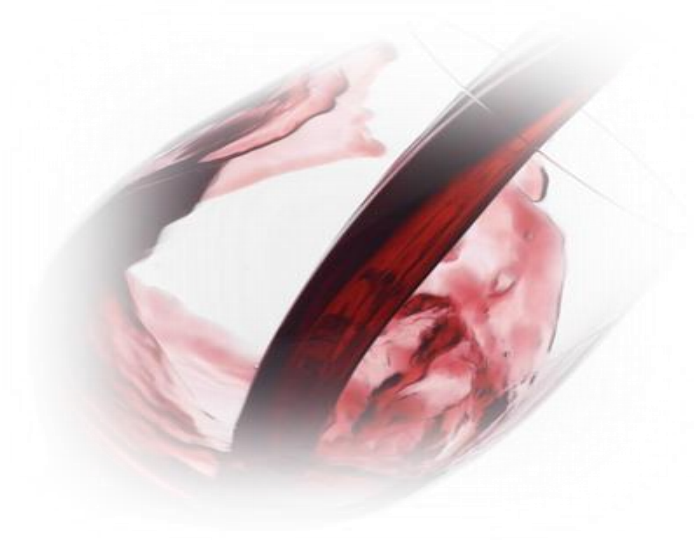


Wine



*Wine is everything, it is the sea,
the twenty league boots,
the magic carpet, the sun,
the seven language Parrot.*

Wine couplets (Nicanor Parra)

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The Unity

Title	WINE
Area	Knowledge of attributes and healthy features of wine
Main Target Audience	<p>The end users of the module are ...</p> <ul style="list-style-type: none"> ➤ Students of the participant institutions ➤ Trainers in the partner' institutions ➤ Consumers' associations ➤ Adult training centers ➤ Teachers of primary and secondary education that teach lessons related to food safety and healthy nutrition
Description of the module and general aims	<p>This module allows the participant to understand ...</p> <p>Wine and Health throughout history</p> <p>Red wine composition</p> <p>Key Health benefits of wine</p> <p>Short description and list of diseases wine can cure.</p> <p>Wine contraindications</p> <p>Folk remedies with wine</p>
Learning Time and Duration	<p>Learning time and maximum duration for the training related to the module:</p> <p>The maximum duration of training is 24 hours, distributed as follows - 8 hours of theoretical training; 8 hours for visits (farms, winiards, markets, restaurants, etc) and 8 hours of practical work.</p>
Learning Objectives	<p>Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module.</p> <p>Once you have completed this course you will be able to:</p> <p>Make your own remedies with wine.</p> <p>How to cure insomnia, take care of prostate, fight against cancer, etc</p> <p>what benefits there are for health consumption of wine.</p> <p>how to prepare foods with wine.</p>
Competences achieved	<p>Specific competences related to the project theme</p> <p>knowledge about values of wine;</p> <p>how to prepare healthy foods with wine.</p> <p>How to treat your own disturbances dinking wine.</p>
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	<p>Type of activities considered useful for the training of this module:</p> <ul style="list-style-type: none"> • Theoretical learning: <ul style="list-style-type: none"> - face to face; - online learning. • Practical learning: <ul style="list-style-type: none"> - field survey; - workshop; - self study. - Wine tasting parties.

1. Abstract

Wine is a beverage whose references are very old. Since the Bible said: Noah planted vines and with their wine got drunk, many millions of liters of wine were produced. But wine has exceptional medical properties that are considered in this teaching unit.

As a structure of the Unit, first consider the relationship between wine and health throughout the history of man. More red wine than white wine is produced. The tannins that give dark color also have healing powers. Red wine composition is analyzed. Also their nutritional value as a food it is analyzed too.

There is a chapter devoted to the main benefits of wine for health, giving importance to the title of this project FOOD-MED. But not everything is positive; its consumption can also be negative for some types of people. This section is important to emphasize to avoid evils of ignorance.

