# The Red Vine Diet Drink wine every day and live a long and healthy life Roger

# The Red Wine Diet (Paperback)

Filesize: 4.91 MB

## **Reviews**

This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover.

(Darrin Abbott)

# THE RED WINE DIET (PAPERBACK)



Avery Publishing Group, United States, 2007. Paperback. Book Condition: New. 221 x 147 mm. Language: English . Brand New Book. 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.



Read The Red Wine Diet (Paperback) Online

Download PDF The Red Wine Diet (Paperback)

### See Also



### Readers Clubhouse Set a the Caterpillar (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Mary Collier (illustrator). 221 x 147 mm. Language: English. Brand New Book. This is volume five, Reading Level 1, in a comprehensive program...

Download Book »



### Readers Clubhouse Set B Joe Boat (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Kristin Barr (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume four, Reading Level 2, in a comprehensive program...

Download Book »



### Readers Clubhouse Set a Nick is Sick (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Carol Koeller (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume three, Reading Level 1, in a comprehensive program...

Download Book »



### Readers Clubhouse Set B Lukes Mule (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Shawn Costello (illustrator). 221 x 147 mm. Language: English. Brand New Book. This is volume five, Reading Level 2, in a comprehensive program...

Download Book »



### Readers Clubhouse B People on My Street (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New.  $221 \times 147$  mm. Language: English . Brand New Book. This is volume two, Reading Level 2, in a comprehensive program (Reading Levels 1...

Download Book »