

Drinking a glass of red wine every week can improve your chances of getting pregnant

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While women are advised not to drink alcohol for a period of time or after pregnancy, a recent study suggests that drinking alcohol can also increase your chances of conceiving.

Researchers from the University of Washington in the United States found that mothers who regularly drank red wine had better ovarian reserves - more eggs produced at the same time.



The team asked 135 women aged 18 to 44 to record details of the amount of beer, spirits and white wine they drink each day.

They also use ultrasound scanners to count each woman's safe follicle, and quality egg reserves are born.

Researchers found that people who consumed more than five portions of red wine each month had higher quality ovaries - a measure of women's reproductive health, Times reported.

However, researchers also note that white wine, beer and spirits are not related to this result.

In red wine there is also resveratrol molecule, an antioxidant that protects cells from biotic stress and it is abundant in red grapes, blueberries and cocoa.

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