

WINE AND BEER



Wine and Beer

- Is there a place for wine and beer in a:
 - A healthy diet
 - A gut health protocol
- The short answer is yes
- Both are traditionally fermented foods
- Both are low in alcohol (in comparison hard liquor)



Beer

- To be beneficial for gut health beer must be unpasteurized in order for the good bacteria and yeast be present
- Beer has other benefits
- B vitamins
- Contains silicon which blocks the uptake of aluminum and may help prevent Alzheimers
- Helps reduce kidney stones
- Helps affect cholesterol levels and reduce bile concentration preventing gallstones



Hops

- Is a major anti-inflammatory
- It helps stimulate gastric juices and pancreatic enzymes
- Can calm spasms in the digestive tract
- Hops is a natural sedative
- Beer also contains lactoflavin and nicotinic acid which help to promote sleep



Wine

- Health benefits of red wine are well – known: Anti-inflammatory, antioxidant, anti-aging, anti-cancer, may help prevent heart disease
- The phytonutrients – the polyphenols are prebiotics
- They feed the good bacteria and in turn, the good bacteria increase the bioavailability and effects of the polyphenols
- Contain probiotics that aid digestion and can inhibit food-borne pathogen
- Non-organic wines have been found to contain high amount of heavy metals



Wine

- Wine can also slow gastric emptying which may allow for more complete digestion and slower uptake of nutrients into the bloodstream (like glucose)
- American Journal of Clinical Nutrition, found that people have a higher levels of good bacteria and lower levels of bad bacteria in their intestines after drinking 2 glasses of wine daily.
- In another study, in comparison to gin, wine increased good bacteria and reduced systolic and diastolic blood pressure, total cholesterol, HDL, and C-reactive protein



White Wine

- Most studies are on red wine
- Phenolic compounds in wine vary depending on variety of grapes and technical processes
- Studies have found the white wines can often have higher levels of phenolic compounds than red – however more research needs to be done to determine which compounds they have
- Another study found white wine aided weight loss
- Stimulates gastric acid and lowers malonaldehydes (MDA) a natural occurring chemical that occurs when fats oxidize



Candida

- Wild yeasts are naturally occurring in wine
- However, red and white wine have been shown to inhibit Candida Albicans, as well as strains of pathogenic bacteria
- Anecdotal, people report Candidiasis worse, when they stop drinking wine
- Organic, sulfite free wine is best
- Another study found that neither baker's yeast or brewer yeast increased Candida Albicans in comparison to the control group

Wine and Beer Yeast

- *Bacteroides thetaiotaomicron* is a gut microbe recently discovered that breaks down and ferments complex carbohydrates called yeast mannans
- In doing so they produce short chain fatty acids to help the integrity of the gut lining and support the immune system
- Researchers believe that this ability to degrade the yeast-cell wall lining can play a role in fighting yeast infections and may help those with Crohn's Disease

In Conclusion

- Moderate wine and beer consumption can be part of a healthy diet and a good gut health program
- This can make the difference for compliance
- The key is to explain to the client the traditional role of wine and beer to aid digestion and support gut health so they understand consumption is in moderation
- Salute!

