

The Medicinal Benefits Of Wine Drinking: Your Good Health - E Maury

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Health experts and scientists are saying that "wine is good for you". Scientific studies have shown that moderate wine drinking lowers the risk of heart disease (especially red wine which is high in flavonoids), moderate wine drinkers are 85% less likely to catch colds than those who do not drink, two to three glasses of sweet white wine a day are more effective than fibre at preventing constipation, a glass of champagne is the best cure for indigestion and a glass of wine could even keep wrinkles at bay. Dr Maury, a homoeopathic doctor, has spent his life studying the medicinal properties of wine and now provides specific guidelines for the best wines to choose for good health. Discover gives you the red and wine for a healthy lifestyle. From flu (claret), cellulite (Muscadet0 to diarrhoea (Medoc) and bladder problems (Sancere) there is a wine to suit your every health need. Author: Maury, E Publisher: Souvenir Press Illustration: N Language: ENG Title: The Medicinal Benefits of Wine Drinking: Your Good Health Pages: 00126 (Encrypted EPUB) On Sale: 2012-10-01 SKU-13/ISBN: 9780285633391 Category: Family & Relationships : General Category: Health & Fitness : Healthy Living Category: Health & Fitness : General

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