

just how healthy is

RED WINE?



Red wine contains antioxidants which can support heart health, lower bad cholesterol, and support blood flow



The most well-known antioxidant in red wine is resveratrol, which is found in the skin of grapes



Grapes contain about 90 percent more resveratrol than blueberries



Research suggests that red wine is healthy when an occasional part of a healthy diet



Moderation is key (stick to one glass a day)



Red Wine For Your Health

Rachel Berman



Red Wine For Your Health:

Red Wine for Your Health Andrea Schaffer, 2001 This book explores the history and tradition of wine as a curative agent Schaffer decodes the French Paradox theory a scientific experiment that found that in red wine drinking cultures such as France the rates of heart diseases and stroke were much lower than in countries where red wine is less often consumed

The Red Wine Diet Roger Corder, 2007-09-06 Wine is good for you and we finally know why Wine drinkers are less prone to heart disease diabetes and dementia than non wine drinkers But what exactly is it about wine that keeps us healthy Which is better for you a California Cabernet or Syrah from the south of France How can you choose wines that both suit your tastes and benefit your health In a landmark study Roger Corder revealed that compounds called procyanidins are the key components of wine for preventing illness Now in *The Red Wine Diet* he argues that drinking the right kinds of red wine and eating procyanidin rich foods such as dark chocolate apples and berries can help us live to a ripe old age while enjoying all the pleasures of life Corder's own tests show that as a result of grape variety wine making style and other factors some red wines contain much higher levels of procyanidins than others With a unique personal rating system he describes the most beneficial wines he's found to date And to round out his lifestyle plan he includes fifty delicious recipes featuring foods that are high in procyanidins Corder's prescription is an easy pill to swallow Drink red wine every day and live a long and healthy life

Dr. Moyad's No BS Diet Health Advice Mark A. Moyad, 2012-06-01 For years you've been asked to buy into all that health advice out there to buy the books the machines the newsletters the pills the injections and the surgeries Now it's time to put all those things aside and empower yourself with the knowledge to sort through all the BS health advice that's bogus science of course to find a truly stronger healthier you Taking a common sense and often lighthearted approach to the research and myriad of health information out there Dr Mark Moyad pulls back the curtain on many half truths and misinformation and helps you develop a plan to improve your immune health and wellness As Director of Preventative and Alternative Medicine at the University of Michigan Medical Center Dr Moyad has maintained a consulting practice on complementary medicine for the past 10 years He is the author of over 100 articles and 5 books and arguably no doctor has now educated more physicians and other health care professionals around the world on the subject of diet and dietary supplements Join Dr Moyad on his step by step journey to improving your health

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deux textes

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