'NUTRITIONAL TIPS'

RED WINE & YOU

Wow! A reason to have that great glass of wine with my evening meal … healthy reason!

Does 'Red Wine' protect against heart disease? Perhaps. A lady might drink one glass, a man two. Many studies indicated that red wine lowers the risk of heart attack for people in middle age by approximately 30% to 50%. It is interesting that these dosages might also help heart attack victims avoid second episodes. There are suggestions that 'Red Wine' might also raise 'HDL' and prevent 'LDL' to a degree. This 'Drink Of The Gods' also moderates or prevents blood clotting and reduces vascular damage due to fatty deposits. This is not all that unlike the effects of aspirin.

Red wine grape seeds and skin are particularly rich in flavonoid phenolics (reservatrol) and proanthocyanidins. These flavonoids exhibit antioxidant properties helping prevent blood clots and plaques formation in arteries.

When you manage your food groups, think 'Antioxidants'!

Wine has empty calories that will make you fat if you drink in excess! Its use may increase your triglycerides. Moderation is key!

Grapes, many other fresh fruits and vegetables along with regular exercise offers great benefits for your heart. So just 'DO IT NOW!'

Pick a good vintage and enjoy!

"Welcome Aboard!"
"Enjoy The Ride!"

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