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## What's new in the Grapevine this week?

- **Does wine prevent dementia?**
- **Gift certificates for summer celebrations**
- **Wine Club Update**
- **Cheap wine, big headache?**
- **New arrival**
- **Tickets for tonight's tasting**

### Does wine prevent dementia?

A new analysis of medical research finds that a nightly glass of wine with your dinner could be helping protect your brain from the risk of developing dementia. But scientists have yet to agree on why.

Hoping to bring focus to the debate, researchers from Qingdao Municipal Hospital and Ocean University, both in China, conducted a meta-analysis of recent research on the topic. They looked at 11 all-cause dementia (ACD) studies with 73,330 participants, five Alzheimer's dementia studies with 52,715 participants and four vascular dementia studies with 49,535 participants. They used a random-effect model to analyze the data.

The main conclusion of the study supports the idea that light to moderate alcohol consumption—one drink per day or less, according to this analysis—confers a lower risk of all-cause dementia than total abstinence. On the other hand, the researchers found that the risk for dementia was higher for those who consume more than three to four drinks per day, or 23 drinks per week.

A closer look at the results shows more good news for wine lovers: Of the studies analyzed, seven addressed the type of alcohol consumed, and the analysis concluded that **wine (consumed in light to moderate amounts)** was the only alcoholic beverage that appeared to possess notable protective effects against dementia.

Why does wine protect the mind? One familiar theory: the anti-inflammatory and antioxidant properties of polyphenols in wine could be a contributing factor.

But there may be other mechanisms. Ethanol is believed to stimulate the release of acetylcholine in the brain, which leads to improved cognitive function. Another theory is that gallic acid, which the body produces when consuming red wine, can block the

aggregation of beta amyloid in the brain. Beta amyloid is a class of peptides involved in the development of dementia.

So what does this mean for wine drinkers? "It's pretty clear that people who drink wine [are] lowering the risk of developing dementia; what we were trying to do is see why this is true," explained Dr. Curtis Ellison, professor at Boston University School of Medicine. "It's the polyphenols in wine that seem to give it extra protection, and it's probably that polyphenols work best with alcohol. [But wine] also evidently has mechanisms that are still poorly understood."

For now, just follow the advice we always give: drink wine in moderation to get the maximum health benefit.

*(This article is a lightly edited version of one appearing on the Wine Spectator website.)*

### **Gift certificates for weddings, anniversaries, Father's Day**

As summer approaches, there are lots of occasions that call for gifts. We have already zipped past Mother's Day and most of the college graduation season but we still have all those June weddings, June anniversaries and Father's Day still on the horizon.

Stumped about what to give your honoree ? Think about a gift certificate from the Wine Gallery. It makes for quick shopping time because you can call us or e-mail us to get the denomination you want. Gift certificates are also way cheaper to mail or ship than bulky packages. In addition, a Wine Gallery Gift Certificate has no expiration date.

That's enough about you; what about the recipient? The recipient of a Wine Gallery gift certificate can use the gift to buy anything he or she wants in our store. Of course we have 1500 wines to choose from but we also have a full array of gourmet goodies and wine accessories. Let your recipient be the one who stews over the right wines to buy or which glassware they want. They will choose exactly what they want (thanks to you).

A gift certificate means you never have to deal with refunds or exchanges. You never have to worry about whether they will like the wine or if you picked the right glass. Your recipient will be happy with anything they choose for themselves.

In the next few months when we have weddings, the anniversaries of weddings past, Father's Day or any birthday, remember the Wine Gallery Gift Certificate as the easy to do, easy to please gift.

### **Wine Club update**

Many Wine Club members are unaware of what our Millennium Club is. Simply put, it is one premium red wine per month. The selected bottle is usually highly rated and has qualities and characteristics beyond what one would expect from everyday wine selections. The Millennium selections are always reviewed in the Grapevine for your information and are available at the same time as Wine Club wines.

The cost for the Millennium Club normally runs between \$28 and \$35 per month. If you prefer, you can sign up for Millennium Club as a stand-alone but many

Wine Club members combine the Millennium membership with other Wine Club offerings. We are very flexible with your requests so don't be shy if this is something you wish to try.

If you would like to sign up for the Millennium Club, just mention it the next time you are in or call us today at 586-8828.

