

# Stay healthy: Drink Guinness

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 [devblogs.microsoft.com/oldnewthing/20031117-00](http://devblogs.microsoft.com/oldnewthing/20031117-00)

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Flavenoids in Guinness combat fatty deposits in arteries. Note, however that the beer was consumed by being “fed ... via tubes directly into their stomachs.”

On the other hand, a friend of mine points out, “I thought a tube leading directly to the stomach was also called the esophagus. That’s my Guinness delivery system.”

Raymond Chen

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