



Wine, Chocolate, and Your Good Health (Paperback)

By Joe Urbach

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.I am sure each of you has heard, as I so often did, that chocolate and wine are basically bad for you, and from a health standpoint should simply be avoided. Well the more research I did into food and drink and how they relate to our health and nutrition the more I discovered the truth, and that is that the thought that almost any food or drink is inherently bad for us is just plain hogwash! Both wine and chocolate not at all bad for us, and in fact, offer many health benefits when consumed in moderation! Moderation in our consumption and enjoyment of these, as with so much in life, is the real key. But how much is considered moderate and how much is too much? How have these two notorious baddies influenced mankind throughout history? Just what benefits do each of these have to offer us? Those were the very questions I set out to answer as I sat at my computer one morning to write a post for my Phytonutrient Blog. I started researching and writing...



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**