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Why You Need to Look out for Good Quality Wines by David

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Wine is gaining recognition among many people due to its wide range of health benefits. Moderate wine consumption reduces the risk of heart disease, strokes, Alzheimerâ€™s, diabetes, hypertension, kidney stones and even cancer. Aside from its health benefits, wine is also used for cooking marinade, sauce, soup, salad dressing and preparing red wine vinegar. However, it is important to choose high quality wines to reap the real health benefits.

Most often, people purchase low quality wines without much consideration about its quality. Lesser quality wines can cause several health related problems. When shopping for wine, double check the wine bottles because sometimes the wrong year might be printed. The quality of the wine varies from year to year. Some wine collections might be just average wines but some might be from great vintages. When you buy wine online, make sure the online store offers a full replacement or refund policy to avoid unnecessary regrets later.

Some important benefits of good quality wine are:

Minimises the risk of heart disease:

Wine has non- alcoholic phytochemicals such as flavanoids and resveratrol that act as antioxidants and prevent free radicals from causing cellular damage. Resveratrol can also produce enzymes known as anti-thrombotic agents which lower the risk of coronary heart disease by reducing the thickness of blood and preventing blood clots.

Reducing diabetes:

Moderate wine consumption can reduce the risk of type 2 diabetes. Moderate drinkers are at a 30% less risk than non drinkers.

Reduces the risk of Alzheimerâ€™s:

When compared with non-drinkers, moderate drinkers can reduce the risk of Alzheimerâ€™s effectively.

Minimize risk of strokes:

Like coronary heart disease, a stroke is also caused by the blood clotting. Wine has specific enzymes that are capable of preventing blood clots, thus reducing the risk of strokes.

Lowers blood pressure:

When you drink moderate amounts of wine with food, you will lower the blood pressure better than non-drinkers.

Some negative effects of low quality wine are:

Increases the risk of heart disease:

Low quality wines might contain excessive amounts of added chemicals which can increase the risk of heart disease and other coronary heart disease.

Asthma:

Lesser quality wines might contain high amounts of salicylates or nitrites and sulphur that can trigger asthma attacks.

Sleeping issues:

Drinking high quantities of alcohol can increase sleeping problems such as insomnia.

Liver problems:

Excess alcohol consumption can damage liver and can cause a wide range of liver problems depending on the amount of alcohol consumed.

To avoid all these health issues, choose good quality wines that are shipped directly by leading wine merchants.

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David - About Author:
Lesser quality wines can increase the risk of heart diseases, asthma and other health issues, so double check the wines before buying them. The author is an expert in the wine arena and has written many articles regarding how to a Buy Wine Online in the past. a Click here to find good quality vintage wines.

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