

## Science behind the News



Research in [BMC Medicine](#) gave a lift to wine-lovers, suggesting that two to seven glasses a week could reduce depression rates in middle-aged and older people. The PREDIMED study in Spain has recently shown benefits to health from eating nuts, and the new article was reported in the [Daily Telegraph](#) and [ABC.es](#). And good news for the good hearted: volunteering is linked to increased longevity in a review article in [BMC Public Health](#). [Time](#) and the [Huffington Post](#) both covered the article.

