



Wine and Your Health

"If every adult in North America drank two glasses of wine a day...heart disease...would be cut by 40% and \$40 billion could be saved annually."

Dr. M.R. Lipp & Dr. D. Whiten, Harper Collins West: New York, 1994.

The French Paradox

"The French Paradox could be defined as a high level of risk from high levels of cholesterol, fat and hypertension, yet a much lower death rate, one of the lowest in the world, from heart disease. This is due...to wine drinking in France."

Serge Renaud, MD, Director of the French National Institute of Health and Medical Research.

"Lower death rates from heart disease occur in countries like France where wine is a traditional part of everyday life".

Renaud & De Longetil, Lancet, 1992:339:1523

A Little Could Be Good For You

While heart disease reduction and other health-related findings are applicable to all beverages containing alcohol, some research has found advantages specifically for wine drinkers.

Data from the Copenhagen City Heart Study found that subjects who consumed wine daily were much less likely to die during the 12-year study period than abstainers or consumers of other beverages with alcohol.

In this landmark Danish study published in 1995, researchers for the Copenhagen City Heart Study found wine drinkers to have clear health advantages over nondrinkers or moderate drinkers of other beverages.

"Our finding, that only wine drinking clearly reduces both the risk of dying from cardiovascular and cerebrovascular disease and the risk of dying from other causes," wrote Morten Gronbaek and colleagues in the British Medical Journal, "suggests that other more broadly acting factors in wine may be present."

Dr Jean-Paul Brouster of France says cabernet sauvignon is the most healthy. He references the cabernet sauvignon of Bordeaux as containing the highest concentration of resveratrol and quercetin which are beneficial to the heart

Canadian red wines may actually be naturally healthful. According to wine writer Natalie MacLean, cool-climate wines contain slightly higher levels of resveratrol, an antioxidant believed to help prevent cancer and cardiovascular disease.

"I have enjoyed great health at a great age because everyday since I can remember I have consumed a bottle of wine except when I have not felt well. Then I have consumed two bottles."

A Bishop of Seville



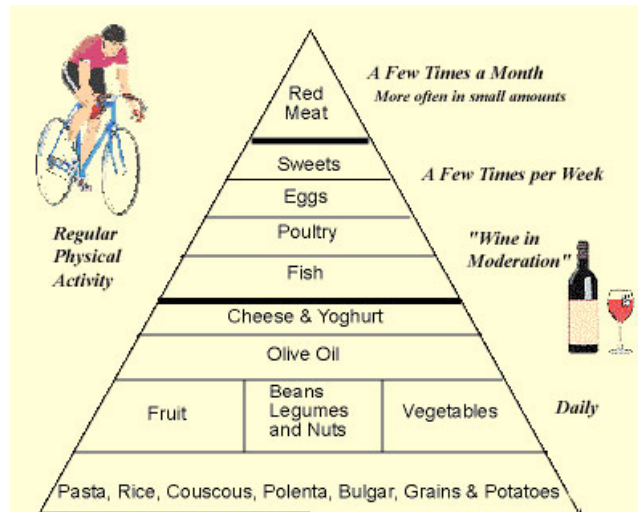
"In Europe we thought of wine as something as healthy and normal as food and also a great giver of happiness and well being and delight. Drinking wine was not a snobbism nor a sign of sophistication nor a cult; it was as natural as eating and to me as necessary."

Ernest Hemingway, *A Moveable Feast*

The Harvard Pyramid

Wine and a Healthy Diet for the Twenty-first Century

The "Mediterranean Diet Pyramid" includes wine as part of a healthy diet. In 1993, The World Health Organization and The Collaborating Center for Nutrition at Harvard Medical School of Public Health, helped develop a Mediterranean dietary pyramid which includes wine in moderation as part of a recommended healthy diet.



Shown above, "wine in moderation" means the consumption of between one and two glasses a day. (One glass is a 5 oz. serving of wine containing 12% alcohol by volume.)

An Emerging "North American Paradox"?

Wine drinkers, who combine their consumption of red wine with a low fat diet and regular physical activity, may be creating the foundation for not another "Paradox" but a potential decrease in heart disease.

This is some of the current research. You may want to check out other sources as well. Although wine is not a cure-all, and may have no effect for some people, it may also be beneficial to your health.

Now may be a good time to *walk* to your local wine store and purchase a fine bottle of Canadian Wine. A glass with dinner could improve your health. It may even prolong your life.