For Medicinal Purposes

Liquor may help stave off the onset of Alzheimer's.

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Researchers at the University of Valencia in Spain found that drinking moderate amounts of alcohol seemed to delay the start of Alzheimer's disease, especially among nonsmoking women, according to study findings.

Alzheimer's is the most common form of dementia in those 65 and older, and the disease affects more than 5 million Americans.

Although scientists aren't sure what exactly in alcohol provides the protection, they do know that spirits, particularly wine, have proven vascular and antioxidant effects. The potent fermented grape juice increases your HDL (a.k.a. "good" cholesterol) levels and protects the lining of blood vessels in your heart.

But before restocking your wine rack, note that researchers say they need more studies to determine if the amount or type of alcohol people drink conveys any additional health benefits.

If further studies confirm a beneficial relationship, the findings could help doctors develop dietary guidelines.

Until then, here's to your health!

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http://beta.docker.realhealthmag.com/article/Liquor-Alzheimers-Research-19044-9510