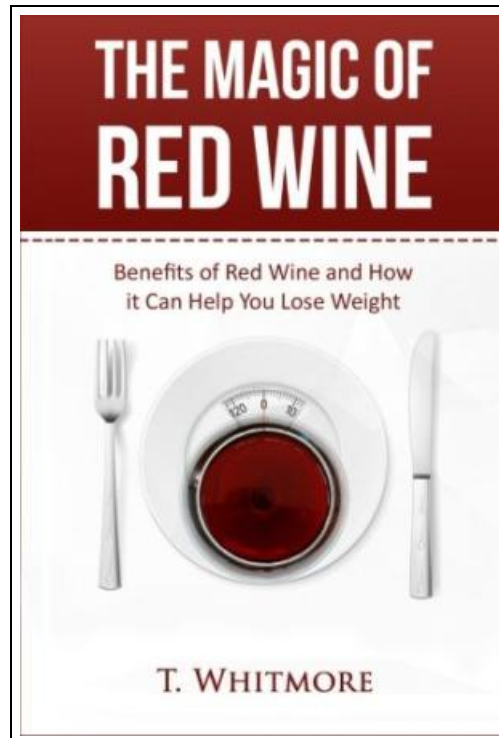


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THE MAGIC OF RED WINE: BENEFITS OF RED WINE AND HOW IT CAN HELP YOU LOSE WEIGHT (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Health Benefits of Dieting with Red Wine Why are many people obsessed with wine? Wine has been a fascinating subject since time immemorial. In the yesteryears, wine was related to luxury and royalty. And over the years, wine has become an industry. Wine is made from different types of fruits that can range from grapes to pomegranates but in this eBook, red wine is the center of focus. Red wine is made from grapes. But what is so special about it? Is wine making science or an art? Red wine making and red wine itself is as old as civilization itself. Turkey, Iran, and Eastern Russia are areas that were the main places where grapes were grown. Today, however, grapes can be found all over the globe. Interestingly, the oldest winery that was found can be traced back to 4100BC in Armenia. The wine lover will want to know about the origin and history of red wine and the fact that it can also be found in biblical writings has made it even more important to a history of red wine. But in the modern era, people associate red wine with health benefits as it has been established that moderate drinking is good for health. That does not necessarily mean that red wine alone can help in unorthodox fat loss but proper diet and exercise is the secret of staying fit. While the people residing close to the place of its origin emphasize on the artistic part of red wine making, there are yet others for whom this is an industry. It is a profession for them and not art. There are many factors that impact the wine making. How red wine...



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