

THE WINE LOVER'S HEALTHY WEIGHT LOSS PLAN

Foreword by Professor Serge Renaud
Author of "The French Paradox"

Get ready to eat lavishly, with a glass of wine at every meal, and improve heart health

Bend, OR (3/1/07)...The Wine Lover's Healthy Weight Loss Plan: 100 Recipes That Let You Enjoy the Health Benefits of Your Favorite Wine

is the brainchild of a noted cardiologist and a celebrated chef, who have teamed up to create a meal plan that incorporates the pleasures and heart-healthy benefits of wine with 100 delicious, balanced gourmet recipes.

Cardiologist Tedd Goldfinger believes that losing weight and maintaining a healthy heart shouldn't involve denial. A testament to the success of his **Wine Lover's Healthy Weight Loss Plan**, Goldfinger has studied the health benefits of wine in his patients with coronary artery disease, and has worked with an international group of leading nutritionists, and epidemiologists to endorse a lifestyle of healthy foods and one to two glasses of wine daily for better health, longer life, and yes, successful weight loss.

Dr. Goldfinger, who enjoys a glass of red wine with meals, has also battled his weight as many of his patients have, and has found success and satisfaction with the Wine Lovers program. Healthy foods that conform to a Mediterranean style diet, stressing fresh local ingredients and moderation works! He writes that he "sincerely endorses a glass of wine a day to my patients with heart disease." Why? The benefits of wine – and *only* wine, not any other alcoholic beverage -- have been scientifically proven to reduce coronary disease, boost resistance to cancers, infections, arthritis, and other inflammatory disorders and diseases. *A' votre sante!*

A chilly Riesling with spicy Greek shrimp with feta cheese...a crisp California coastal Sauvignon Blanc paired with an herb-stuffed chicken breast with roasted red pepper sauce...a fruity Oregon Pinot Noir with fresh poached wild salmon...a Napa Valley Merlot with Asian spiced duck breasts...a peppery Syrah with Provencal grilled lamb...

Long considered "empty calories" wine turns out to be beneficial when sipped in moderation. It's a super-drink that aids your brain, kidneys, and especially your heart. Despite their fat-laden confits and cassoulets, wine has protected the French from cardiovascular disease (a medical conceit known as *The French Paradox*.) Paired with the right

dishes, wine works to promote better health and consistent weight management for the majority of those who try it. Best of all, it's delectable, refreshing, and relaxing.

Goldfinger's underlying principle is that your diet should be as healthy and complex as a glass of wine, with its textures and tastes. Focus on healthy, rather than restricted, eating. Exchange harmful simple sugars, carbohydrates and high fructose corn syrup for vegetables, legumes, and grains. Always go for natural and satisfying! And be sure one meal a day is accompanied by the power of a small glass of wine, which contains bioactive pigments, tannins and antioxidants found in grape skins.

The Wine Lover's Healthy Weight Loss Plan will teach you:

- Why you don't need to pay a lot for a good bottle of wine
- How wine's complexity can open up a new world for the health-conscious
- How to read nutrition labels
- How to shop for wine and healthy foods
- Add balance and flavor to your meals
- How to pair wine with easy recipes, as well as cook with it

You'll learn how to cook healthy portions and prepare delicious, luxurious dishes like Eggs Provencale, Asian Fish en Papillote, Espresso Cream, and Walnut-Chocolate Stuffed Figs. You'll learn how to eat well – goodbye to restrictive diet food! – lose weight, and enjoy the cardio benefits and pleasures of a daily glass of wine.

www.thewineloversdiet.com

About the Authors:

Dr. Tedd Goldfinger, DO, FACC, FCCP, is an osteopathic physician certified in Cardiovascular Disease and Internal Medicine. He is a member of the AMA, a Fellow of the American School of Cardiology, and a Clinical Assistant Professor of Medicine at the University of Arizona School of Medicine in Tucson. He is a professional member of the American Society of Enology and Viticulture. He has been collecting wine for 20 years

Lynn F. Nicholson is the author of *Health Spa Cuisine*, and has conducted culinary tours throughout Indian, Mexico, and Central and South America. She graduated with highest honors from Le Cordon Bleu Program at the Western Culinary Institute.

The Wine Lover's Healthy Weight Loss Plan

Author: Dr. Tedd M. Goldfinger/Lynn Nicholson

ISBN 0-07-147363-7

Hardcover, \$16.95

For more information, contact:

Sharon Cook

COOK PUBLIC RELATIONS

541-389-9344

prscCook@aol.com