Finally there are a number of recipes for making wine folk remedies. At the end, are two chapters with bibliographical and web references that deal with wine.

KEYWORDS: Wine; red wine; wine and health; contraindications; remedies with wine.

2. Introduction

Wine has been part of human culture for 6,000 years. Throughout its various evolutionary stages, man considered wine a treat for the palate, a support for coexistence and an element with beneficial properties for the health (I. Saez, 2006).

The historical background related wine to health and longevity, especially in Mediterranean culture. Indeed, in several Mediterranean countries (France, Spain, Portugal, Italy and Greece) wine is integrated in the everyday behavior of the people who consume it, both with meals and celebrations [Leighton, F., Urquiaga, I.].

Agriculture was implemented during the Neolithic and vine cultivation started in the territories between the Caspian and Black seas. Its cultivation slowly spread across southern Europe, arriving to the Iberian Peninsula through Catalonia. Simultaneously there was a distribution through the sea, and wine reached the Peninsula through the commercial expeditions brought by Phoenicians and Greeks entering the Mediterranean and south Atlantic coasts. Wine mainly served a stimulating role, although it was also used for religious worship.

In the Roman period, wine continued to be a food, a stimulant, a safeguard of health and a subject for religious worship. This religious connection increased after the full establishment of Christianity in the peninsula, under Constantine.

In the medieval period the discovery of the tomb of St. James in Galicia and the establishment of the Camino de Santiago promoted the development of vine cultivation. The monks who settled along the way assist pilgrims soon realized the usefulness of wine. It provided nutrients, prevented the spread of waterborne diseases, encouraged them and provided warmth in the long and often cold way.

Today, numerous studies have served to corroborate some of those properties released thousands of years ago. But it is clear that these properties are best expressed when the product quality is excellent. (I. Saez, 2006).

Section I

3. Core contents

3.1 Wine and Health throughout history.

Wine is a natural product obtained by direct fermentation of grapes or their juice; contains alcohol and multiple bi-products of alcoholic fermentation, but also contains many other substances from the grapes, where its healthcare value specifically lies.

Wine brings through its properties, many benefits to human health, according to the American Heart Association, numerous scientific studies have addressed over the past decades moderate alcohol consumption and its association with fewest deaths from heart diseases in certain towns. Most researches suggests that the benefits may be due to the consumption of wine, especially red wine, a drink rich in flavonoids (which provide a vasodilatory effect, beneficial for the arteries), tannins and polyphenols (found in the seeds and skin of grape), which function as antioxidants against molecules known as free radicals.

3.2 Composition of red wine:

“Vinum” in Latin, wine is an alcoholic drink made from grapes. The process involves the fermentation of grape juice or through metabolic action of the yeast.

Its composition is:

- a) Vitamins A, C and several B complex as biotin, choline, inositol, cyanocobalamin, folic acid, nicotinic acid, pyridoxine and thiamine among others..
- b) Mineral salts, highlighting calcium, potassium, magnesium, silicon and zinc, fluorine, copper, manganese, chromium and sulfur mineral anion.

c) Polyphenols: wine phenolic compounds include, among others, phenolic acids (coumaric, cinnamic, caffeic, gentisic, ferulic and vanillic) and flavonoids (catechin, quercetin and resveratrol).

d) Tannins: are phenolic compounds that have astringent and anti-inflammatory properties.

3.3. Nutrition value of wine:

Per 100 ml:

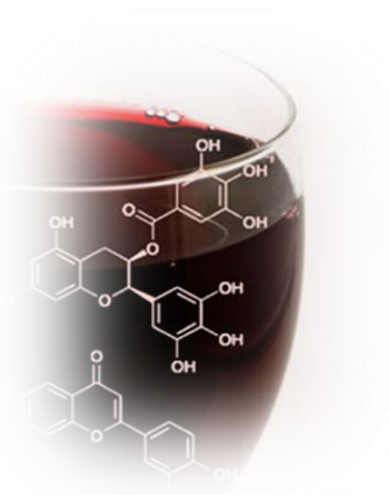
85 Kcal Calories

Protein 0,07 g

Carbohydrates 2,59 g

Sugar 0,62 g

Fat 0 g



3.4. Key Health benefits of wine:

“Wine is the healthiest and most hygienic of beverages.”

