

# Cultural Daily

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## The Many Benefits of Drinking Wine

Our Friends · Thursday, May 21st, 2020

Wine is one of the most popular alcoholic beverages around the world. It is enjoyed while dining, at special events and even at home around the fire. While this beverage is often enjoyed as a treat, wine may actually be a healthy drink that men and women can enjoy.

One of the most important things is to drink any wine in moderation. This can **ensure that you enjoy** some of the benefits this alcohol beverage can offer. Let's take a look at the benefits of drinking wine.

### It Contains Powerful Antioxidants

Wine is made from crushing grapes. In particular, red grapes are known in to be **high in antioxidants**, which are good for your health. This includes catechin, resveratrol and epicatechin. Together, they can help to prevent oxidative damage to the body and keep away free radicals. They can also help to fight against inflammation, as well as lower the risks of cancer and heart disease. Just one glass a day may allow you to enjoy these health benefits.

### It Can Keep Your Bones Strong

It is a common belief that you should drink a lot of milk and **consume dairy products** to have strong bones. This is due to the calcium that a lot of dairy products contain. Yet, wine boasts a lot of silicon, which is another way to keep the bones strong. It can increase the density so that your bones do not become brittle. This can mean that you lower the risk of developing osteoporosis when you are older.

### It Can Improve Cognitive Function

Drinking wine has proven in many studies to help with cognitive function. It can improve short-term memory due to containing resveratrol. For example, **one study found** that those who had consumed resveratrol were able to remember more words, as well as had a faster performance when it came to memories and learning. Indeed, joining a **wine club** may have its advantages.

### It Can Avoid Depression

Think about the number of people around the world that come home and have a glass of wine after work. They do this to **relieve stress and to relax** after a long and hard day. There may be some science to back this up. Research has found that those who consume wine on a regular basis are

less likely to feel the effects of depression. Thus, you may be able to reduce your risks of feeling down even if factors in your life are difficult. However, it is also important not to drink too much alcohol. This has been found to be a factor in increasing feelings of depression if it is abused.

### **It Can Promote Healthy Eyes**

Eyesight is a function that we rely on in our daily life. As you get older, it is common to suffer from macular degeneration. In addition, seniors can develop cataracts and other eye conditions that can affect sight. There is research to suggest that drinking wine may help to preserve healthy eyes. In particular resveratrol that is contained abundantly in red win can help to prevent blood vessel growth that can be bad for the eyes.

*Photo from [Pixabay](#).*

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