

Wine & Health in the News



From the sixth international Wine and Heart Health Symposium comes even better news than what was expected about the results of wine drinking and our health. After extensive analysis of research on the subject and internal patients, doctors at Kaiser Permanente have concluded through their studies, that moderate consumption of wine can reduce the cause and risks of death from coronary and vascular disease, it was also found to reduce the risk for ischemic strokes, diabetes and gallstones as well.

An extensive unpublished recent and carefully conducted large-scale study, done in Nancy, France, found further evidence to confirm the positive findings. Other studies and research demonstrates how low to moderate use of wine introduced into our diet can suppress E-Coli Bacteria, and may reduce the incidence of gastric and colorectal cancer. Consumption of wine may even improve cognitive functions as you age. The traditional advice was to consume less as you become older. Doctors that conducted these studies agree that the older views are no longer valid at all. Although the incidence of breast cancer seems to rise slightly with moderate drinking, since many more women die from heart disease (1 out of 2) than breast cancer (1 out of 25), the results in numbers typically favor wine consumption. Women and older people actually benefit more proportionately from wine than even younger men.

Perhaps the most comforting of all news is that moderate drinking may be more than a typical glass or 2 per day as previously suggested. The benefits appear to increase with 3 to 5 glasses of wine a day for an average man. Another interesting note is the optimum "Body Mass Index" which measures the appropriate weight suggests being about 26, a classification that indicates a slight overweight ratio according to government charts. Moderate wine drinking may in fact help reduce obesity. Contrary to earlier suggested research Beer, Spirits, and Unfermented Grape Juice do not provide as much protection as wine.

