

Be healthy... Drink Wine

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Flavonoids from the skins and seeds of red grapes are the key to wine being good for you. These flavonoids lower your risk of coronary heart disease by reducing your LDL or bad cholesterol levels. At the same time these flavonoids actually increase your HDL or good cholesterol levels and decrease the likelihood of blood clotting.

Scientists believe that there may be other health benefits from red wine. A recent study discovered that an antioxidant in the skins of red grapes, called resveratrol, may inhibit the growth of tumors in some cancers. It's possible that resveratrol can help treat Alzheimer's and Parkinson's as well and new studies are on the way.

Are some wines better for you than others?

Again, the answer is, "Yes!". Researchers at University of California at Davis have concluded that full-bodied dry red wines contain the highest levels of flavonoids and provide the greatest benefits. The number one wine for supplying the most flavonoids is Cabernet Sauvignon with Petit Syrah and Pinot Noir also ranking highly. Sweeter wines and white wines have less flavonoids and are less beneficial.

How much should you drink?

Moderation is the key. Women should drink 4 ounces of red wine daily with a meal and men 4-8 ounces.

Pour yourself a glass of red wine and drink to your health. Cheers!

Short note about the author

Kathy Howe and her husband, Steve, from <http://www.cheers2wine.com>

Author: Kathy Howe

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