

Red Wine And Your Health

Alcohol is one of those things that can be very harmful if you get addicted to them. In fact, excessive alcohol consumption can even lead to death. However, recent research has found out that despite the harmful effects of alcohol, certain types of alcohol, like red wine, if consumed in moderation, can be beneficial to your health. In fact, research tells that if you have about two glasses of red wine a day, it can work wonders for your health!

You must be quite startled at the revelation that drinking red wine can actually do good to your health. But then, it is a scientifically proven thing. One of the areas that alcohol can assist you is the realm of heart disease. Drinking a moderate quantity of wine can actually lower the risks of getting a heart attack or a stroke. This can be readily proven with the example of the French population. The French have a high fat diet but strangely enough, they have one of the lowest heart disease rates in the world! How is this possible? Some doctors went to the root of the matter and discovered that it is their tendency to consume red wine with their meals that lowers the risk of heart diseases.

However, although the reason has been narrowed down to the consumption of red wine, researchers are not yet sure as to what component of the red wine has this beneficial quality of lowering heart disease risks. Some believe that it is the presence of flavonoids or any other antioxidant that has this wonderful effect on the human body. In order to find out more about the disease fighting properties of red wine, researchers are also working on grapes and grape juices.

The benefits of consuming red wine are great. In fact, it reduces chances of heart diseases by as much as 50%. This is one of the benefits that will be great news to all wine lovers. However, the idea is to drink in moderation and savour the taste and the benefits.

Other health benefits of this alcoholic beverage are:

It increases the level of good cholesterol in the body.

Decrease chances of Alzheimer's disease.

Decrease chances of prostate cancer.

Helps cure cold, decrease number of fat cells.

Although the world is going gaga over the benefits of drinking red wine, nothing has been confirmed scientifically till now. Thus, it is advisable that you go and ask your doctor about the true benefits of drinking red wine and how it will affect your system.

It is agreed that it is one of the most loved drinks around the world and recent medical discoveries show it in good light, but still you need to be sure of its advantages and disadvantages before embarking upon consuming it regularly as a means of keeping in good health. Research is still on to identify whether it is red wine that benefits your health or just a component in it. Thus, try to be absolutely sure about it before getting merry!

About the Author

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