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Sometimes, somethings get wrongfully vilified ... for example cholesterol, saturated fat, and bacteria to name a few ...

And in some cases all alcohol has been vilified, but there is a difference in alcohols that are fermented vs. distilled. Before I go further I want to say ...

I am NOT promoting alcohol if you know you have addiction problems or a family history of addictions then the benefits moderate alcohol consumption provide may not be for you. Most people who have addiction problems may start with wine or beer and then progress to the 'hard stuff' . . . if this is your habit as well then again the benefits of alcohol may not apply to you.

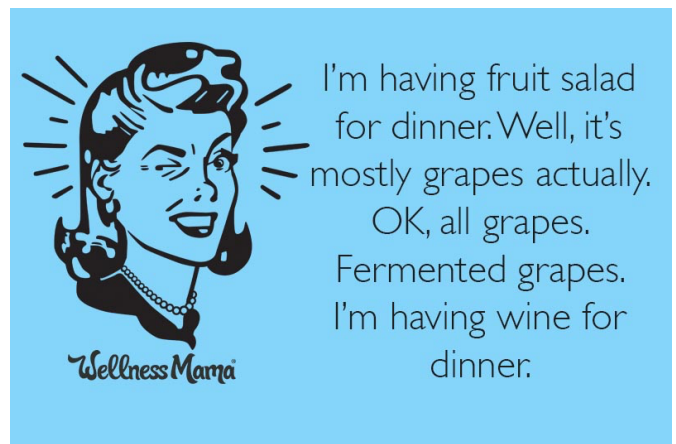
Red Wine :)

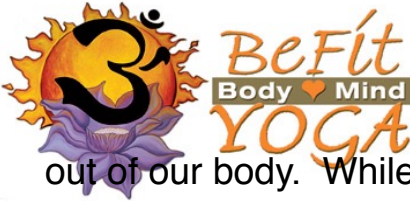
I am a fan of red wine and have done some research on this; turns out it is quite different in our body than distilled alcohols and even beer. This is good news, however we do have to know our winemakers . . . just like we need to know our farmers! **Many wines have added sugar, additives, yeasts, pesticides and herbicides.**

Here is some research I did a year ago on the difference between fermented and distilled alcohol ... realizing red wine and Jack Daniels behave very differently in the body.

Much of the research done on alcohol was done in a petri dish by taking pure alcohol and mixing it with brain cells or other human materials to see what would happen (and of course the brain cells died). While this type of science may give us some insight as to what can happen; it rarely mimics what really happens in the body. Lifestyle, genes, gut micro-biome, and how well we digest and detox are just a few of the factors that change what happens when a substance is inside our body vs. in a petri dish.

And whole foods provide other enzymes to help us digest (burn up) what is toxic, or the whole food provides buffers to absorb the toxic components and escort it





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out of our body. While a petri dish experiment may prove worthy in some experiments; with food or medications and a human body there are too many other factors to draw any conclusions.

Distillation vs. fermenting alcohols

Distillation involves boiling a substance, collecting its vapors, cooling the vapors, and letting it return back to its liquid state. Distillation can be useful as it is cleansing, and it kills bacteria. For example if you distilled salt water, the salt would be left behind and the vapors collected and cooled back into water would be clean, pure drinking water — albeit void of all minerals and nutrients as well.

Distillation of alcohol begins from a fermented product which catches the alcohol in its vapors leaving behind a variety of substances from the fermentation process such as yeast, unfermented sugar, plant parts that were fermented, and water. This concentrates the alcohol giving the remaining beverage a higher alcohol content. Since distillation kills bacteria due to boiling the water, it will also kill the pro-biotic bacteria of the original fermented material, rendering distilled drinks more disrupting to our guts and microbiome.

Not all alcohol is the same in the body ! This is what many nutritionists and doctors who say all alcohol is bad is missing. Again I want to re-iterate red wine and Jack Daniels each behave very differently in the body!

Wine and beer are fermented, other alcohols involve distillation . . . so wine and beer are better choices. This is not only due to the lower alcohol content, but the fact that they are fermented — the fermentation byproducts protect our gut from the damages of alcohol . . . the shame is most of the benefit of the fermentation is ruined by the addition of sulfites to kill bacteria in most wines in the US . . . **and since we totally screwed up the germ theory we ruin what could be the most beneficial ingredient of wine and beer — probiotics.**

Probiotics do help us digest and protect the gut lining (among many other important bodily functions), therefore natural wines that are truly fermented (and made without sulfites) would be more protective to our gut. On the other hand distilled alcohols have had all the good probiotics killed in it . . . meaning that distilled alcohols could kill the good and bad bacteria in our bodies interfering with our immune and digestive systems much like mild antibiotics.



