

Wine Wellness

August



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

While 76% of American adults agree that wine is good for you, only 30% know the recommended limits. The US Department of Health and Human Services Guidelines for Adults advises women consume no more than one drink daily. "At two glasses in one sitting, you still have no risk and reap the benefits of wine," says Stephan Kamholz, a professor of medicine at Albert Einstein College of Medicine in NYC. "Once you start moving into three, the benefits evaporate, and long term risks for things like breast cancer and liver disease begin to rise." However, for many wine drinkers, the glass is half full... and it is a goblet!

- * Adhere to the guidelines of one serving per day, two for men.
- * Size up your glass. US Department of HHS Dietary Guidelines considers 5 ounces a daily serving of wine. There is no standard for wine glass size and most wine glasses can hold anywhere from 8 to 20 ounces.
- * Check the label. You may be consuming more alcohol than you intend. Labels on many wines underestimate the alcohol percentages. So if you are drinking wine over 13 percent, adjust your intake down, accordingly. Compared to men, women have a higher proportion of body fat, which cannot absorb alcohol resulting in higher levels of alcohol in the blood stream.
- * Avoid Alcohol if you are driving, have problems sleeping, are at high risk for cancer or alcoholism, or if you have liver, memory or balance problems. Ask your doctor to see how your medications interact with alcohol and what their advice is regarding alcohol for YOU. Don't start drinking if you do not drink now. Read Proverbs 23:29-35!

Exercise Classes

Get Fit - Tuesday & Thursday
8:45-9:30am

Theraband - Tuesdays & Thursdays
9:30-10:30 am

Basic Pilates - Tuesday 3pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?