(Luis Pasteur)

The term "moderate drinking" refers to a glass of red wine a day, ideally during a main meal, in order to delay the absorption of ethanol and decrease the blood alcohol level reached.

a) In general:

- ✓ It is considered a complete food.
- ✓ It is a power source of easy assimilation.
- ✓ It is associated with longevity.
- ✓ It is a natural tonic recovery when taken after a physical effort. The tone of the wine originates mainly tannins. The richer in tannins, the wine will be more tonic. This tonic properties is evident not only at a physical level but also mentally.

✓ Red wine, especially if it is aged, is particularly indicated during periods of convalescence, or in the course of infectious diseases.

✓ It contains a high concentration of mineral salts that can be easily assimilated. Among these may be mentioned calcium, potassium, magnesium, silicon and zinc, fluorine, copper, manganese, chromium and sulfur mineral anion.

✓ Wine has a bactericidal action. The bactericidal action of the wine has been known since antiquity. It manifests mainly after epidemics. In 1886, Rambuteau remarks that wine drinkers were less sensitive to cholera as water drinkers. Recently Professor Masquelier has shown the bactericidal power of Bordeaux reds in cases of "collibacillose".

✓ Canadian researchers found that red wine could attack certain viruses, including polio and herpes.

✓ Its antiseptic properties are higher when the wine is aged.

b) For the mood:

✓ Wine is a therapeutic remedy for anxiety and emotional stress, so many experts believe that "wine maintains a balance of mind and feelings."

✓ It is a pleasant accessory. When tasting sparingly endorphins are released in two areas of the brain, increasing the feeling of pleasure, according to a study conducted at the University of California. In addition, if the ambient light is red or blue, the pleasure and taste of wine are much more intense than when it has green or white shades.

✓ Wine develops euphoric properties that decrease depression.

✓ It is highly recommended to control the nutritional abnormalities. Therefore ingesting one or two glasses a day helps to balance hunger.

c) Improved cognitive function:

✓ Around 70 scientific studies show that moderate wine consumption improves brain function and, in small amounts, prevents dementia, as shown by a study based on Swedish Academy Sahlgrenska tracked 1,500 women for 34 years. Scientists that due to the high presence of antioxidants in its composition it reduces inflammation, prevents hardening of the arteries (atherosclerosis) and inhibits clotting, thereby improving blood flow to the brain, as concluded in an analysis published by Neurological Scandinavica Act.

d) Improves sleep

✓ Red grapes contain large doses of melatonin, the hormone that regulates sleep that "indicates" the body the right time to sleep through their increased levels. To get a deep and restful sleep you just have to take a glass of wine before bed.

e) Delays aging:



Red wine contains a number of antioxidants, which can delay the signs of aging.

Drink one or two glasses of red wine a day will help us protect against diseases associated with aging, such as osteoporosis.

f) Prevents degenerative diseases:

✓ The abundant antioxidants in red wine can help prevent many degenerative diseases such as Alzheimer's and type 2 diabetes

g) In the treatment of arthritis:

✓ Reduces discomfort of arthritis.

h) At menopause:

✓ Avoid hot flashes in menopause.

✓ Wine seems to be a good ally against diabetes, so characteristic of perimenopause. One or two glasses of wine a day helps regulate blood sugar levels.

✓ Wine strengthens defenses, so you can avoid many of the most common infections from the flu to gastroenteritis through cystitis. The immune system weakens in menopause due to hormonal changes, so wine can be the best antidote for infections.

✓ Many menopausal women notice a lower intellectual performance, lack of concentration or memory loss. A glass of wine daily can prevent these problems as well as improving blood circulation.

