

Health Benefits of Red Wine



1. Acne

The antioxidant resveratrol, found in berries, red wine and chocolate, inhibits the growth of the bacteria that causes acne.

2. Heart

Resveratrol is one of the most powerful antioxidants, which can help reduce saturated fat accumulated in the arteries. The flavonoids and saponins in red wine can also help protect against cardiovascular diseases.

3. Teeth

Red wine hardens the enamel in teeth, helping to prevent tooth decay and the growth of bacteria. Polyphenols, something which is found in red wine, can also reduce gum inflammation and prevent gum diseases.

4. Sleep

The melatonin in red wine can help you sleep after a stressful day in the office (although you should consult a doctor if you have trouble sleeping regularly).

5. Colds

A US study found that participants who drank red wine had 40 per cent fewer colds than those who didn't.

6. Skin

Red wine can slow aging and help reduce fine lines and wrinkles, as its antioxidants can help to absorb the free radicals which damage the skin. There is a saying: 'A glass a day and your skin will glow.'

7. Bones

An Australian study attributed strong bone health to red wine and suggested that women who drank a moderate amount (one or two glasses a day) were less likely to develop osteoporosis.

8. Cancer

The antioxidant resveratrol helps to prevent the growth of cancerous cells. Studies have also shown that red wine is related to a reduced risk of breast and lung cancer.

9. A long life

Scientists have found that red-wine drinkers live longer, and it can also protect against dementia and Alzheimer's disease.

Note: Red wine should be enjoyed in moderation (one 150 ml glass per day is the ideal serving).

Source:

<https://uk.lifestyle.yahoo.com/8-health-benefits-of-red-wine-as-it-s-found-to-help-fight-acne-105349855.html>

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