

Why Wine?



Dave & Emily
Margulis
March 2009

For centuries people have been drinking wine. There is evidence that wine has been produced for thousands of years. So why this fascination with the fermented grape? For one thing, health benefits. That's right, there are many health benefits to drinking wine, and more are being brought to the forefront all the time. In this article we will be showing some of the health benefits to wine consumption. But don't get us wrong, don't think that because wine is good for you, you should go out and get drunk every night. Like the old saying goes. Everything in moderation. The benefits of wine are from drinking 1 to 2 glasses a day, a glass being about 4 ounces. So don't go out and drink a beer stein full of wine each night; less is more.

In a recent news article, the United States surpassed Italy to become the number two wine consuming nation, second only to France.

A test done on women in their 70s found that the women who consumed one or more drinks a day scored higher than those who didn't.

Wine prevents blood clots, and reduces blood vessel inflammation. Wine also helps prevent heart disease, and raise the HDL, or good cholesterol.

People who drink are 30 to 40 percent less likely to develop type 2 diabetes. Red-wine contains procyanidins, which protect against heart disease. Because red wine is made with contact to the skins and seeds

there are better health benefits than white wine.

There have been studies that show that people who drink wine daily have a lower body mass than those who only occasionally drink, or prefer other alcohol products. Studies show that the wine alcohol encourages your body to burn calories for 90 minutes after being consumed. For those beer lovers the same results have been found.

A British study found that people who drank at least one glass of wine a day had a reduced occurrence of ulcers, gastritis, and stomach cancers. A Spanish study found that as little as a half a glass can prevent food poisoning.

Women who drink have a higher bone mass than those who do not. The alcohol boosts the estrogen levels, and slows the body's destruction of old bone. An Australian study found women who drink have a reduced risk of ovarian cancer.

Wine drinkers seem to live longer than beer drinkers, and alcohol abstainers. A Finnish study finds that wine drinkers have a 34 percent lower mortality rate.

Worried about a stroke? Not if you drink wine. Evidence shows that wine consumptions formation of blood clots that cause strokes drops by fifty percent.

By this point I think you are starting to get the message. Here are a few more reasons to enjoy your wine: less of a chance to develop cataracts, lower risk of colon cancer and slower brain decline as you age. Too soon to tell but looking good are prevention of Alzheimer's, Parkinson's, and Dementia.

Have we given you enough reasons to drink a glass of wine a day? Remember these are just some of the health benefits to enjoying a glass a day. More studies are turning up more reasons to drink wine all the time. So why are you still sitting in front of your computer without a glass of wine in your hand. Get up, get a glass a wine, sip slowly, and drink to **YOUR HEALTH!**

Remember we are **YOUR** personal wine consultants, Dave and Emily Margulis

Liwinetastingbydave@yahoo.com
www.myttv.com/davidandemily8623