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Cheers to the Health Benefits of Wine

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Abstract: Many countries attribute their increased life expectancies and overall health to their consistent consumption of red wine. In the multimedia piece about the health benefits of wine, Mr. Hulesman discussed how consuming one to two glasses of red wine each evening is associated with a decrease in depression, increase in cardiac health, and even lower risk of cancer. While red wine is associated with the most benefits, any grape of wine in moderation is acceptable.

Lenahan S. Cheers to the health benefits of wine. *BU Well*. 2017;2:13.

Acknowledgments: A special thank you goes out to Gary Hulesman for taking the time to share his knowledge about the health benefits of wine. Mr. Hulesman's interest in wine originated from his work as a restaurant chef and grew as he became a distributor of wine. When he first started to teach about the health benefits of wine he was a pioneer in the field. Over his 20 years in the wine industry, he has come across many mentors which have furthered his knowledge of the health benefits associated with the consumption of wine. He now shares his knowledge with others while hosting different tasting events. He promotes the health benefits of wine by encouraging people to consistently partake in drinking moderate amounts of wine.