of tea enable scientists to create drugs based on it aimed at eliminating the consequences of internal bleeding. Theobromine, combined with caffeine, stimulates the urinary system, preventing the formation of stones and sand in the kidneys and bladder.

For colds and respiratory diseases, drinking tea warms the throat, stimulates respiratory activity, increasing lung volume, and increases sweating.

Tea also stimulates metabolism, improves the general condition of the body, removes free radicals, and helps in the treatment of diseases associated with metabolic disorders: gout, obesity, scrofula, salt deposits. In addition to its direct use, tea is used to treat skin ulcers, wash sore eyes and burns. Powdered tea leaves are used in pharmacology to make painkillers and sedatives.

Tea has a stimulating and tonic effect on the nervous system, relieving drowsiness, headaches and fatigue, increasing physical and mental performance.

In cooking, tea is used as a base for preparing cocktails and other drinks: egg tea, grog, mulled wine, tea jelly. Tea powder is used as a spice in cooking in combination with garlic. Natural dyes (yellow, brown and green) are also produced from tea, which are used to produce confectionery products (dragées, caramel, marmalade). Tea bush oil is very close in its physical and chemical properties to olive oil and is used in the cosmetic, soap and food industries, as well as as a lubricant for high-precision equipment.

### **Harm of tea and contraindications**

Tea, in addition to a large number of positive properties, in some cases also has a number of contraindications. So, during pregnancy, drinking more than 3 cups of green tea per day can inhibit the absorption of folic acid, which is necessary for the normal development of the child's brain and nervous system. Excessive consumption of black tea, which contains a lot of caffeine, can lead to uterine hypertonicity and, as a result, premature birth.

People with gastrointestinal diseases associated with high acidity should not drink green tea, because it increases acid levels, exacerbating the disease and preventing ulcers from healing. Also, this type of tea, due to its high polyphenol content, puts additional stress on the liver.

Drinking tea is accompanied by a sharp narrowing of blood vessels, so it should be used carefully in case of atherosclerosis, hypertension and thrombophlebitis. Despite the high content of mineral salts in tea, it provokes the leaching of calcium and magnesium from bone tissue, causing a decrease in bone density, exacerbation of joint diseases and gout.

With excessive consumption of tea, a large amount of difficult-to-remove urea is formed in the body, which can provoke the development of gout, arthritis and rheumatism. This toxic substance is formed when purine is broken down.

### **Chartreuse**



Chartreuse is an alcoholic drink with a strength of 42 to 72 vol . made from medicinal herbs, rhizomes and nuts. Belongs to the class of liqueurs.

The creation of the drink is shrouded in the veil of an ancient legend, according to which the recipe for the medicinal elixir was handed over to the monks of the Carthusian order by Marshal of France Francois d'Estrome in 1605 in the form of an ancient manuscript. For a long time, no one used the drink recipe. This was due to the rather high complexity of the cooking technique. However, the monastery pharmacist Jerome Maubeck set himself the goal of implementing the recipe, and already in 1737 the elixir was produced and began to be supplied to residents of the cities of Grenoble and Chambert as a medicine. The drink became popular, and the monks decided in 1764 to use it to create a green “health liqueur” for mass sale. After the revolution in 1793, the monks were persecuted and, in order to preserve the recipe, began to pass it from hand to hand. Subsequently, the manuscript fell into the hands of the pharmacist of the city of Grenoble, Liotrad. In accordance with the laws of that time, all secret recipes for drugs were checked by the Ministry of Internal Affairs of Napoleon I. The government recognized the production of the elixir as inappropriate and the recipe was returned to Lyotrad. Only after his death the recipe returned to the walls of the monastery. Production has been restored. At the same time, the monks produced the first version of yellow chartreuse (1838). There were several more cases of persecution of monks, confiscation of property and destruction of the plant, but already in 1989, permanent production of Chartreuse liqueur was established.

The technology for producing liqueur is kept strictly secret; only a small number of herbal components are known: nutmeg, cinnamon <sup>[28]</sup> , orange fruit, cardamom <sup>[21]</sup> , herb, celery seeds, lemon balm, St. John's wort and others.

There are three main and three special types of Chartreuse liqueur, which differ in color, strength and recipe. The main ones include:

1. **green chartreuse** . It acquires its exclusive color due to the 130 types of herbs included in its composition. This drink is consumed in its pure form as a digestif, and also as an ingredient in cocktails. The strength of the drink is 55 vol.
2. **yellow chartreuse** . In its production, the same set of ingredients is used as for green chartreuse, but the proportions, in particular saffron, are significantly changed. As a result, the drink acquires a yellow color, is sweeter and less strong (40 vol.).
3. **grande chartreuse** . This drink is more related to herbal medicinal balms. Its strength is 71 vol . and consume it in small portions (no more than 30 g) or in a grog cocktail.

