Health benefits of (organic) Red wine
- confirmed by research.

Boosts Memory and Cognitive Function
Red wine is rich in polyphenols, which are antioxidants that help the body fight off disease, among other benefits. *Resveratrol*, a type of polyphenol found in red wine, may also help improve short-term memory. [1] Recent studies show that resveratrol has the power to reduce damage caused by sleep deprivation, like memory deficits, and can boost your ability to learn and your cognitive processing functions. [2]
Another surprising red wine health benefit is its ability to potentially lower the risk of dementia, a group of conditions that impact memory function (usually in older age). "Studies show that red wine consumption can reduce the risk of having dementia, which often leads to Alzheimer's disease,". [3]
1] https://doi.org/10.1523/JNEUROSCI.0385-14.2014
2] https://doi.org/10.5114/aoms.2019.85463
3] https://www.frontiersin.org/articles/10.3389/fnagi.2014.00095/full

Eye health
Red wine health benefits go even further, thanks to resveratrol once again. With vascular-enhancing properties, red wine may improve microcirculation in the eye. This process can help improve eye health and prevent eye-related issues such as age-related macular degeneration, diabetic retinopathy, and glaucoma, all of which contribute to vision loss.
 https://doi.org/10.1007/s00417-014-2604-8

Improves Heart Health
One of the most celebrated red wine benefits is its ability to potentially improve heart health. Consuming foods and beverages rich in polyphenols, such as red wine, has long been associated with reduced risk of heart disease.
Red wine may protect the lining of blood vessels in the heart while also boosting HDL (or "good" cholesterol), which helps your body flush out "bad" cholesterol. (Bad cholesterol can significantly increase your risk of heart disease and stroke.)
"Drinking wine may help in decreasing low-density lipoprotein (LDL), also known as bad cholesterol, [High LDL] may cause artery damage."
https://doi.org/10.3390/molecules24193626 + much more research focused on Heart health.

Maintains Dental Health
Studies show that red wine may keep your mouth healthy. Data suggests red wine—specifically those beneficial polyphenols we've talked about so much—can fight off harmful bacteria in the mouth, which can contribute to tooth decay and gum disease. By preventing the bacteria from sticking to teeth and gums, red wine essentially stops it from causing things like cavities or plaque.
https://doi.org/10.1021/acs.jafc.7b05466

Reduces risk of Cancer
Some studies point to red wine as potentially having the ability to reduce cancer risk by preventing the growth of cancerous cells, particularly those associated with breast cancer and esophageal cancer. [8] That's because resveratrol, a polyphenol in grape skin, can kill cancer cells, according to cancer researchers. [9]
Polyphenols help starve cancer cells by blocking the development of a critical protein that feeds them. "Resveratrol is a powerful antioxidant that can be found in grape skin and red grape juice. Antioxidants help the body fight off free radicals that can damage our cells and organs."
8] https://doi.org/10.1016/j.gene.2018.10.049 + 9] https://doi.org/10.3390/ijms18122589

Helps Regulate Blood Sugar

Despite containing natural sugars, red wine can help regulate blood sugar. Drinking a glass of red wine may lower your blood sugar for up to 24 hours, which can be beneficial for those with higher blood sugar levels. [10, 11] While red wine shouldn't be substituted for blood glucose management medications and treatment plans, it may be a helpful dietary addition in moderation.

10] https://doi.org/10.3390/molecules23071684 + 11] https://doi.org/10.7326/m14-1650

Helps Fight Viruses

Keeping our immune system strong against viruses is incredibly important, and red wine may have yet another promising perk in this department. One of its benefits includes immune-boosting properties thanks to its antioxidant content. "Wine contains high levels of antioxidants in the form of flavonoids, which can combat viruses".

https://doi.org/10.1016/B978-0-12-816118-0.00012-X

Controls Blood Pressure

Those same polyphenols in red wine can help lower or control blood pressure. Studies have shown that systolic and diastolic pressure improved after consuming dealcoholized red wine (wine with alcohol content removed). [13] Additionally, grape wine extract (also rich in polyphenols) can help lower both systolic and diastolic blood pressure, regardless of alcohol level. [14]

13] https://doi.org/10.1161/circresaha.112.275636 + 14] https://doi.org/10.3390/nu7053138

Influences Gut Health

The polyphenols in red wine may also modulate your microbiome or healthy gut bacteria. A healthy microbiome can prevent disease development, while an unhealthy microbiome can decrease your immune function, making you more susceptible to getting sick.

https://doi.org/10.1016/j.foodres.2018.07.019

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NOTE: Most of the health benefits/nutrients come from the red *grape* → if You don't want to drink wine You may simply eat grapes instead. But make sure that they are **organic** (or natural old variety grown old school & toxic free) since the wine industry has contributed to massproduction of cheap, altered and sprayed (toxic) versions of grapes.

For these reasons the ***wine should also be organic*** since many toxins remain throughout the wine-making-process (and sometimes unhealthy chemicals are added in the process).

Salut et Bon appetit!