



## Health and Wellness Benefits of Wine

As health and wellness initiatives continue to be popular among retailers and restaurants across the country, we're taking a look at some of the many potential health benefits of drinking wine. Guest blogger [Jen Miller](#) provided these top 5 health benefits of wine. We say make it [organic wine](#) for benefits to your health and the health of the planet!

In times of celebration, a [wine](#) toast may be just one of the most awaited part by many. But aside from taking part in celebrations, wines come with a host of important health benefits.

### 1. Drinking Wine Supports Longevity of Life

#### [Tarantas Bobal Rosé](#)

Resveratrol is a polyphenol that can be found most especially in red wines. It is a powerful antioxidant that can be found in grape skin and red grape juice. Antioxidants help the body fight off free radicals that can damage our cells and organs.

**Natural Merchants note:** The Spanish [Bobal](#) grape has some of the highest levels of Resveratrol. Crack open a bottle of our [Tarantas Bobal Rosé](#) to celebrate!



### 2. Drinking Wine Helps Keep Our Hearts Healthy

Since ancient times, cardiovascular diseases (CVD) have become a known, life-threatening problem for the world. According to [World Health Organization](#) (WHO), up to the present time, many people are still dying annually from CVD than from any other diseases and it has been the number 1 cause of mortality and morbidity all around the globe.

### 3. Drinking Wine Can Help Reduce The Risk Of Heart Disease in People with Type-2 Diabetes

A [recent study](#) revealed that moderate red wine consumption (defined as one glass per day in this study) can reduce the risks of heart disease in people with type 2 diabetes. Type-2 Diabetes (Diabetes Mellitus) is a lifelong metabolic disorder that is characterized by the way your body metabolizes glucose (sugar). Sugar levels build up in your bloodstream because there's no enough insulin that can regulate the movement of sugar into your cells. [According to American Diabetes Association](#) (ADA), drinking red wine – or any moderate amount of alcoholic beverages can lower blood sugar up to 24 hours. However, people with Type-2 Diabetes have typically been advised to reduce their alcohol consumption to have a better control of their blood glucose levels. Because of this, ADA recommends checking your blood sugar before you drink, while you drink and after you drink to make sure that it is on the safe level.

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## 4. Other Key Health Benefits of Wine-It Has Been Found To Have Anticancer Effects

Cancer ranks the second leading cause of death in the world. Cancer developed from the transformation of normal cells into tumor cells that may be malignant or benign. Other health benefits of wine include the fact that they contain antioxidants – a substance that may help prevent cell damage. Anti-oxidants found in wine such as resveratrol, quercetin, catechin and gallic acid destroys cancer cells for [potential cancer prevention](#) and improving the effectiveness of radiation and chemotherapy cancer treatments.

## 5. The Nutrients In Wine May Help Prevent Alzheimer's Disease

People growing always have the fear of losing all their precious memories. Some believe it is inevitable, however, there are literally hundreds of ways that one can help prevent it, and the health benefits of wine may be one. Alzheimer's disease is a developing mental deterioration that can occur as one aged. A [long-term study](#) suggests that the resveratrol found in wines help in keeping blood vessels open, so that essential supply of oxygen and glucose can move freely to the brain to keep it alive and working. Too much alcohol may have the opposite effect, so balance is the key.

For more wine health benefits and great recipes, see [Jen's full blog at Jen Reviews](#).



### About the Author-[Jen Miller](#)

I'm a Registered Dietician based in New Zealand. I'm deeply passionate about holistic health, yoga, meditation, nutrition and exercise. I specialize in chronic conditions and through diet and lifestyle changes helps her patients improve their health, and lead richer, more fulfilling lives. Through gentle and non-invasive treatments, I address the cause of illness and encourages the body to heal itself naturally. I also have extensive teaching experience having taught yoga, breathwork and meditation for many years in New Zealand and in the United States.

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