



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 10/3: Wine

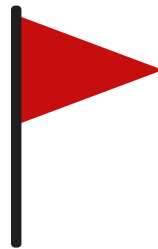
This week's topic is short and sweet. Our focus is wine. Wine is a delicate subject for a fitness trainer. There are a variety of reasons why people drink it - some for taste, some for relaxation, and others for health. Unfortunately, like other alcoholic beverages, wine can be abused.

Having wine occasionally is fine, but I never recommend it to clients. First, it does contain alcohol, which is toxic to the body. Second, there may be religious or moral concerns. Third, some individuals may struggle with addiction, which I would never want to trigger.

Is wine really all that healthy? Hmm. Let's see. If you grab a bottle of wine and look for ingredients or macronutrient listings, you'll see there are none to be found. The governmental agencies that oversee food labels and ingredient listings have given the alcohol industry a complete pass. They are not required to list any ingredients or nutritional content! Sad, but true.



The FDA and USDA already allow companies to hide over 2000 chemicals under the terms artificial flavors and natural flavors. But companies selling alcohol are not required to report a single thing. Wow! That is a bright red flag.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

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Typically, winemakers add 75 chemicals to the grapes and to the wine itself. Furthermore, most wines are fairly high in sugar content. The toxic alcohol content, numerous chemicals and added sugar make wine a pretty sketchy health choice.

Natural wines are a better choice. They have far less sugar and chemicals. Plus, they are fermented with natural yeast and use rainwater for irrigation. This allows for deeper roots, which intensifies taste. If you really want to enjoy wine for taste and health, there is a subscription company called Dry Farm Wine. A bottle contains 1 g of sugar and zero chemicals.



One of the often-touted benefits of red wine is an antioxidant called resveratrol. Studies on this plant compound are ongoing, but there is compelling research indicating it can lower blood pressure, control cholesterol levels, reduce inflammation, make you more sensitive to insulin (which helps you regulate blood sugar), and even boost your brain power.



At EPT, we recommend skipping the chemicals, toxic alcohol and high sugar content in wine and taking a resveratrol supplement instead. For more details on resveratrol, please refer to our health tip for 7/5/22 or call us for more info.



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