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coffee shop
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Serving Unlawfully Good Coffee, Breakfast, and Lunch!

Health

I'll Toast to That!

By Cammi Balleck PH.D.

The list of wine's health benefits is long. You probably have already heard that it's heart healthy, but did you know wine in moderation might help you be happier, lose weight, reduce forgetfulness, boost your immunity, and help prevent bone loss. So pour yourself, or order up, a glass and read on!

Be happy

A new study shows one glass of wine actually releases endorphins, the "all is well" brain chemical. Endorphins reduce anxiety and are the happy hormone. Be careful to stop at one glass though — remember moderation — we're getting healthy not drunk! Drinking small amounts of alcohol will increase endorphin release and produce pleasant effects.

Lose weight

Great news for everyone out there who loves a big glass of red! A recent study shows that a compound found in red wine may block fat cell formation. In college I learned the saying, "beer and liquor will make you thicker but wine will keep you looking fine." I personally always worried about the sugar and calories in wine; however, I'm happy to learn that new studies show that people who drink wine daily have lower body mass than those who indulge occasionally. Also, moderate wine

drinkers have narrower waists and less abdominal fat than people who drink liquor. Wine actually encourages your body to burn extra calories for as long as 90 minutes after you down a glass. Wine is low in calories and is free of cholesterol, sodium, and fat (most red wines contain 110 calories and 2g of carbs). But keep in mind, the sweeter you go the higher the calorie content.

Improve your memory

Yes, we may want to drink to forget the day, but studies show wine helps your memory.

Boost your HDL

Wine has been proven to raise the HDL, the so-called good cholesterol, which helps unclog your arteries. Wine also helps prevent clots and reduce blood vessel inflammation.

Raise your guard

It has been proven that a glass of wine a day will kill all the bad bacteria in your stomach and boost your immune system. However, be careful and always stay on live probiotics when drinking this much wine, it can cause Candida overgrowth. Wine also contains antioxidants or phytoestrogens, which have high anti-cancer properties. And in a recent University of Michigan study, a red wine compound helped kill cancer cells in a test tube.

Build better bones

Alcohol appears to boost estrogen levels; the hormone seems to slow the body's destruction of old bone more than it slows the production of new bone. On average, women who drink wine moderately seem to have higher bone mass.

Avoid diabetes

According to a 10-year study by Harvard Medical School, women who drink one or two glasses of wine a day are 40 percent less likely than women who don't drink to develop type 2 diabetes. While the reasons aren't clear, wine seems to reduce insulin resistance.

This sounds like all good news to me, I'll toast to that! And yes guys, even though the studies were on women, you can partake as well.



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