

"Change is the process by which the future invades our lives."

- Alvin Toffler

Change is always around us. We just have to decide whether we want to accept it or not. Sometimes, we think our lives are on a certain path, but then something, completely out of the blue, changes what we think is going to happen. Change is a great thing and while it's often unexpected, we must learn to embrace it. I certainly have. My dad used to say, "There are no previews of coming attractions," and he had no idea how right he was. There is definitely a higher power that is moving us in the direction we are supposed to go. We shouldn't fight it. We need to just go with it and trust that sometimes, our future....and our calling, are out of our hands. If you need help fighting that battle, be sure to call me.

Yours in health,



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Why I Drink Wine



I'll be the first to admit that I drink way too much wine. "Why do you do it?" you may ask. The reason is because I love a great glass of wine. I lead a stressful life and wine certainly relaxes me. Nothing beats an amazing glass of wine with a great meal and with someone special. Unfortunately, particularly if you're a woman, you'll read articles about how drinking wine increases your risk of breast cancer. If you're a man, you'll read about how it inhibits your ability to perform. But this month, I'm going to tell you what you won't read in most mainstream articles. It's just more of the "fake news" that's running rampant today. Don't get me wrong, as a single parent, I often think that drinking wine helps keep me sane. But here are some better reasons why I drink wine.

It will help me live longer. Wine drinkers have a 34 percent lower mortality rate than beer or hard liquor drinkers. On the island of Ikarios, a recently discovered Blue Zone where they drink lots of wine, people live longer than anywhere else in the world.

It reduces the risk of heart attacks. Moderate drinkers suffering from high blood pressure are 30% less likely to have a heart attack than nondrinkers. This is based on a 16-year Harvard School of Public Health study of 11,711 men.

Red wine reduces the risk of heart disease. Red-wine tannins contain procyanidins, which protect against heart disease.

It Reduces Risk of Type 2 Diabetes. I'm not diabetic, but I have many friends who are. Moderate drinkers have 30% smaller risk of developing type 2 diabetes than nondrinkers.

It Cuts the Risk of Cataracts. Moderate drinkers are 32% less likely to get cataracts than nondrinkers. People who consume wine are 43% less likely to develop cataracts than those drinking mainly beer. I'm hoping that drinking wine will improve my need for reading glasses, but no luck so far.

It Cuts Risk of Colon Cancer. My best friend's husband, a non-drinker, recently recovered from colon cancer. If only he knew that moderate consumption of wine (especially red) could cut the risk of colon cancer by 45 percent, perhaps I could have gotten him to enjoy a glass (or two) with me.

It Slows Brain Decline. Most people say that drinking kills brain cells. But a Columbia University study of 1,416 people showed that brain function declines at a markedly faster rate in nondrinkers than in moderate drinkers. That's reason enough for me to keep pouring myself a glass of wine with dinner.

You can get smarter. Resveratrol may help improve short-term memory. After just 30 minutes of testing, researchers found that participants taking resveratrol had a significant increase in retention of words and showed faster performance in the portion of the brain associated with the formation of new memories, learning, and emotions.

Reduce breakouts. Resveratrol is able to inhibit the growth of acne-causing bacteria longer than benzoyl peroxide.

Reduce sadness. Alcohol is a known depressant but researchers in Spain found that people who drank two to seven glasses of wine per week were less likely to be diagnosed with depression. That fact was a surprise to me.

Reduce (not increase) your risk of liver disease. I was shocked when I found a study that challenged conventional thinking about alcohol and liver disease. Modest wine consumption, defined as one glass a day (and yes, I typically have more than one glass per day), may decrease the prevalence of Non-Alcoholic Fatty Liver Disease (NAFLD). Modest wine drinkers, as compared to those who abstain, cut their risk of NAFLD in half.

Cut many risks of cancer. I was shocked by this as well...and this is a topic near and dear to my heart. Red grapes can suppress the activity of aromatase, the enzyme used by breast tumors to produce their own estrogen. Red wine may serve as a nutritional aromatase inhibitor, which may reduce the elevated breast cancer risk associated with alcohol intake. Resveratrol is also thought to kill cancer cells by cutting off a pathway that feeds cancer cells. Studies show that moderate consumption of red wine can reduce the risk of colon cancer by 50%. A Harvard Men's Health Watch reports that men who drink an average of four to seven glasses of red wine per week have a 52% less chance of being diagnosed with prostate cancer compared to those who don't drink wine. Red wine appears particularly protective against advanced or aggressive cancers. Doctors speculate that flavonoids and resveratrol contain potent antioxidants and may counterbalance androgens, the male hormones that stimulate the prostate.

Avoid the common cold. A study of 4,000 faculty members at five universities in Spain found that those who drank wine were less likely to come down with a cold than those who drank beer or hard liquor. It appears that the antioxidants in wine help lower inflammation and reduce the symptoms of colds.

Lower your cholesterol (without changing your diet). Resveratrol found in red wine is thought to reduce LDL (the bad cholesterol) and increase HDL (the good cholesterol). Even the American Heart Association admits that moderate consumption of alcohol can increase HDL levels by about 12%. That's excellent news for people taking drugs to lower their cholesterol.

Reduce the risk of stroke. I've had two family members die from strokes and wine may reduce your risk. Consumption of wine has been associated with a lower risk of stroke when compared with those who had no wine intake. These benefits were not seen in beer or hard liquor consumption.

So there you have it. For months, I've been thinking I need to cut back on my wine consumption, but I've just convinced myself I'm fine. The reality is, there's nothing that beats a great glass of wine with a good meal, especially if you're sharing it with someone you love. But keep in mind one very important fact. You can't buy health benefits in a bottle. They need to be a part of a healthy lifestyle. Buy organic, eat fresh and non-processed and take the time to prepare healthy meals packed with legumes and fresh vegetables. Your body will thank you. So drink up my friends and have a very healthy and wine-filled month.