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All Things Medical

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Wine

Not any more a controversy are the benefits of red wine ("The French Paradox"). A recent review written in "The National Academy of Science") indicates that French men and women have a much lower risk of coronary heart disease despite excessive smoking and consumption of less saturated fats in their diet. It was found that the skin of grapes contains a compound, Resveratrol, which is an estrogenic, anti-inflammatory and mildly anti-coagulant compound that protects blood vessels from being devastated with cholesterol deposition.

Resveratrol is found in high concentrations in red, but not white grapes. Wine, per se, does not

cause weight gain. In another study done at Colorado State University, 14 men who drank two glasses of red wine for six weeks kept the same body weight as when they abstained.

The alcohol in red wine may also be beneficial in raising good cholesterol, lowering fibrinogen (a clotting factor) and improving the stress response to life's multitudes of problems.

Drinking more than three glasses of wine a day, driving, or working even with half a glass of wine is definitely destructive to ones health. If you or a family member have a history of alcoholism, or it is against you religion, wine is not your thing.

Pinot Noir seems to be of more benefit than other varieties of grapes. Red grape juice can also be consumed, but one needs at least a quart of it a day. Additionally, Resveratrol, without the benefit of the alcohol, can be obtained in health food stores and may be healthful.