

Skating To Better Health

The Health Benefits Of Wine

by Peggy Fleming

(NAPSA)—A glass of wine can offer much more than a relaxing drink at the end of a stressful day. It may also ensure a healthier heart, a reduced risk of cancer and many other health benefits scientists continue to discover.



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Those who drink one glass of wine per day have a 30 to 40 percent lower rate of death from cardiovascular disease than nondrinkers. In fact, a daily glass of wine also significantly reduces the

risk of stroke and can help assist in recovery.

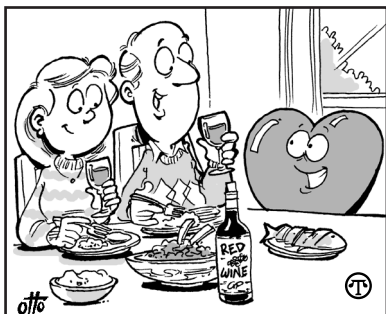
A good point to remember is that wine's health benefits outweigh alcohol's risks only when experienced in moderation: no more than one glass of wine per day for women and two per day for men.

You don't have to be a wine connoisseur to enjoy this age-old remedy. You can learn as much or as little as you'd like. Pop the cork because a healthier you calls for a special occasion.

Here are some facts that may want to make you trust your heart to the vine:

- Over half a million Americans are diagnosed with heart failure each year. Moderate wine drinkers have a lower risk of heart attack due to wine's ability to reduce blood clotting.

- Anti-oxidants in grapes' skin and seeds lead to red wine's heart-healthy nature. This substance helps reduce "bad" cholesterol while increasing "good" cholesterol, a process that also reduces the risk of a heart attack.



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- Johns Hopkins University scientists found that red wine may help protect you from the brain damage associated with strokes.

- A diabetic presents the same risk of coronary heart disease as someone who has already suffered a heart attack. A glass of wine may help prevent this leading cause of death in the U.S.

Wine also helps fight cancer by preventing cancer cells from receiving the protein they need to survive. In addition:

- A glass of red wine per day appears to cut the risk of prostate cancer in half for men. Moderate red wine drinkers also reduce their risk of colon cancer.

- While wine can help prevent some cancers, the American Medical Association warns that women who drink more than the recommended one drink per day actually increase their rate of breast cancer.

To learn more, visit www.healthsaver.com.

During her career as a figure skater, Peggy Fleming earned five U.S. titles, three world titles and a 1968 Olympic Gold Medal.