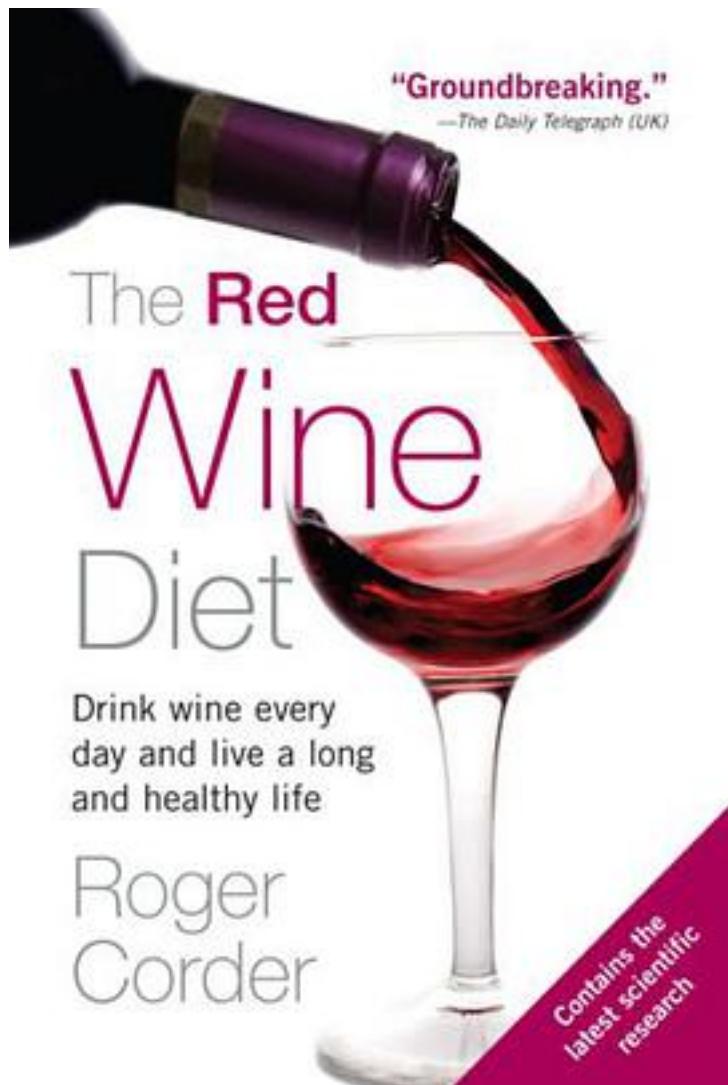


The Red Wine Diet



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著者:Corder, Roger

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A scientist whose groundbreaking research reveals the link between wine and health presents a complete plan for lifestyle and nutrition based on his findings. Wine is good for you, and we finally know why. Wine drinkers are less prone to heart disease and diabetes and are less likely to suffer from dementia in old age than non-wine drinkers. But why is wine such a wonder drug? Are all wines created equal in terms of their beneficial effects? Roger Corder has been investigating the link between wine and health for nearly a decade. In *The Wine Diet* he overturns the popular notion that resveratrol is responsible for the health benefits of red wine, revealing instead that a group of organic chemicals called procyanidins are what keep us healthy. Based on his landmark findings that were published in the prestigious scientific journal *Nature* in late 2006, Corder offers readers a nutrition plan with dozens of delicious recipes. He has tested wines from around the world, and he reveals which ones have the highest procyanidin content. His eating program features procyanidin-rich foods such as dark chocolate, nuts, berries, apples, and pomegranates. Corder's prescription is not a hard pill to swallow: Drink two to three glasses of red wine every day, eat dark chocolate, nuts, and berries, and live a long and healthy life. Little, Brown UK published *The Wine Diet* in December 2006 and immediately sold through their first printing. The book has been a huge hit with the UK press, getting a major five-part serial in *The Daily Telegraph* and appearing in everything from food and wine columns to the tabloids. Features 50 all-natural recipes

作者介绍:

目录:

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