

Wine Health Benefits

SOURCE: <http://www.medicalnewstoday.com/articles/265635.php?page=3>



Reducing risk of depression, Journal *BMC Medicine*

Preventing colon cancer, University of Leicester (UK), *2nd International Scientific Conference on Resveratrol and Health*

Anti-aging, Harvard Medical School, *Cell Metabolism*

Preventing breast cancer, Cedars-Sinai Medical Center (LA), *Journal of Women's Health*

Preventing dementia, Loyola University Medical Center, *The Journal of Neuropsychiatric Disease and Treatment*

Protecting from severe sunburn, University of Barcelona (Spain) *The Journal of Agricultural Food and Chemistry*

Preventing blinding diseases, Washington University School of Medicine (St. Louis), *American Journal of Pathology*

Damage after stroke, Johns Hopkins University School of Medicine, *Experimental Neurology*

Improving lung function and preventing lung cancer, *Cancer Epidemiology, Biomarkers and Prevention*

Raising levels of omega-3 fatty acids, *American Journal of Clinical Nutrition*

Preventing liver disease, UC San Diego School of Medicine, *Hepatology*

Protecting from prostate Cancer, *Harvard Men's Health Watch*

Preventing type 2 diabetes, Chinese Academy of Sciences, *Cell Metabolism*

Important note: Health benefits associated with drinking wine are only applicable to moderate drinking.