How Red Wine Can Keep You Looking Young

Ava Waktins
How Red Wine Can Keep You Looking Young

While people you know are slapping £100 miracle anti-aging cream on their faces and praying to the
beauty gods, you could just be relaxing with a bottle of 5 quid red wine…and getting better, more
natural benefits.

So we all know that red wine is good for us, but the health benefits are probably more hard core
than you first imagined. Other than being packed with antioxidants, fermented foods help your
digestion and alcohol even shows great cardiovascular benefits, when consumed in moderation.

Oh really?

According to studies, wine drinkers live longer than beer and spirits drinkers, and the polyphenols in
red wine could hold the secrets to staying young looking for longer.

Red wine even has a higher antioxidant content than acai juice. In terms of antioxidant content, full-
bodied red wine slams pomegranate juice too. Antioxidant levels are usually measured through
Oxygen Radical Absorbance Capacity (ORAC). Every food has a free radical capturing capacity, but
some are naturally higher than others.

Semi-sweet chocolate chips contain 9,000 per quarter cup. Full-bodied red wine contains 7,700 per
6oz glass. Blueberries can give you 6,500 per cup. And pomegranate juice weighs in at 5,500 per 6oz
glass.

Free radicals damage the body’s cells, but antioxidants stop them in their tracks. Studies show that
antioxidants can help you reduce your risks of getting heart disease and cancer.

Which Wine Have The Most Antioxidants?

Dark red wines have the highest concentration of antioxidants. The antioxidants come from the pips
and skins of grapes. That means white wine will give you diddly-squat health benefits, other than the
alcoholic content, which thins the blood and helps to prevent blood clots.

Where Do You Draw The Line?

It’s important to drink in moderation to enjoy red wine’s anti-aging benefits. The effect of the
antioxidants can be wiped out by the negative side of alcohol. Men are allowed two glasses of wine a
day and women are allowed one.

Bear in mind the calorie content of wine, if you consider overdrinking regularly – it could push you
into a higher and unhealthier weight band.

Fermented Foods

Good digestion is closely linked with fermented foods. The probiotics in red wine nourish the good
bacteria in your tummy, which helps support digestion. Other great fermented foods include:
yoghurt, kimchi, sourdough bread, tempeh, soy sauce, beer, cider, and sake.

Moderate Drinking
Ever since the French Paradox started gaining press coverage, scientists have been seriously looking into the health benefits of red wine, when compared with non-drinkers. Wine drinkers have 34% lower mortality rate, 30% less chance of developing type 2 diabetes, and are more likely to retain high levels of brain function, as they grow older.

They’re also less likely to have high stress levels (everyone knows that feeling of unwinding after a good glass of vino) and you’re more likely to fall asleep at night, due to the levels of melatonin in red wine (that snoozy feeling). They don’t call it ‘beauty sleep’ for nothing!