



The Red Wine Diet (Paperback)

By Roger Corder

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...



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