

This Free E-Book is brought to you by Natural-Aging.com.

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

Toast Of The Town: Wine As A Preventative Medicine

By Jason Flintstone

While not many of us look forward to taking our daily medication, some remedies are more palatably pleasing than others. Among these, some preventative medicines for heart disease and some cancers, including red wine.

And while many are cheering the benefits of the robust beverage others are wondering if it's really the toast of the town. And, according to experts, the answer is an unresounding yes and no.

They note that although wine offers many preventative powers against heart disease, some cancers, and inflammation cause by arthritis, these qualities are not intrinsic to the fruit of the vine.

Experts assert that while red wine (in moderation) "does" have health benefits, they are not any greater than those they can obtain via a hearty diet of antioxidants including fresh fruits such as red grapes, fresh squeezed grape juice, grape seed oil, deep green veggies, melons, pumpkin, squash, blueberries, peppers and other brightly-colored fruits and foods.

However, they "do," note that the antioxidants in red wine may be more concentrated than in other foods due to the fermentation process. Yet, the concentrated levels may not be significant enough to make daily consumption recommended.

Also, health and nutrition experts note that there is also evidence that moderate amounts of other alcohol may be just as effective in boosting HDL (good) cholesterol. Still, they (the experts) assert that they remain reluctant to encourage people to start drinking in an effort to stay healthy (against heart disease and some cancers) because alcohol consumption may raise other risks and concerns. Among these, weight gain and addiction problems. Excessive drinking can also increase LDL (bad) cholesterol levels and also estrogen levels in women, which has been linked to increased risk of breast cancer.

For women who fancy white wine, beer and other types of alcohol, the "bad" news is that none possess the same preventative and protective powers as red wine, since all the antioxidants are found in the skin and seeds of the grapes. White wine is fermented without the skins of the grapes.

Toast Of The Town: Wine As A Preventative Medicine

Women wine drinkers say experts can enjoy two to three ounces a day for the added antioxidant and benefits, but remember not to use it as an excuse to drink or in place of a healthy and balanced diet rich in preventative properties.

LIFamilies.com – Community resource for Long Island

<http://www.lifamilies.com>

Wedding Toast Tips And Advice

By Melissa Burton

Wedding toasts perform an essential role during the wedding celebration. The wedding toast serves as a link between the formal wedding ceremonies and the less formal atmosphere of the wedding reception.

The wedding toast also allows some members of the family, relatives and closest friends to express their feelings and to wish the couple well.

Having toasts started from the belief that creating some noise, such as ringing a bell, in this case, the clinking of a glass, can cast away evil spirits.

The wedding toast may follow a traditional or a non-traditional order.

In the traditional order, the first toast is the toast to the bride or the toast to the bride and groom. This is done by the best man, a relative or a friend. The groom then responds with a message to his bride, the person who made the toast, the couple's parents and a toast to the bridesmaids.

The best will then respond to thank the groom on behalf of the bridesmaids. At times, if the bride has spoken after the groom, the best man will thank the bridesmaids.

A close friend or relative may then follow with another toast. After this, the father of the bride thanks the guests on behalf of his wife and himself, and announces that they can begin with the celebration.

The non-traditional toast is done to do something different from the tradition. The order may be changed to suit the guests and the occasion.

The emcee proposes the first toast for the couple. The groom then thanks the emcee and the guests and toasts to his bride. The bride thanks her groom and the guests and proposes a toast to her parents and her in-laws. At times, a special toast may be done for her in-laws.

The father of the bride thanks the bride for the toast, thanks the guests for attending and announces that the celebration may begin. At times, the emcee may propose a toast to the bridesmaids, after which the maid of honor may respond with thanks or propose another toast. The emcee may introduce guests who will propose their toasts, and announce the beginning of the celebration.

Toast Of The Town: Wine As A Preventative Medicine

Here are some tips when proposing a toast.

- * The bride should be served the beverage first, followed by the groom, the maid of honor, the parents and then the best man.
- * The toast can be done with a sip of wine, champagne or a non-alcoholic drink except coffee, tea and water.
- * If you will propose the first toast, make sure that not only your glass, but also all the other glasses are filled before you start speaking.
- * When proposing a toast, raise your glass with your right hand. The glass should be held in a straight line from the shoulder.
- * It is better to compose your own wedding toast. However, if you cannot write a good one, you can try traditional wedding toast but make sure to personalize it to include your feelings and thoughts about the bride and groom.
- * Always remember to end a toast with an invitation to the guests to join you and something that tells them what to say in response.

These are some things that one should remember when proposing a wedding toast. On the other hand, if you received a toast, you do not raise your glass, stand, nor sip your drink. You just thank the toasters and although you are not required, you may propose another toast.

Download our excellent discount wedding planning mini-course absolutely FREE at

<http://www.discountweddingguide.com/>



This Free E-Book has been brought to you by Natural-Aging.com.

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