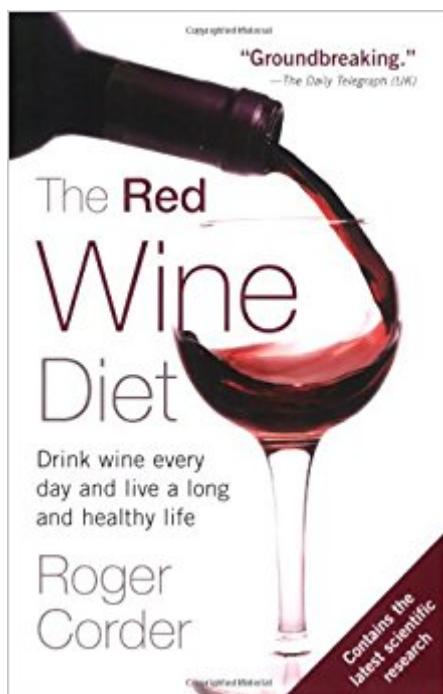


The book was found

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



Synopsis

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.

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Customer Reviews

"The meatiest book of this genre, written by the measured and thoroughly objective professor of experimental therapeutics . . . extremely useful and informative." -"Financial Times" "Quite possibly the most useful wine book published this year." -"Decanter"

Roger Corder is professor of Experimental Therapeutics at the William Harvey Research Institute in London. He has researched cardiovascular function and the link between diabetes and heart disease for twenty-five years. He has published numerous articles and lectured widely on his findings, which confirm the link between wine consumption and health.

This interesting book might have been more accurately titled "The Procyanidin Diet", but that would probably not help sales. Furthermore, it is not a weight loss book, or just a book about red wine. Author and UK researcher Roger Corder makes a persuasive case in the book for the many health benefits of diet high in procyanidins, one of the phenols found in red wine, chocolate, apples, cinnamon and other plant sources. He gives specific recommendations for wines and foods, as well as recipes, that are high in procyanidins. It is possible to follow his recommendations without drinking any wine at all, but probably not as enjoyable. Oddly enough, procyanidins are produced by plants in their skins and seeds for protection from rot and insects, and not for human benefit. Corder makes a convincing case that wine procyanidins are the solution to the "French Paradox" rather than the highly touted resveratrol; and their benefits to the human circulatory system have also been identified in certain red wine drinking populations in Sardinia, Crete, and Sicily, as well as Southwestern France. Other confirming evidence comes from the Kuna natives of Panama who drink large quantities of cocoa containing a similar dose of procyanidins, and who achieve the similar beneficial health effects. Corder rates many red wines from * to ***** in order of their measured procyanidin content, with his highest ratings going to tannic and acidic wines such as tannat grape wines from the Madiran region of France. These wines tend to be the kind you want to drink with food. He suggests that two glasses of these highest rated wines give you 250-500 milligrams(mg) of procyanidins, his recommended dose per day for optimum health benefits. Since the procyanidins come from the grape skin and seeds, and they deteriorate over time, the highest concentrations are found in younger wines fermented for weeks in contact with the skins and seeds. As a general rule he found higher levels in Cabernet Sauvignon wines. Corder also rates various foods in terms of his 4 oz glass of "good" procyanidin wine which contains about 60 mg. For instance: 2 Tbs. unsweetened cocoa powder (non alkali processed) 1 Tsp. cinnamon powder 1 apple 1/2 cup raspberries 1/2 cup cranberries 1.5 oz walnuts All the above foods rate equivalent to Corder's "good" glass of red wine, so any four of them together would give you about 250 mg of procyanidins, his recommended minimum daily dose. Note that the estimate of the typical USA consumption of procyanidins is less than 100 mg per day, mainly from chocolate and apples. Corder argues that you should eat a diet with many sources of procyanidins because of the complexity of

the chemistry and our incomplete knowledge of all the potential benefits. Corder's book made me rethink the way I select wine and many foods.

The book arrived safely and on time. The read is easy and most informative. I now realize "The Red Wine Diet" is more about a healthy life than a skinny one, but it's all good; at least in the first few chapters - I'm not finished. I recommend it highly.