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And one of the reason wine (and beer) has some nutritional value is due to the polyphenols in wine like resveratrol and hops in beer.

Polyphenols (and other nutrients) in wine are anti-inflammatory and anti-aging and neuro-protective — and good for heart health!

Excerpts from blog by Dr. Axe (www.draxe.com):

Red wine is **loaded with antioxidants**, particularly flavonoids like quercetin and resveratrol. These antioxidants boost many of the body's processes but are particularly revered for improving heart health.

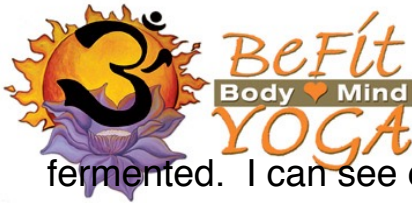
Resveratrol is another polyphenic bioflavonoid antioxidant found in red wine. It's classified as a **phytoestrogen** because it interacts with estrogen receptors in a positive way. It's believed to be one of the most **potent polyphenols and strongest protectors against free radical damage, cognitive decline, obesity and cardiovascular disease**. Plants actually produce resveratrol partly as a protective mechanism and response to stressors within their environments, like radiation, injury and fungal infections.

Bioflavonoids are a large family of polyphenolic compounds that carry out key functions in plants, such as fighting environmental stresses and modulating cell growth. One of the best-known flavonoids that's present in red wine is quercetin. **Quercetin** is one of the most abundant antioxidants in the human diet, and it **plays an important role in fighting free radical damage, the effects of aging and inflammation**. Research shows that quercetin can help to manage a number of inflammatory health conditions. The presence of quercetin is at least partly responsible for the benefits of red wine.

Other flavonoids found in red wine are procyanidins, which are also present in high amounts in chocolate and **apples**. Research shows that procyanidins have potent antioxidant activity and the ability to boost immune function. (16)

Food with or without wine?

There is some debate about taking food with alcohol. One side says, if you eat food while drinking alcohol it seems your body will burn off the alcohol while storing your food as fat; much like your body does with fruit sugars. Now there may be other factors that come into play here, for example, if the alcohol is truly



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fermented. I can see distilled alcohol possibly being problematic in this case, but I don't feel the data supports this with wine.

Wine on the other hand seems to support digestion due to its probiotic effect. We have taken wine with food throughout the ages — in the bible ... and in old European cultures; I tend to rely on traditions that have stood the test of time.

Old European saying: “Never have wine without food or food without wine.”

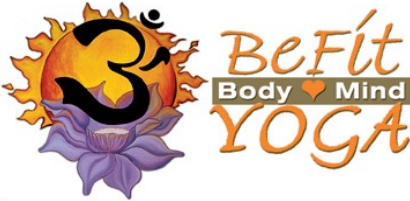
We have hundreds of years of cultures like Italy and France who take wine with their meals and tout improved health.

Enjoy your red wine! How to make it the most beneficial?

- ☯ Choose DRY RED wines — the drier the wine the lower the sugar content. White wine has a higher sugar content and less nutrients (white wine is made without skins — in most fruits the skin is where the most nutrition is).
- ☯ Try to get sulfite free or organic whenever possible.
- ☯ Make sure there are NO added sugars!
- ☯ Spanish Italian or French wines are more likely to meet these criteria than American wines. California wines seem to have higher sulfite levels — at least the ones in my price range.
- ☯ Buy the most aged wines you can afford and try to get wines that are aged in oak barrels. These types of wines have higher polyphenol content due to the oak barrels (they increase vanillin and give wine the vanilla scent) and sometimes the just the aging process itself increases the polyphenol content.
- ☯ Choose lower alcohol wines — I try to stay below 12.5%.

In my experience it seems the lower alcohol wines are younger wines; although supposedly that does not make a difference ...

Good news! I found a company that does research into the winemakers and their methods — Dry Farm Wines. Here is a link for you to check them out — If you try an order you get an extra bottle for 1 penny: <https://www.dryfarmwines.com/befityoga>



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Here is a link to a really good article on wine: http://www.marksdailyapple.com/the-definitive-guide-to-wine/?utm_campaign=Sisson+%28DGJVaJ%29&utm_medium=email&_ke=Ym9iYmlAYmVmaXR5b2dhLmNvbQ%3D%3D&utm_source=Lead+Nurture+2.0

*"Lord, give me green tea to change the things I can,
and red wine to help me accept the things I can not
change."*