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## Interesting life stories podcast

Last updated on January 26, 2021 Are you a red wine drinker? What if I tell you that a glass of wine is an hour of exercise? Yup, it has proven its worth. A new scientific study has just confirmed this wonderful news. So next time you hold a glass of Merlot, you can brag about an hour of hard training. Rejoice, drinkers! What the study found I think resveratrol could help groups of patients who want to exercise but are physically incapable. Resveratrol could mimic exercise for more improving the benefits of the modest amount of exercise they can do. (applauded) I'm not saying that, but the study's lead investigator Jason Dyck, who published it in the Journal of Physiology, May. In a statement to ScienceDaily, Dyck pointed out that resveratrol is your magical natural compound that inundates you with the same benefits you'd deserve by exercising in the gym. And where do you find it? Fruit, nuts and of course red wine! Have I forgotten to mention Dyck also researched resveratrol can improve exercise training and performance? There are limits, of course, but everything is not gold, as they say. If you are a lady who likes to keep a glass of white wine in the club or just a Chardonnay lover, you have a bad (sad) message. The formula of one-hour training only works with red wine, not with non-red wines. And don't be fooled and think you've done 4 to 6 hours of workouts if you accidentally swallow a bottle of red wine. And what can replace the golden lifelong benefits of exercise? Exercise is just as important as you age. Period! But hey, let's not be discouraged; Look at the bigger picture here. A glass of red wine is not a bad deal! The health benefits of red wineBut how beneficial is the red alcoholic beverage for your body? As we all know, red wine is a healthier choice you make when drinking. Let's hear it from a registered nutritionist. Leah Kaufman calls red wine the most calorie-friendly alcoholic beverage. Sure, you won't mind adding up to 100 calories per 5 ounce glass of red wine after realizing that it contains antioxidants, lowers the risk of heart disease and stroke, reduces the risk of diabetes-related diseases, helps prevent the formation of blood clots and lowers bad cholesterol levels. Want more? Wine could also replace your mouthwash because the Flavan-3-ols in red wines can control the bad bacteria in the mouth. To supplement this list of benefits, moderate wine drinking can also be beneficial for your eyes – a recent study mentioned. Be aware of the risks, even after you have all the goods about red wine you can't underestimate that it's still an alcohol that's not the best stuff to pour into your body. What will excessive drinking do to your body? Know the risks and you should be a good drinker at the end of the day. However, you don't want to discard the red vino from your proper food regime just because it turns your teeth blue. M-o-d-e-r-a-t-i-o-n. Have you read that? Read? the operative word when it comes to alcohol. By the way, if chocolate is paired with wine, especially red, they can bring you some extraordinary benefits for your health. But again, if you tend to go overboard and drink bottles after bottles, you are for the negative side of alcohol, and we all know what too much sweetness (sugar) can do for our body (open invitation to diabetes and heart disease if you don't know). People who drink red grape is certainly a good buy to have a good hour worth of cardio, provided you keep an eye on the M word. Cheers! Featured photo credit: James Palinsad via flickr.com web app Dandelife, a social biography network, creates a timeline of your life linked with text posts, YouTube videos and Flickr photos. The creators of Dandelife, who call it lifecasting, think that stories are best shared. Agreed, but the timelines of most people are not of much interest unless you know them and you want to know about their first kiss and the first time they go surfing. Each post can be selected and you can view a person's timeline sequentially or by day. Well, what I'd like to see is a website like Dandelife combine with a personal map making website so you can tell your stories about geographic or time-based axes. I love the idea of recording your life this way (I wish my great grandparents had done it), but I have to admit that I didn't enter my life story in Dandelife - it just wouldn't be interesting enough. (Still.) Dandelife (via Waxy) time for a real conversaton: I'm a big fan of podcasts. From the love bomb to two dope queens to Stuff Mom Never Told You to Bustle's own I Want it That Way. Thank you, Bustle!), there's nothing I love more than losing myself in a good podcast. My favorites? Binge-worthy true crime podcasts – preferably the murderous kind. Because I'm a weirdo who loves murder. And when you're something like me, you get really excited when you meet someone who likes to talk about crime and murder. It's a taboo thing. Not everyone is there. And when you find someone else who shares your obsession with unsolved murder, it's like finding your soulmate. I know this is true because it happened during a drink with a new friend last month, and it was magical. And I'm going to go on a limb here and suspect that they're a little bit into listening to murder podcasts when you read this article. And if that's the case, you could still be haunted by serial's cultural zeitgeist shock. Season 1. Serial talk is still one of my favorite conversation feeds Cocktail parties: Who do you think did it? Why can't we come to the truth? And if they've been looking for something to fill this crime-obsessed void in your heart for some time, don't be