Special ones include:

1. **VEP chartreuse** . A liqueur produced using the same technologies as green and yellow chartreuse, but subject to longer aging in wooden barrels. The strength of the drink is 54 vol. - for green and 42 rev. - for yellow.
2. **chartreuse 900 years old** . This is a sweeter version of green Chartreuse, created in honor of the 900th anniversary of the founding of the French monastery of Grande Chartreuse.
3. **chartreuse 1605** . A drink made according to an ancient recipe, with a rich taste and aroma, created in honor of the 400th anniversary of the transfer of the manuscript with the recipe to the Carthusian monks.

Chartreuse is a digestif and a large number of cocktails are prepared on its basis. Traditional are episcopal, tonic-chartreuse, France-Mexico, chartreuse-champagne and others. In cooking, liqueur is used to flavor chocolate, coffee, ice cream, baked goods and some meat and fish dishes.

### **Benefits of Chartreuse**

Chartreuse liqueur is prepared on the basis of medicinal herbs, which determine its positive effect on the body.

The therapeutic effect is possible only with moderate consumption of the drink (no more than 30 g per day).

Peppermint substances in the herbal drink have a positive effect on the functioning of the liver and biliary tract, normalizing the amount of bile produced, and dissolving kidney stones. It also promotes digestion, stabilizes stool and reduces the level of gases formed in the intestines.

St. John's wort gives strength during physical activity, stimulates metabolic processes between the cells of the body and the functioning of the gastrointestinal tract.

The essential oils of this plant have a positive effect on the course of diseases such as colitis, gastritis, diarrhea, ulcers, otitis media, throat and respiratory tract diseases, anemia, hypertension and others.

Cinnamon gives the drink antimicrobial properties, which help fight colds, reduce the number of putrefactive bacteria in the intestines and increase the body's resistance. <sup>[28]</sup>

Essential oils of coriander are a preventative against scurvy and have an analgesic effect for headaches and spasmodic pain in the stomach. <sup>[55]</sup>

Liqueur can be used to disinfect wounds, cuts, bruises, and also as a compress for pain in the joints and back.

### **Harm of Chartreuse and contraindications**

Chartreuse is a fairly strong alcoholic drink that is not recommended for pregnant women, nursing mothers and children under 18 years of age.

People prone to allergic reactions should also drink it with caution. This is due to the fairly diverse composition of herbs and essential oils. To check the body's reaction to the drink, you can drink no more than 10 ml and observe the general condition for 30 minutes. If there are no allergy symptoms, then you can safely drink.

### **Champagne**





Champagne (French: *Champagne* ) is a sparkling wine produced from one or more grape varieties by double fermentation in a bottle. The invention of champagne is attributed to the French abbey monk Pierre Perignon from the province of Champagne.

France legislated in 1909 the right to call sparkling wines champagne, using Latin symbols, and the method of its production. In order for a wine to be called “champagne” it must meet certain requirements and standards. The first is that it is produced in the province of Champagne, the second is made only from Pinot Meunier, Pinot Noir and Chardonnay grape varieties, the third is that special technology is used in production.

Similar drinks produced in other countries may only have a name - “wines produced using the champagne method.” Manufacturers who call sparkling wine champagne in Cyrillic do not violate French copyright.

To produce champagne, grapes are harvested when they are not yet ripe. At the same time, it contains more acid than sugar. Next, the harvested grapes are pressed, and the resulting juice is poured into wooden barrels or steel cubes for the fermentation process. To remove excess acidity from the “base wine,” it is blended with wines from other vineyards and aged for different numbers of years. The resulting wine mixture is bottled and sugar and yeast are added to them. The bottles are corked and placed in the cellars in a horizontal position.

With this production method, all the carbon dioxide released during the fermentation process is dissolved in the wine, and the pressure on the walls of the bottle reaches 6 bar. Traditionally, bottles of 750 ml (standard) and 1500 ml (magnum) are used for champagne. To separate the cloudy sediment, after 12 months the wine begins to be turned daily at a small angle, until the bottle is neck down and all the sediment has collected there. Next, the bottles are uncorked, the sediment is drained, sugar dissolved in the wine is added and re-corked. Then the champagne is aged for another three months and goes on sale. More expensive varieties of champagne can be aged on the lees for 3 to 8 years.

To date, about 19 thousand producers are registered in the province of Champagne.

Champagne is divided into several types depending on age, color and sugar content.

**According to aging**, champagne can be:

- Non-Vintage – unaged wine created by blending wines of different ages;
- Vintage – wine of one year, aged for a long time in a bottle.

Champagne is divided into white, red and pink **by color** .

**By sugar content:**

- sweet (more than 50 g/l),
- semi-sweet (33-50 g/l),
- semi-dry (17-35 g/l),
- extra dry (12-20 g/l),
- dry (0-15 g/l),
- brut (0-6 g/l).

