

STAY HEALTHY WITH WINE

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STAY HEALTHY WITH WINE - Natural Cures and Beauty Secrets from the Vineyards. Wine is good for you. That is the message of this delightful and useful new book. The role of wine as a health and beauty aid, neglected and even discouraged by modern medicine, is happily being rediscovered as a result of today's new emphasis on natural healing. One of our finest, most ancient, and most versatile natural foods, wine can be used alone or with herbs for an astonishing variety of beneficial purposes. The first complete guide to wines and health, STAY HEALTHY WITH WINE examines the properties of various wines and introduces the reader to wine therapy. Specific wines are recommended for the treatment of specific ailments. Wine mixed with everything from onion to apple are used to treat arthritis, diabetes, athlete's foot, menstrual cramps, and hundreds of other complaints and illnesses. There is even a chapter on wine aphrodisiacs and a champagne cure for the common cold. The special section on Wine and Your Looks begins with THE WINE DIET; a safe, enjoyable, and permanent way to lose weight. Beauty secrets and treatments include wine massages, wine and fruit creams for skin care, a wine and mayonnaise tanning lotion, and even a brandy shampoo. As rewarding and lighthearted as the substance it celebrates, STAY HEALTHY WITH WINE is an informative and useful guide. In addition to hundreds of recipes, remedies, prescriptions, and specifics, it includes a history of winemaking, complete caloric charts, and THE WINE LADY'S buyer's guide to best value wines \$15 and under.

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