



Lifestylewines October e-newsletter

New wines, competition winner and sensational summer salad recipe

Dear

Interest in our uniquely heart healthy Madiran wines continues to grow and reports of reduced blood pressure have been a very satisfying confirmation of the research.

In this issue -

- **Torus - An old favourite back in stock**
- **An easy and sensational salad that's great with Madiran wines**
- **Something different and delicious from our Madiran wine makers**
- **Rob's Rave - healthy procyanidins and some health supplements**

For our many customers who enjoyed the **Torus Madiran 2004** it is back in stock. Check the [Torus web-page](#) for tasting notes.

Something Different & Delicious - Pacherenc du Vic Bilh

Along with the recently extended range of Madiran and St Mont wines we also received some sensational "stickies". From the heart of the Madiran come these wonderful **Pacherenc du Vic Bilh** sweet white wines, characterized by their aromatic richness. With pronounced acidity and less sugar than Sauternes they are wines of superb balance. From beautiful freshness to extreme richness and concentration, these are a real treat for those special occasions.

Typically there are three pickings at the end of the season, in late October, late November and late December. The wines from each picking are richer and more intense than the former. See our range [here>](#)

Why not try one or two with your next purchase. They are so flexible, being beautiful as an aperitif or matched so versatily with Foies Gras, pate, terrine, blue and strong sheep milk cheeses, fresh fruits and desserts.

Rob's Rave - The case for Procyanidins in Madiran wines

I have received a number of enquiries from customers asking for an opinion about some supplements that are promoted for heart health. I am also driven to comment because I have noticed, what I believe is, exaggerated "heart healthy" claims in media advertising of some supplements.

The unique and compelling message about our Madiran wines is that -

- We consume high concentrations of procyanidin polyphenols naturally in the Madiran wines we enjoy
- Population studies based on census data have identified exceptional longevity occurs in populations consuming high doses naturally in Madiran wines

**Competition Winner
Congratulations to Mary Shirley of Wellington who won a fabulous \$350.00 Madiran wine prize.**

Sensational Summer Salad to match with Madiran reds

Italian Parsley, Carrot & Garlic Salad

We have found this easily prepared healthy salad is perfect with Madiran. Both have strong flavours that complement each other.

Ingredients

A large amount of Italian parsley leaves (suggest 4 cups)- whole, washed, de-stemmed
1.5 cups of grated carrot
1 tin anchovies, partly dried off on a paper towel, chopped in thirds. (I have found the jars of Moroccan anchovies just as good as the Spanish.)
1 large clove of garlic, grated or sliced thinly with a peeler - the size of a small potato or equivalent
Extra virgin Olive oil
4 hard boiled eggs - chopped in 8ths

Preparation

Mix all the ingredients, except the egg, together adding sufficient olive oil to your taste. Sprinkle with hard boiled eggs, simple!
Either serve as a salad or on large rounds of toasted specialty bread for brunch.

Suggestions - Also add sliced sun-dried tomatoes, the ones in oil, not dried. Or add a handful of procyanidin rich walnuts.

- The Kuna Indians in central America are another population with exceptional longevity who consume high concentrations of procyanidins from their cocoa drinks
- Our customer reports of reduced blood pressure confirm the research
- Prof Corder's laboratory testing was on cultured human tissue

Conversely I believe the issues with some commonly advertised "heart healthy" supplements is that -

- I have seen no reference to populations that get high doses in foods naturally. Certainly not to the levels that were used in animal experiments
- It is questionable that research results from using high doses on mice, worms, fish, etc can be safely or accurately assumed to apply to humans with our different metabolism
- There is little evidence they are the basis of the French Paradox as some advertisers claim
- Research has shown that a large percentage of the dose in some supplements is simply passed out into the urine because the body does not absorb it, in some cases almost zero reaches the blood system
- Researchers have expressed caution that high dose supplements are not proven to be safe in the long term
- Researchers stated that while some dietary supplements appear to be non-toxic in moderate doses for a short period of time, they should be used cautiously

Dr. Richard Hodes, director of the National Institute of Ageing in USA, which has supported resveratrol studies, said that people should wait for the results of safety testing. Substances that are safe and beneficial in small doses, like vitamins, sometimes prove to be harmful when taken in high doses.

See our [FAQ page](#) for more comment.

This opinion by Rob does not cover, but I absolutely acknowledge, the rightful place of conventional medicine in the treatment of heart disease.

The Final Word

It's been a great pleasure to talk to our customers which is not easy for an online business. We really appreciate and encourage your feedback and comments. Please call anytime or email us to call you. This contact has lead to some exciting opportunities. Our Chateau Montus was recently included in a quality chocolates and wine matching experience for guests at the Stamford Plaza Hotel in central Auckland. From a selection of quality NZ and Aussie reds and whites, Montus was the most popular match with the chocolates. So its good to remember our wines are fine French wines as well as so healthy.



And, if have not already done so, then you can jump to the website by clicking on www.Lifestylewines.co.nz or go directly to the wines by [clicking here>>](#)

If you have any questions we are here to serve you.

Toasting your health

Rob and Dr Erica Lauder and team

Ph: 09 4452945 or send an email reply to this message

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