



e-Newsletter March 2010

Dear Customers

High dose heart health supplements critically reviewed again!

In the March 20-26 issue of **NZ Listener** magazine there is an [article](#) looking at the health claims and marketing of resveratrol, both locally and by GlaxoSmithKline (GSK). GSK purchased the research company that claimed resveratrol in huge unnatural doses has health benefits. Since then the marketing push by GSK and others, including NZ media personalities, is significant. The article quotes concerns by Professor Norman Sharpe of the National Heart Foundation, and others.

The article draws similar conclusions to a [US Dept of Health and Human Sciences report](#) that contained the warning "Researchers still have much to learn before resveratrol can be recommended for human use. Basic questions of safety and biological effect in humans remain to be studied experimentally."

Resveratrol advertising commonly promotes it as a heart healthy compound in red wine. However scientists have identified there is very little in red wine. Supplements generally use resveratrol extracted from various varieties of pine bark and knotweed.

Our red wines with the highest known naturally occurring concentrations of heart healthy Procyanidin polyphenols are the [REAL FRENCH PARADOX](#). Our tested wines contain naturally occurring super-high levels of heart health supporting antioxidants that have been part of a traditional diet for centuries.

The case for Procyanidin antioxidants in our red wines is compelling because -

- **Epidemiological studies reveal** populations that consume high dose procyanidin foods in their regular daily diet have the **greatest longevity**,
- The local population in this region has **double the French national average of men over 90** years,
- Prof Roger Corder's **research was conducted on cultured human tissue** – not other animals,
- Procyanidins in these red wines in the **highest doses are part of a natural diet** – NOT an unnaturally high-dose supplement that is possibly not even absorbed fully as has been observed about some supplements,
- Corder's research identified that with **one glass per day**, after 2 weeks it provided support for cardiovascular health and normal blood pressure levels.

The **benefits our customers experience are consistent with that last point**. This occurs without changes to diet, lifestyle, excise and medication.

ON SALE

**Domain
Berthoumieu
Charles de Batz
2004**

**91/100 - Wine
Spectator**



DECANTER says - Rich and powerful, with concentrated flavours of mocha, dark chocolate, raspberry and dark plum. Lots of minty notes.

\$34.40 GST incl

saving \$5.00

Aging beautifully and drinking so well now. Will improve in the cellar for another 10 years. 90% Tannat and 10% Cab Sauv. In typical Madiran style this red wine is strong, intense, complex and well structured. It has a fine balance of fruit, new French oak and tannins. This is an exceptional food wine. Healthy heart rating ♥♥♥♥
[Click to buy](#)

10% Discount Program

With Lifestylewines there is NO JOINING FEE and NO TIME LIMITS for our discount plan.

Join our regular purchaser program and receive 10% discount on every delivery. For your convenience we will ship an order as regularly as suits you and charge your credit card automatically. Either define your selection or discuss with us how we can deliver a varied selection

Financial Year End rescue package! BIG INCENTIVE with a low spend

2 quality HEART HEALTHY, FOOD FRIENDLY reds plus BONUS FREE Gascogne Sauv Blanc or Rosé



2 quality heart healthy reds PLUS A FREE Gascogne Sauv Blanc / Gros Manseng blend or Rosé. The Gascognes were well reviewed by Bob Campbell. The reds, a Madiran and a Cahors. These are also tremendous food friendly wines.

\$49.90 SAVE \$21

Click to see details and [ORDER NOW](#)

Prices are GST inclusive

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BLOG - see our blog and contribute.

We really appreciate your comments on health, wine appreciation and our service.



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If you have not experienced our [exceptionally HEART HEALTHY French red wines](#) before then now is the time. Our customer's testimonials support the research - LOWER BLOOD PRESSURE.

Live Better ... Live Longer

Jump to www.lifestylewines.co.nz for the

WORLDS MOST POTENT WINES THAT PROTECT AGAINST HEART DISEASE

Wise Woman



A too true gem on the van of an **unknown woman** seen driving on Auckland's motorway recently.

"The more I say YES, the more I have FUN."

Extending our boundaries and experiences is what makes us better people and a better nation.

The Final Word

The over 40s should note that - high blood pressure is a major cause of strokes. One in five New Zealanders has high blood pressure, and a third of these don't know it. Reducing your blood pressure can greatly reduce stroke risk. 50% of strokes are caused by high blood pressure. Almost half of us die of heart disease.

If you have not tried our wines before please consider it. We have styles for all tastes and all are carefully selected from the best winemakers in south west France. We have a money back policy on any unopened wines if they don't suit you for any reason. Please also note our heart healthy reds are **tremendous food wines that will elevate your food and wine taste experiences.**

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The archive of our e-Newsletters can be found on the [NEWS](#) page of the website. If you have any questions Dr Erica we are here to serve you.

Rob and Dr Erica Lauder and team.



www.lifestylewines.co.nz
Toasting your health

Ph: 09 4452945 or send an email reply to this e-newsletter

Go directly to the heart healthy red wines by [> clicking here](#)