According to the rules of etiquette, champagne should be served in a tall narrow glass, 2/3 full and cooled to a temperature of 6-8°C. Bubbles in good champagne appear on the walls of the glass and the process of their formation can last up to 20 hours. When opening a bottle of champagne, you need to ensure that the air exits to form a soft pop, and the wine remains in the bottle. This should be done calmly without any haste.

As an appetizer, fresh fruit, desserts and canapés with caviar are served with champagne.

**The benefits of champagne**

I attribute many beneficial properties to champagne. So its use relieves tension and calms the nerves.

The polyphenol contained in champagne improves cerebral blood flow <sup>[70]</sup>, lowers blood pressure and improves digestion.

In some maternity hospitals in France, a small amount of champagne is given to women in labor to ease childbirth and increase strength. In the first days after childbirth, it is recommended to drink it to strengthen the body, improve appetite and sleep.

The antibacterial properties of champagne have a beneficial effect on the skin of the face; if you wipe the skin with this drink, it becomes elastic and fresh.

**Harm of champagne and contraindications**

Due to the presence of carbon dioxide and sugar in champagne, it is very quickly absorbed into the blood and intoxication occurs.

Champagne bubbles trigger putrefaction processes in the intestines.

During pregnancy, drinking large amounts of champagne can lead to the development of cerebral palsy in the child.

**Eggnog**



Egg-nog (English *egg-nog* - egg pot) is a sweet cocktail based on milk and raw chicken eggs.

The drink is prepared both alcoholic and non-alcoholic. Translated into Russian, nog is a strong ale, which was originally used in the preparation of the drink. Now whiskey, rum, brandy, liqueur or wine are used as alcoholic additives. Eggnog is a close relative of the eggnog drink, popular in Slavic countries.

The cocktail was invented in Scotland and in its homeland it is most often prepared for the Christmas holidays. The drink gained particular popularity in England, the USA, and France. Most often it is served as a dessert at receptions, receptions and expensive parties. In Slavic countries, it is quite rare to find eggnog on restaurant cocktail menus.

There are a lot of options for preparing the drink, but most often the alcoholic fillers and the combination of spices change.

The classic non-alcoholic drink recipe includes: egg (1 pc.), sugar (2 tsp), milk (100 ml), spices of your choice (vanilla, nutmeg, cinnamon<sup>[28]</sup> and others). The first step is to separate the yolk from the white. Next, add the yolk, sugar, milk, spices and ice cubes to the blender. Whisk all ingredients thoroughly. Separately, beat the egg white until fluffy and combine with the rest of the drink. Mix the parts of the drink very carefully so that the protein foam does not fall off. The finished eggnog is poured into glasses for serving, and grated chocolate or ground coffee can be sprinkled on top for decoration.

When preparing alcoholic eggnog, at the last moment of whipping the yolk mass, add a thin stream of brandy, rum or another alcoholic drink. In some eggnog recipes, half the required amount of milk is replaced with sparkling water or soda. The finished drink is served in low glasses similar to beer mugs with a short straw. Eggnog should be consumed immediately after cooking, while the foam has a dense structure.

### **Benefits of eggnog**

The drink contains vitamins (A, C, E, PP, groups B, H, D), minerals (potassium, calcium, magnesium, phosphorus, cobalt<sup>[71]</sup>, iron) and amino acids. The rich composition of nutrients in drinks makes it indispensable for improving brain function, speeding up the process of memorizing information, relieving fatigue and giving energy. This is especially important for people engaged in mental work and heavy physical activity.

Essential amino acids in eggnog normalize the functioning of all glands in the body responsible for the production of hormones. Folic acid, which is so necessary for the development of the fetus in the

mother's body<sup>[72]</sup>, is contained in the drink in the amount of the daily requirement, so it is recommended that pregnant women drink the drink from the first months after conception. The milk and eggs that make up the drink are directly involved in hematopoiesis and strengthening bone tissue.

Due to the eggs and milk contained in eggnog, the drink becomes very nutritious and beneficial for older people and children with underweight. It is also used by people during the period of rehabilitation after serious illnesses or surgical interventions. Eggnog can be drunk on the 2nd day by women in labor after cesarean section and other abdominal surgeries. This is due to the fact that raw eggs are perfectly digestible, give strength and do not hold the stool together. The latter is a very important condition in the first days of therapy, because additional stress on the abdominal muscles during bowel movements can lead to internal tears and divergence of external seams.

### Eggnog harm and contraindications

Eggnog with added alcoholic beverages should not be consumed by pregnant or nursing women, children under 18 years of age, or by people driving vehicles or operating equipment.

The drink is contraindicated for people who are allergic to egg yolk and lactose.

You should also carefully choose the eggs for the drink. A damaged shell may indicate the presence of the Salmonella pathogen.

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### **Catalog of drinks (60+) - description, useful and dangerous properties of each**

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**Abstract** . The article structures and describes more than 60 non-alcoholic and alcoholic drinks, describing the useful and dangerous properties of each type. The history of creation and interesting facts about the drinks, the subtleties of their preparation and consumption are also given.