

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

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.*The Red Wine Diet: Drink Wine Every Day, and Live a Long and Healthy Life* Paperback – Sep 6 2007. by Roger Corder (Author) Be the first to review this item. See all 5 formats and editions Hide other formats and editions. Amazon Price New from ...Find helpful customer reviews and review ratings for *The Red Wine Diet: Drink Wine Every Day, and Live a Long and Healthy Life* at Amazon.com. Read honest and unbiased product reviews from our users.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.