✓ Osteoporosis is one of the most dreaded diseases related to menopause. Experts claim that a moderate amount of wine a day can slow bone weakening.

✓ Frequent weight gain associated with menopause can be prevented by a healthy diet, some exercise and a glass of wine that will help distribute the body fat more equitably.

✓ The most direct benefits are observed in cardiovascular health, reducing the risk of stroke and controlling blood pressure.

✓ Mood swings, presented as one of the most common symptoms of menopause, also find their most natural remedy in a glass of wine.

i) Takes care of the prostate:



A study says that having seven glasses of red wine a week after turning 40 years of age, reduce by more than half the diagnoses of prostate cancer.

j) Against Cancer:

- ✓ Recent research suggests that moderate wine consumption protects against the pathological effects of free radicals that cause various types of cancer, as it contains substances which activate cellular respiration.
- ✓ Scientists have found that resveratrol, when used in conjunction with chemotherapy, penetrates cancer cells and induces apoptosis. Apoptosis is a type of cell death which occurs when the cell dies and dissolves as a result of the assets released by the immune system.
- ✓ In addition, resveratrol inhibits subsequent reproduction of cancer cells removed through this process, making chemotherapy much more effective than it would normally be.
- ✓ Red wine helps reduce the risk of lung cancer in men, especially if they are smokers. Furthermore, it blocks the growth of the cells responsible for breast cancer. These properties may be due to the resveratrol slowing the effects of estrogen, the female hormone par excellence.
- ✓ The anticancer properties of wine are also proved, provided a moderate consumption. Studies say that a glass of wine a day may reduce the risk of ovarian cancer by up to 50%.

k) Improves digestion:

- ✓ Wine stimulates the segregation of gastric juices. It is particularly suited to meat and fish, as it facilitates the digestive process.
- ✓ Wine has digestive properties, because it is very rich in vitamin B2, which eliminates toxins and helps liver regeneration.

Red wine consumption, source of tannins, acts on the smooth muscle fibers of the intestines, thereby increasing the peristaltic properties, standing as an additional means to avoid the risk of constipation



- ✓ Wine participates actively in the metabolism of proteins and carbohydrates.
- ✓ El vino participa de una manera activa en el metabolismo de las proteínas y de los glúcidos.

l) Antiallergic:

- ✓ Wine has antiallergic properties for its abundance of manganese and vitamin B, and opposes any excess formation of histamines, which are responsible for the allergic phenomena item.

m) For the eyes:

*"Wine gladdens the eye, cleans the tooth
and heals the belly "*

(Popular saying)

- ✓ Wine Antioxidants prevent from the attack of free radicals to the cells of the retina that are sensitive to oxidation. This allows for a protective effect of the eye health and prevents the eye diseases, especially those of a degenerative nature, such as visual loss caused by macular degeneration.

- ✓ It blocks the progression of cataracts.

n) For the teeth:

- ✓ It reduces periodontitis: a progressive infectious disease that affects the gums and bone that surround and support the teeth, often causing them to move and can cause permanent loss.

- ✓ Red wine, strengthens tooth enamel, making it much more resistant to caries.

Hardened enamel is more resistant to the development of another type of bacteria which may significantly damage our gums.

- ✓ The wine fights bacteria present in our mouths. Italian researchers at the University of Pavia confirmed that the habit of treating gum infections with wine has a scientific basis. Apparently, some compounds present in this drink slow the growth of oral streptococci and related bacteria associated to caries, as well as other bacteria associated to gingivitis and sore throats.

o) Palate cleanser:

Taken during the meal, wine helps to better perceive flavors when it is accompanied by water. This is due to its astringent properties, which tackles the strong taste of fat caused by foods like red meat and allow for an improved food tasting.



p) In the treatment of kidney disease:

- ✓ Drinking moderate amounts of wine is associated with lower levels of protein in the urine. Dr. Tapan Mehta, a kidney expert at Anschutz Medical Center, University of Colorado, Aurora, said in a recent study, that it is not exactly known how wine might contribute to this. Among those suffering from kidney disease, higher levels of protein in the urine have been linked to an increased risk of progression of kidney disease.

q) In blood and cardiovascular diseases:

- ✓ A study conducted at the Hospital Clinic of Barcelona, by Dr. Alvaro Urbano-Marquez and Ramon Estruch, suggest that wine contains polyphenols that have the ability to reduce arteriosclerosis up to 30% and prevent by 96% the appearance of low density cholesterol in the blood.

