PREFACE

For all women: don’t have another glass of wine until you read this book?

DRINKING WINE
IS MUCH DIFFERENT FOR WOMEN
AND MEN

The answers have changed! In this book, Dr. Henry Hess, an obstetrician-gynecologist, chemist, national menopause expert, and master winemaker explains all the latest answers. In this book, you will learn the secrets of the health benefits of wine as well as how to maximize the health benefits and minimize the health risks. You will learn the following:

- Wine was discovered by a woman who found wine cured headaches.
- How women metabolize and experience wine differently than men.
- How hormones affect the health benefits and risks of wine.
- Why the amount that you drink is critically important to your health.
- Exactly how to drink wine for health benefits.
- What wines are healthier and why.
- How to enjoy a healthy wine-tasting party and even make healthy wines.
- How a 5 oz glass of wine can improve your heart health, prevent bone loss, delay aging, and improve your love life, sleep, weight loss, and foggy brain.

And much more! This is an up-to-date must-read book for all women who want to know the latest and very best ways to enjoy the health benefits of nature’s healthiest drink.