

Download The Red Wine Diet Drink Wine Every Day And Live A Long And Healthy Life

The Red Wine Diet: Drink Wine Every Day, and Live a Long ...

Corder's prescription is an easy pill to swallow: Drink red wine every day and live a long and healthy life.

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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.

Amazon.com: Customer reviews: The Red Wine Diet: Drink ...

The Red Wine Diet is an excellent summary of the health aspects of drinking red wine. It explains Resveratrol (the ingredient in red wine that is beneficial) in layman language. It helps one to understand why the French with their fatty diet can still be healthy. One person found this helpful

The Wine Lover's Diet | Livestrong.com

A search of the Internet might reveal a few attempts at a wine lover's diet, but it hasn't caught on as a trend. While wine may help improve heart health, it's only beneficial to your health if consumed in moderation. If you're a lover of wine, talk to your doctor about how to fit it in your diet for good health.

Here's What Happens When You Drink Red Wine Every Night

At dinner, the people in the study were told to drink five ounces of one of the following beverages: mineral water, dry white wine or dry red wine.

5 Red Wine Health Benefits

A glass of red wine (5 ounces) a day has long been praised as good for your ticker. But newer research has also linked moderate alcohol consumption — including white wine and other beverages — to...