- ✓ Red wine contains resveratrol, a powerful antioxidant that helps protect our heart. Resveratrol protects our heart and arteries from the effects of saturated fats, so taking two glasses of red wine a day can help protect your heart and prevent cardiovascular disease.



- ✓ Recent studies have shown that the tannins in red wine have health benefits for the body, such as the ability to block the formation of endothelin-1, a signal molecule that causes constriction of blood vessels, which reduces the risk of heart disease.
- ✓ The alcohol in red wine, when taken in moderation, raises levels of good cholesterol, or HDL, which is useful for removal of blood clots and to protect our arteries from damage caused by "bad cholesterol" or LDL.
- ✓ Wine contains antioxidants that can help prevent heart disease by increasing levels of good cholesterol and cause a protective effect on the arteries.
- ✓ Wine is an ally of the cardiovascular system. Several studies conducted by the World Health Organization indicated that moderate and regular wine consumption rates stimulates the Ald.DH enzyme in the liver.
- ✓ Wine accelerates cholesterol clearance, it facilitates and enhances the action of vitamin C, necessary for debugging cholesterol.
- ✓ Wine is an important source of iron, so it should be taken in case of anemia.
- ✓ stabilizes the collagen fibers that support various arteries.
- ✓ Reducesce the risk of cerebral ischaemia (blockage of an artery in the brain).

r) Ally against fat:

- ✓ Wine consumption activates SIRT1 gene, which prevents the formation of new fat cells and helps mobilize existing ones, as scientists demonstrated Massachusetts Institute of Technology (MIT) in a study published in Nature.
- ✓ A study published in the the magazine "Archives of Internal Medicine" concluded that, although alcohol contains 7 calories per gram, a moderate consumption has possitive effects on our metabolism, reducing obesity and overweight in aging. The optimal daily dose, according to this research would be 30 grams of alcohol a day.

s) Bottled exercise:

- ✓ A study published in The FASEB Journal, suggests that resveratrol present in grapes reduces the negative consequences on our body of a sedentary lifestyle. Scientists conducted their experiments on several rats undergoing a sedentary environment and limiting their movements. A group of mice was provided resveratrol. They found that only animals who did not drink this wine ingredient began to experience decreased muscle mass and strength and bone showed weakness. "Resveratrol is not a substitute for exercise, but it can lessen the deterioration in the event that an individual is forced to remain idle," said Gerald Weissmann, editor in chief of the publication.

Section II

4. Put into practice

4.1. Wine Contraindications

The MONICA study (Monitory Cardiovascular Diseases) has shown that consuming one or two glasses of wine reduces the risk of cardiovascular disease. However, above 30 grams daily alcohol causes serious damage to the liver, brain and heart.

We must not forget that alcohol is toxic when ingested in large amounts and is contraindicated in the following cases:

- ✓ Diabetes.
- ✓ Pregnancy.
- ✓ Children and adolescents.
- ✓ People with liver disease and severe heart disease or some arrhythmias.
- ✓ People taking certain medications.

To conclude, remember that a doctor should always individually assess the risks and benefits of alcohol consumption in each particular situation. Drinking alcohol can have beneficial or harmful effects, depending on the amount, age of the person, their lifestyle, etc.

“Wine makes life better and easier, with fewer tensions and more tolerance.”

