

Bestselling Health Guru Says Wine Is A Supertonic For Health

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Change With NutriWine



Did you know that wine protects you from a heart attack? Would you like to protect yourself from diabetes with Pinot? Turn on the relaxation response with Chardonnay? Then NutriWine is

your answer and will explain how wine is also under threat from climate change.

Health Guru Ralph Quinlan Forde has just released his next groundbreaking book - [Nutriwine](#). The book is full to the brim with the reasons why moderate wine drinking can safeguard your health and boost your wellbeing. Wine he asserts is a 'superfood' when taken in moderation. Did you know that wine protects you from a heart attack? Would you like to protect yourself from diabetes with Pinot? Turn on the relaxation response with Chardonnay? Know exactly who drinks wine with you and millions of others? How social media is changing the face of the wine industry? Understand the history of wine and medicine and why its so good that you drink wine in moderation? Then Nutriwine is your guide.

His first book The Book Of Tibetan Medicine went into 11 languages and received rave reviews.

Wine is an industry now worth \$107 billion that has long been connected to health and wellbeing down the ages. Here Ralph Quinlan Forde, alternative medicine expert explores the contemporary world of wine, viticulture and the scientific innovations that are taking place in the wine universe in terms of protecting your health and the environment. Wine helps to keep you young, diabetes free, slim, and healthy whilst maintaining your longevity. Wine could even save your life. Over 80 million people are wine drinkers in the U.S. and people in the U.K only drink wine once a month and should drink more frequently to avail of the benefits.

Ralph Quinlan Forde said, “The book started with my passion for natural medicine. As someone with an honours degree in biotechnology I know scientifically the power that wine has on boosting health. I even prescribe Champagne for depressives and I have explained why in my new book. I hope NutriWine encourages more people especially those with heart disease, diabetes and cancer to start drinking wine. The world of wine is fascinating in terms of innovations particularly in environmental science. Climate change could totally destroy all vineyards within 20 years. The book explores all the natural solutions and the benefits of drinking organic wine and the power of the green consumer. A glass of wine a day really can keep a heart attack away and I have the evidence to prove it.”

These are just some of the interesting stories he has included in his new book NutriWine;

- The \$750 million wine compound
 - How red wine protects you from heart attacks
 - A wine drinking Japanese robot and an electronic wine tasting tounge
 - Wine making wizards using astrological viticulture
 - Nurses that drink wine who reduce their diabetes risk by 52%
 - A sommelier whose nose is insured for 20 million Euros
 - Weight loss wine enthusiasts
 - Why green wine is better for you and the environment

- The first carbon zero winery
- Wine 2.0 & 14 million wine conversations

Plus research on wine sex & romance

Slainte! (thats Irish for cheers)

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About the author:

Ralph Quinlan Forde author and Holistic Medicine Expert has contributed to the following publications over eight years, The Independent on Sunday, KI Magazine, IVENUS, Tesco's Magazine, The Irish Examiner and The Sunday Tribune. His first book The Book Of Tibetan Medicine went into 11 languages. You can contact him via rjf at nutriwine dot net

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