### **Cheaper the wine, bigger the headache?**

It's not as if wines that cost less than \$10 are always going to make you feel bad, or that wines that cost more than \$50 are never going to give you a hangover—which is terrific, because one of my favorite notes in wine is “affordable.” How much wine you consume is the biggest variable.

When you're feeling hung-over, it's because of a few things happening to your body. You're dehydrated, you're experiencing vitamin depletion (in particular, vitamins A, B—especially B6—and C), and you've got an accumulation of acetaldehyde, a toxic by-product of your body metabolizing alcohol.

Plenty of variables will impact these effects, including what it is you're drinking in the first place. Sugar can accelerate the depletion of B vitamins, and some cheap wines might be on the sweet side, but some of the greatest, most expensive wines in the world are also sweet. Congeners—impurities formed during fermentation—can make hangovers worse. More congeners are typically found in red wine than in white. I've heard that less expensive wines also tend to have more congeners in them, but I haven't seen any proof.

One thing we know for sure is that sulfites are not the culprit. If sulfites gave hangovers you would get a skull shattering headache from eating raisins, dried apricots or McDonald's French fries. Shrimp and trail mix would leave you nauseous and a peanut butter and jelly sandwich would keep you in bed tomorrow.

Then there are histamines, which occur in wine and are known to cause headaches, so if you're histamine intolerant that might make your hangover feel worse. I've heard theories that wild yeast fermentations (which I've only seen in pricier wines) and problematic or rapid fermentations (which you might see in cheaper wines) increase the likelihood of histamines.

Tannins can interfere with your serotonin levels, which also have a headache impact. Some cheap wines might have added tannins or synthetic tannins. Because of the way the grapes are handled, they might have a whole bunch of tannins, but sometimes so do expensive wines. Less-expensive wines might use oak alternatives which I've heard can sometimes be treated with chemicals to make the wine absorb the oak flavors faster, and that might also aggravate headaches.

Taking all this information in, you can see that it's not simply a matter of correlating the price of a wine with how it'll make you feel the next day. Mostly, it is just following our advice and enjoying wine in moderation.

### **New wine this week**

This week we received a few bottles of the **2013 Baer Malbec** from the iconic Washington winery. We have just a few bottles of this world class Malbec for just

**\$26.95.** What we liked was the variety announces itself with aromas of dark plum, fig, herbs and blackberry bud that enchant the senses. The fruit flavors are soft and plush, showing a dazzling sense of purity along with a finish that lingers. It flat out impresses. Taut and minerally, with a layer of saline and river stone adding to the dark berry flavors, finishing with focus and a wrap of firm tannins. Oh yes, it rated **92 points from Wine Enthusiast** .It will drink well for the next five years but get yours now—only 202 cases were made.

## **Preview of the Extraordinary Tasting Tonight**

**We still have a few tickets left for The 2017 Extraordinary Tasting event that is set for tonight Wednesday, May 17<sup>th</sup>. Starting time is 7:00PM we will be graciously accommodated by Riverside Country Club.**

You don't have to be a member at Riverside to join the hospitality and tasting so don't let that stand in the way of an educational and fun experience. This may be the last time to do some tasting and shopping for new wines for the summer.

Last year we brought nearly 50 wines to taste from domestic and imported wineries. The response was overwhelming as wine tasters got the chance to taste wines and consult with winemakers *before* buying. I know I say this a lot but if you are going to buy wine for summer, the opportunity to find the wine you want is our Extraordinary Tasting. Whether you want a patio sipper, a picnic wine, or just a big red for a steak from the barbecue you will have a chance to audition some great candidates tonight.

This annual wine tasting is staffed by winemakers, senior winery personnel, wine marketing professionals and our great suppliers. For interested wine consumers, this tasting is the most informative of the events we do each year. We plan on showing wines from Washington, Oregon and California as well as the best of European and Southern Hemisphere wines. The last tickets are on sale for \$69 each. This price includes the wines, scrumptious small plate delicacies from Chef Sanford Isobe's kitchen, full service by the Riverside staff, and gratuity.

If you are curious about the menu or the wine selections for tonight, just request them by e-mail ([bozemanwinegallery@gmail.com](mailto:bozemanwinegallery@gmail.com)). To order tickets, call us at 586-8828 or send your request to the e-mail address shown.