

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Red Wine is Healthy**

**By Alison White**

Is red wine beneficial for health or a potent poison? In the old times Plato said that "nothing more

excellent or valuable than wine was ever granted by the Gods to man." Nowadays research suggests that a glass of red wine each day may be providing you with more than just a little relaxation.

The French seem to know something about the health benefits of red wine considering that studies that compared French and German red wines, revealed that the French red wines delivered a greater health benefit due to their higher level of antioxidants. Experts believe that red wine contains certain compounds that help protect the heart. This has opened the door for other researchers to study the components in red wine that may be responsible for its health benefits.

In the last 10 years, thousands of research on red wine showed that moderate intake of this drink improves cardiovascular health. The cardio protective effect has been attributed to antioxidants present in the skin and seeds of red grapes.

Based on the research experts advise that the antioxidants, called flavonoids, reduce the risk of coronary heart disease in three ways: by reducing production of low density lipoprotein (the "bad" cholesterol), by boosting high density lipoprotein (HDL) cholesterol (the good cholesterol) and by reducing blood clotting.

Furthermore researchers have found that moderate red wine consumption may be beneficial to more than just your heart. One study found that the antioxidant resveratrol, which is prevalent in the skin of red grapes, may inhibit tumour development in some cancers. Another study indicated that resveratrol aided in the formation of nerve cells, which experts believe may be helpful in the treatment of neurological diseases like Alzheimer's and Parkinson's.

The most recent studies on red wine presented at the American Association for Dental Research (AADR) annual meeting, in Orlando, Florida by the Canadians show that Red wine polyphenols may help fight gum disease. V. Houde, M. Boisvert and their colleagues from University Laval in Canada investigated the role of polyphenols, including those from red wine, in scavenging free radicals released by immune cells stimulated with components of bacteria causing periodontal diseases. Free radicals are believed to be at least partly responsible for the development of gum disease and are generated by immune cells during periodontitis. In order to have healthy gums it is important to that free radicals are maintained at low levels. Their results indicated that red wine polyphenols significantly modulate several inflammatory components released by macrophages (a population of host immune cells) in response to bacterial stimuli.

Visit [Vintage Roots](#) for  
organic wines

## **Valencia And Wine**

**By Peter Vermeeren**

Valencia is famous for its wine production; many of its wines are exported overseas for use in restaurants, or for personal use. Valencia's weather climate and soil consistencies form the perfect conditions for wine production.

Wine is a delicacy to be served with meals and on special occasions. Valencia is well known for its fiestas and celebrations throughout the year, so wine is often a part Valencia's lifestyle.

Knowing which type of wine to select with your meal, or to give as a present is important, as you will want to compliment your dinner with the right wine, or surprise your guest with a wine that suits their tastes.

Essentially, there are types of wine and all of some of these are more suitable to certain types of foods than others. White wines usually go well with white meat dishes, such as fish and chicken, while red wines traditionally go with red meat and pasta dishes.

Generally, there are sweet and dry wines, which can be found in both white and red wine varieties. If you are looking for a sweet white wine you might choose a Riesling. Leaving the grapes on the grape vines for a longer period of time makes sweet wines.

When looking for a sweet red wine you might try a merlot, or a cabernet sauvignon, both of which a delightful sweet red wine varieties. If looking for a dry white wine, you might try a Pinot Noir, or Sauvignon Blanc and if looking for a dry red wine you might try a Shiraz.

All wines should be chilled either in a fridge, or bucket of ice, prior to drinking, as this allows you to derive the most benefit from the wines flavors and experience. Also, most consumable wines are designed to be drunk within a few years from being made, so if you are buying wine for your cellar, keep this in mind.

Well, now that you know a little bit more about wines, you can enjoy Valencia's wines by making the right choices. Valencia wines can be sampled in its many restaurants and also at the Spanish Wine Festival, known as the 'La Rioja Wine Festival'.

The 'La Rioja Wine Festival' Wine Festival is a celebration of Spanish wines and, during this time, there are events and wine tasting, dinners and lots of merriment. Valencia also holds many fiestas throughout the year, which feature food and wine, such as the 'La Tomatina' Fiesta and the 'Fiesta Fallas de San Jose'.

Peter Vermeeren is the owner and webmaster of:

<http://www.machine-and-tool.com>

–

<http://www.about-valencia.com>

and

<http://www.airsoft-got.es>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**