(Benjamin Franklin)

4.2. Folk remedies with wine

a) Reconstituyente:

Mix 1/4 liter of red wine with 2 teaspoons of honey stir well until it is completely dissolved. Add 2 egg yolks and beat with a wooden whisk for about a minute, after which you add the juice of 1 lemon. This reconstituent formula must be taken in small sips 1 or 2 times a day.



b) For the Cold:

To relieve the symptoms of a cold, take a warm glass of red wine before going to bed.

c) For constipation, stomach pain, gastritis, insomnia and nervousness.

Put 40 gr. of basil leaves in 1 liter of wine for 24 hours. Filter the wine and add a glass of brandy to enhance their conservation. This preparation has calming, carminative and antispasmodic properties.

d) For urinary incontinence:

Crush the shells of 15 eggs (well cleaned) and let marinate for a month in the mixture of 1 liter of red wine and 1 glass of brandy, then filter it.

We get a remineralizing wine recommended for demineralization, and urinary incontinence.

e) Uric acid:

Marinate in a liter of red wine, during 8 days, 20 g of birch (*Betula pubescens*) and 20 g of ash (*Fraxinus excelsior*). Mix every day. Filter and drink 2 tablespoons before lunch and before dinner.

f) Fatigue:

Mix 30 gr. of sage leaves (*Salvia officinalis*) and 30 g of rosemary leaves (*Rosmarinus officinalis*), add to a liter of red wine and 1.5 tablespoons of honey, heat for 45 minutes in a hot water bath. Stirr. Let marinate for 4 days. Filter and drink 2 tablespoons of the remedy 10 minutes before lunch and 10 minutes before dinner.

g) Reduce bad cholesterol:

Place 50g. of parsley in $\frac{3}{4}$ liter of red wine. Mix the ingredients and let sit in the bottle for 12 days. Drink a small cup after dinner.

h) Para tratar la astenia, impotencia, infecciones intestinales y espasmos digestivos.



Let 6 cinnamon sticks marinate in 1 liter of red wine for a week and then filter it.

The wine we get has aphrodisiac, carminative, digestive, tonic and vermifuge properties

i) Avoid Epilepsy:

Mix equal parts of rosemary and rue and then boil them in wine.

Take the mixture as 1 infusion once a day helps to liven up the problem of epilepsy.

j) Antioxidant anti-aging mask:

Place two tablespoons of wine in a bowl and add four tablespoons of liquid honey. Mix well until completely amalgamated. Apply to face and neck, leave on for 15-20 minutes and rinse with a little warm water

k) Rosemary wine - soothing the ills of the heart and dropsy:

Put a bundle of rosemary leaves and sprigs, cut into small pieces inside a bottle. Fill it with red wine, and after seven or eight hours, the wine rosemary wine is ready. Take it daily, three tablespoons twice daily, as long as there is no medical indication not to consume alcoholic beverages. It is an effective soothing in cases of heart dropsy it helps to secrete the excess of fluid through urination.

l) Medicinal tonic Wine: stomach soothing:

In a clean bottle place 1 sprig of rosemary 1 nutmeg, 3 cm. ginger root and 3 cm. cinnamon bark. Then fill the bottle with red wine, place it in a fresh place and let marinate for two weeks. After this time, filter the medicinal wine and add some port wine, mixing well.

Take 1 cup of liquor after meals.

Questions

- 1. Wine has four groups of components, how many can you remember?**
- 2. What kind of people should avoid wine consumption?**
- 3. Can you fight a cold with wine?**
- 4. The Rosemary Wine, how can it help soothe heart diseases?**
- 5. Resveratrol is a flavonoid found in red wine. Do you remember what it is?**
- 6. How many vitamins can be found in red wine?**
- 7. In the Middle Ages, in the convents of the Camino de Santiago in Spain, Monks gave wine to Pilgrims in order to heal them. Do you remember what diseases were cured with wine?**
- 8. What is the American Heart Association opinion on wine?**
- 9. Do you remember the famous phrase of the French scientist Louis Pasteur about wine?**

Are you interested?

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