

# Wine: The Great Debate

**A** study published in the Journal of the American Medical Association in May shows that red wine may not be as big a health booster as once was believed.

Resveratrol, a substance found in red wine, grapes and chocolate, has been credited with adding years to your life and reducing the risk for heart disease and cancer. But in this study, conducted by Dr. Richard Semba from Johns Hopkins University School of Medicine in Baltimore, resveratrol levels were looked at in 800 people from the area of Chianti, Italy, where diet is rich in resveratrol. The study found no association with higher levels of resveratrol and a lower risk of heart disease or cancer.

Great, all this time we thought drinking red wine was good for us, so now what? Should we continue to drink wine or not?

Fact: Alcohol in any form can be toxic if you drink too much of it. The reality is that many of us drink too much alcohol, which has many negative health effects to liver and brain function, blood sugar elevation and increased weight. Look at your current diet. Record everything you eat or drink every day for four weeks. This may be an eye-opening experience. Treat food as fuel. We take better care of our cars than we do our own bodies. We would never put the poor quality fuel in our vehicles that we currently put into our bodies.

Fruits and vegetables are loaded with phytochemicals which include resveratrol

vitamins and minerals that work together to promote health and fight disease. All the current research suggests that a diet that is more plant based and whole food centered, drinking eight to 10 glasses of water (not wine) a day and getting regular exercise are three things that will give you long term health benefits. This does not mean that a glass of wine now and then is not a healthy option. The American Heart Association suggests one to two drinks per day for men, and 1 per day for women is fine. It is the excess alcohol consumption that has negative effects.

Ask your doctor for nutritional advice. If your doctor is not well versed in nutrition, and you need more direction, seek out someone who can offer the experience and expertise you seek.



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*Dr. Kathleen Hufnagle and staff at Agape Chiropractic & Massage Center in Lake Villa have been committed to helping clients manage stress and keep healthy for the last 26 years. If you would like more information, or to schedule your free consultation please call Agape Chiropractic & Massage Center at 847-356-9696.*

