About the Author:

Dr. Henry M. Hess received his Ph.D. in organic chemistry under Professor Herbert C. Brown, the 1979 Nobel laureate in chemistry, and under the mentorship of Professor Ei-ichi Negishi, the 2010 Nobel laureate in chemistry. After several years as a research chemist, Dr. Hess entered medical school and received his MD degree and then completed the residency in obstetrics and gynecology at the University of Rochester School of Medicine where he is currently professor of obstetrics and gynecology. Dr. Hess has been in clinical practice for over thirty years and is nationally recognized as an expert in menopause. His book, *The Perfect Menopause: 7 Steps to the Best Time of Your Life*, is a national bestseller.

Dr. Hess is board certified in obstetrics and gynecology, a nationally certified menopause practitioner, is certified in hypnotherapy and mindful meditation, and is an acknowledged expert in natural therapies.

Dr. Hess is also a master winemaker and has had a long interest in the chemistry as well and social and health aspects of wine. Recognizing that there are tremendous health benefits to the enjoyment of wine by women, there are also some health risks when not taken correctly.

In his latest book, *A 5 Oz Glass: The Health Benefits of Red Wine for Women*, Dr. Hess has used his outstanding wealth of knowledge and years of experience in both chemistry and medicine to clarify for all women exactly how to enjoy wine and reap the tremendous health benefits of red wine while avoiding the health risks!