afraid! Listen are 12 real crime podcasts you need to listen to. 1. My favorite murderif you secretly long for someone to talk about murder, don't look any further. Georgia Hardstark and Karen Kilgariff (says that Times fast...) are the two anxious but hilarious beasts we all need in our lives. In short, they are obsessed with murder – by avoiding being murdered, talking about people who were already there, and delve deep into the sociopaths who commit the crimes. Your show often goes into ebullient tangents about culture, LA, and the likelihood of being murdered while you go to your car, but the listeners don't mind; My favorite murder quickly rose to become one of the most downloaded on iTunes after just a few episodes. But here's a word: If you have really heavily researched podcasts with quoted discussions, that's not the case. But don't let it turn away! The half-calm nature of Karen and Georgia's research – along with their hilarious comments – is only half as much fun. 2. Last podcast On The Left Effortlessly combines the irresistible appeal of contextual research, comedy and unsolved mysteries. Last Podcast on the Left is a great show for those who want to delve even further into the realm of freaky/taboo themes. The podcast deals with everything from vampires, UFOs, cults, occults, demons, bigfoot, etc., and the hysterical disrespect of the hosts for such phenomena (and the individuals who mercilessly pursue and study them), but not without a healthy dose of skepticism. 3. Criminal fans who have complained about Serial's misdemeanour (and completely underwhelming second season) need not continue to search for their true crime problem. Criminal – an OG true crime podcast – combines the best of Serial and This American Life – which means an episodic chronicle, and the smooth, buttery detachment of Sarah Koenig's voice – in this series of stories about crime and its various actors. Host Phoebe Judge presents each episode like his own mini/creepy sleep story, complete with impressive sound effects, braided characters and a hidden morality hidden somewhere at the end. And thanks to its slightly short running time, you can usually turn off an episode on your morning commute – or while you're asleep when you're so weird. 4. Someone knows something something! FacebookAnother episodic favorite, Someone Knows Something zeroes in on one crime over several episodes. The story in season one revolves around a five-year-old boy from Ontario who essentially disappeared without a trace on a family outing. But someone knows something, and host David Ridgen – who grew up in the same city as the boy – is looking for answers. And good news for fans: Season 2 is just as good. 5. S-TownAlthough not exactly a real crime podcast, S-Town packs the same beautiful hooks and edge-of-your-seat appeal as some of its true crimes The coverage is incredible, the characters are compelling, and the content of the story is firmly in the ultra-bizarre camp of Man just can't do this stuff. One of the best things about S-Town is that the story literally unfolds for the reporter in the same way as for the listener; the deeper you delve into the the more addicted host Brian Reed himself will be on the discovery of the truth. If you haven't done it yet, it's definitely worth listening for seven hours. 6. Detective Treats the Work and Career of Former Colorado Springs Police Department Detective Joe Kenda. Season 1 covers Kendas' career rise from rookie to retiree - over 23 years worth of cases, leads and reading between the lines. Ideal for fans who are curious about how these crimes are actually solved. 7. 48 hoursIf you love the show, you'll love the podcast version of the program that packs the same docu-style crime storytelling as its TV counterpart. Forty-eight hours is more informative than gripping, but still a more listenable one. 8. CrimetownAddicts of HBO's The Jinx, will love Crimetown, a podcast project of the show's producers: The show revolves around a crime-fueled network of police corruption in Providence, Rhode Island. In the first episode, a prosecutor deals with a high-profile mafia case. 9. Sword And Scale True Crime Garage True Crime Garage is similar to My Favorite Murder in some great ways. Hosts Nic and The Captain meet each week to drink beer, discuss high-profile crimes and see who can be funnier. The coverage starts pretty well, but tends to be buttoned up after a few rounds. But as with My Favorite Murder, it's about the humour and joy of finding another person who loves murder, as well as the stories. 11. MissingAnother podcast perfect for bingeing (with only eight episodes, you can get through it pretty quickly), Missing is almost obligated to take over your Saturday. The podcast is all about missing people - you guessed it – but it does offer something unexpected by also investigating what it's like when someone decides to be missed. For those who have ever seen their credit card bill and thought about life on the run, Missing will be a treat.12 Unsolved Murders. True Crime StoriesLast, but certainly not least on this list, Unsolved Murders is all your unresolved, mystery-loving heart wants. If you can't stop running through the evidence in all unresolved cases, and love the cheesy re-enactment drama of true crime television, you'll absolutely tip your lid on this podcast. Unsolved Murders used Voice actors and well-equipped sound effects to recreate every story. Season 1 covered everything from the New Orleans Axeman (a serial killer with a passion for jazz) to a Texas serial killer. Let yourself be inspired – he is committed to becoming one of your new favorites. Favorites. Favorites.

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