Excellent, scientific and very readable

This book has helped me to prepare my final work at school. It is a mixture of scientific point of view with the real point of view about health and proacydin benefits to humans. Easy to read for anyone, very well described and explained. Science should be taught in schools the way this book is written. Love it!

Really a very interesting book giving all guidelines to follow to attain longevity in perfect health. A worthwhile reading book! It explains the why of everything, it gives you a list of the top healthy wines, recipes and much more. I loved it and will keep in my cooking library.

This book is a good one if you drink traditional (French) wines. It has lots of info on red wines from different areas of the world. If you are interested in only drinking traditional French red wines, you will like the book. For me, it was health benefits that got me looking into red wine. As an ER nurse, I see more heart attacks than I would prefer. Thought the "French Paradox" was interesting, but I was skeptical. Turns out, the more research I do, the more credible it appears. I also got another book, "The Longevity Factor", and there I read about muscadine wine. This is popular in the Southeast, but not elsewhere as the grapes will not grow anywhere other than the Southeast. Muscadine was used for 8,000 years by native americans. Wines were made in the early 1500's in the New World as explorers found this grapes growing wild all over the coastal areas of the Southeast. Turns out, muscadine grapes have far more health benefits than traditional red wines. I have read anywhere from 10X to 40X the amount of resveratrol compared to traditional red wines. Bowman Gray School of Medicine (Wake Forest) did a study this past year on Natures Pearl, a muscadine seed supplement, and results should be out any time now. What I have seen so far looks very promising. A cardiology professor led the study and it is to be printed any time now for the public. Harvard School of Medicine showed the anti-oxidants in muscadine wine increased mice life expectancy

30%, even with high fat diets. Reductions in LDH (bad cholesterol) and increases in HDL (good cholesterol) were significant. An independent lab in Wareham, Mass, Biotech, said that the muscadine seed had more resveratol in it than anything they had ever tested. I have contacted researchers from Miss State, Florida Univ, and other state level organizations and all my info says the same thing. Muscadine wine/grapes are far superior to all other red wines in regards to health benefits. It is perplexing to me. Why is so little said about this on a national level? Why do most the books and articles speak only of red wines like Cabernet Sauvignon, Malbec, etc..? Two thoughts on the subject. One, muscadine grapes only grow in the Southeast of the US and are just a well kept secret to the rest of the world. Two, the market for French, California, Argentina, Australian, wines is so great, and is experiencing a surge as people start drinking red wine for health reasons, that it would hurt the sales of these wines if people found out that \$7-15/bottle muscadine wine was more healthy. I don't know if the author of this book kept muscadine wines out of the book for this reason, or if he just is not aware of the benefits (and superiority) of muscadine wine. Reason I give this book two stars is that with the amount of research the author did, I can't believe he did not know about muscadine wine. Not one single word in the book mentions it. For a book that's sole purpose is to educate people about the health benefits of red wine, I found this unacceptable. Perhaps I would go so far as to say, pushing an agenda. His preference for rich and dark French wines is overtly obvious in the book. Luckily for me, this is not the only resource I checked into. Perhaps this is a case of "sweet wines" not being given any credibility. Perhaps they just don't cost enough. Not sure. But I do know that there is no way I will be drinking the firm tannin, astringent, and expensive french red wines after the information I have discovered recently. I will be taking a Natures Pearl supplement in the morning, putting a little muscadine jelly on my toast, and having a wonderful glass of sweet southern made muscadine wine with my evening meal. I encourage anyone to research this area further. I suspect you, like me, will be surprised at what you find out. As a sidenote, Smith-Glaxo-Kline (huge pharmaceutical corporation) recently payed 3/4 of a BILLION dollars for a study on resveratol. I suspect the "Fountain of Youth" pill will be coming out in the next 5 years or so. Do some reading, dig a little beneath the surface and get past the hype of French red wines. Google "muscadine health" for starters. Below is a link that will provide some great info if the link doesn't break. Look under the "Muscadine Wine and Health" section. In that same section, there is a pdf file "MD News" that I found very interesting. If the link breaks, you can find this info on the North Carolina Commerce website.[...]

book is what it is said to be. I didn't end up reading the whole book. You may if you buy into the

requirements.

If you like red wine, you should read this book.

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