



NEWSLETTER
San Andreas Movers & Shakers...it's not *OUR* fault!

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VOLUME TWO

Newsletter Editor

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S.A. M & S...



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July 2, 2013 Meeting

We had be having, Speech-Language Pathologist Terese Dell'Orto as our guest speaker. She is with the Sonora Regional medical Center in the Rehabilitation Services. She covered topics on swallowing, safe swallow precautions and strategies, introduced some exercises and spoke on Medicare caps/coverage. Julie who is studying under Terese discussed diet modification and left us with some handouts on swallowing precautions and some exercise sheets that would help in improving your ability to swallow

MEETING, August 8, 2012

Our Guest Speaker will be Sue Murray from Hospice.

Thanks goes to **Barbara** for all of the great treats that you brought for our enjoyment as well as for making the coffee for all of our meetings.

This month's refreshments are brought to you by **Mona** and **Dave**.

Group News

August Birthdays

RAY AZEVEDO

ROY LEASE

We wish you a very Happy Birthday and many more.

August Anniversaries

LINDA BOLTON



Nutrition Corner

Red Wine and Your Gut? (Important Study Results)

by Mike Geary - Certified Nutrition Specialist

Author of best-sellers: [The Fat-Burning Kitchen](#) & [The Top 101 Foods that FIGHT Aging](#)



You've probably heard that red wine can be a very healthy drink option, but you most likely only heard about generic benefits of the antioxidants and resveratrol in red wine.

But here's another MAJOR reason below why red wine in moderation (1-2 glasses per day max) can be a super healthy part of your routine. I personally have really grown to enjoy having a glass of red wine with dinner about 4-5 days per week.

A study published in the *American Journal of Clinical Nutrition* (Am J Clin Nutr. 2012;95:1323-1334) reported that people who drank 2 glasses of red wine per day (dry red wine, not sugary dessert wines) had higher levels of beneficial bacteria in their gut and lower levels of pathogenic bad bacteria in their gut. This is great news as you know from reading this newsletter how vastly important your gut flora balance is to everything from your digestion, immunity, metabolism, skin health, and much more.

The study concluded that while red wine consumption decreased pathogenic bacteria in the gut, it actually had a prebiotic effect in the gut in that it supported the growth and colonies of healthy gut microbes which protect your health.

But the powerful health benefits of red wine don't stop there...

Another exciting part of this study is that the red wine drinkers also decreased systolic and diastolic blood pressure, triglycerides, LDL cholesterol, and CRP (C-reactive protein). CRP is a measure of overall inflammation in your body, so it's great to see an



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association between red wine and reduced inflammation.

The interesting part of the study is that red wine was compared against equivalent servings of gin (equivalent alcohol serving) and none of the benefits mentioned above were seen in the group consuming the gin. This means the benefits were probably related to the polyphenols and resveratrol in red wine and not necessarily the alcohol content itself, although there is likely a synergistic effect of the alcohol and other compounds in red wine as the group receiving de-alcoholized red wine got less of a blood pressure benefit.

You can choose Cabernet, Merlot, Pinot Noir, Shiraz or any other dry red wine to get all of these powerful health benefits of the unique polyphenols and resveratrol.

Note that white wine also has some health benefits but not nearly as powerful as red wine due to the lower antioxidant levels.

Another benefit of red wine not mentioned in the study above is that some studies show that red wine consumed with a meal can slow and moderate the blood sugar response you get from that meal. This is yet another benefit to keeping your hormones balanced, controlling insulin levels, controlling appetite, and staying lean!

As you can see, there's plenty of reasons raise a glass of red wine at your meals and toast to your health and happiness!