

En français à Lisbonne

**M. Vergnaud, Diplôme Universi-
taire Nutrition & Ostéopathe**

LE VIN

Et ses bienfaits?

Le Vin Et Ses Bienfaits Mon Meacutedicament Le Vin

Albert Adam, Jean Luc Jault



Le Vin Et Ses Bienfaits Mon Meacutedicament Le Vin:

Les bienfaits du vin rouge sur la santé Claire Debeaumont Hanssens,2012 Le vin est depuis toujours l'un des fleurons de notre culture et symbole du savoir vivre mais connaissons nous l'étude de ses bienfaits sur la santé Au cours de cette thèse nous avons démontré que les personnes qui boivent du vin rouge ont moins de maladies cardio vasculaires de diabète et d'Alzheimer que les autres Mais qu'y a-t-il dans le vin pour expliquer tout cela Les différents composants du vin rouge sont ainsi répertoriés dans ce travail et les principaux sont les suivants polyphénols tanins resvératrol Les nombreuses études citées dans cette thèse prouvent une efficacité certaine chez l'animal mais aussi chez l'homme Il est également cité dans cette étude la différence entre les autres alcools et le vin rouge Cette comparaison est importante En revanche il est évident que la consommation de vin rouge doit se faire avec modération et accompagnée d'un mode de vie sain et approprié *Le bonheur est dans le vin* Albert Adam,Jean Luc Jault,2006 Quiconque aime profiter des plaisirs de la vie sait parfaitement qu'un vin bien fait peut se révéler tout simplement délectable Ce que nous ignorons cependant c'est qu'en plus de ses vertus gustatives le vin possède des vertus thérapeutiques hautement estimables notamment en ce qui a trait à la santé de nos artères de notre cœur et de notre cerveau En plus de faire le plus grand bien à notre corps cette boisson conviviale par excellence nous permet de partager une infinité de petits et grands bonheurs pour peu que nous ayons envie de le découvrir sous ses multiples formes et d'explorer ses accords subtils avec les mets En fait riche de ses 6000 ans d'existence le vin a également bien des secrets nous dévoiler sur son histoire son langage et son élaboration Cet ouvrage nous en livre plusieurs tous plus fascinants et réjouissants les uns que les autres **Études sur le vin** Louis Pasteur,1873 *Le vin et ses effets cardiovasculaires* Philippe Liegey,2001

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