



# To Your Health!: The Beer Doctor on Good Beer, Good Times, and the Finer Things in Life

*Carol A Westbrook MD PhD*

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**To Your Health!: The Beer Doctor on Good Beer, Good Times, and the Finer Things in Life** Carol A Westbrook MD PhD

Dr. Westbrook, known as "The Beer Doctor" writes about the experience of life, as reflected in beer. This book is a compilation of three years of her writings for The Beer Clinic, her regular column on YourBeerNetwork.com. The book is part autobiographical, part medical, part travelogue, part cookbook, with the occasional craft beer review....but mostly it is an amusing and entertaining journey through the world of craft beer. Some of the diverse topics include the basics of craft beer, intoxication and how to avoid it, teaching medical students about beer, pairing beer with opera, tasting Scotch in Scotland, and the beers of Northeast Pennsylvania. The book can be enjoyed by everyone from the non-drinker to the experienced craft beer aficionado.

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