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Most of my books had previously been published on Amazon.

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WineDiets.com Presents

The **2024** *Wine
Diet*



Includes three wine diets and
an alcohol free grape juice diet
that appeals to many

B. W. Kelly

WineDiets.Com Presents: The 2024 Wine Diet

Includes three wine diets & an alcohol-free diet that appeals to many

Jared Grant wrote a book with almost the same title of mine three months after my first Wine Diet Book. His book title was *The Wine Diet; How I lost 50 pounds While Drinking Wine Every Night*. Should you also read his book? Anything that can help you lose weight while staying healthy is a good read.

For regular people who are not often distressed, dieting is the world's most stressful activity. Think about how tough your last diet was. Would you be reading this book if that last diet were 100% successful?

Finally, there is a stress-free diet that pretends that it expects that you will fail. While you are on this diet, if not weighing continually, it seems so long to get any results that you will be convinced that you are failing... all the while you are losing weight.

Brian Kelly is not only a wine diet client, he is also the author of this book and the creator of the world renowned WineDiets.Com website. His story is the story from which the wine diet was created. Why? Because it works.

If you have sworn off all forms of dieting, and you believe you cannot lose weight, this is the diet for you. Kelly was gaining weight and the diet stopped that in its tracks Brian was simply hoping not to gain so much weight that he would break the 400 pound barrier from his 343 pound high. He could not lose weight, yet when he started the wine diet, he really did not know he was on a diet. As only happens in Fairy Tales, the pounds came off a-plenty in due time—62 of them in fact!. That's a great diet.

by

B-R-I-A-N W. K-E-L-L-Y

Title: WineDiets.Com Presents: The 2024 Wine Diet

Subtitle: Includes three wine diets & an alcohol-free diet that appeals to many

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Brian P. Kelly

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Dedication

We dedicate this book to the Kelly/McKeown partnership that was formed when Grand Pop and Grand Mom married and expanded both the Kelly and McKeown families. It is nice having a big family. Thank you all for being important parts of the whole.

Acknowledgments

I appreciate all the help that Pat and I have received in putting this book together as well as all of my other 316 Lets Go Publish (LGP) Books.

The printed acknowledgments had become so large that book readers "complained" about going through too many pages to get to page one of the text.

And, so to permit more flexibility, LGP now places the full acknowledgment list online, as it continues to grow. Back before we contracted with Amazon to produce our books, when we did our own book printing, believe it or not, the cost of adding all of the acknowledgment pages to the manuscript had reached about a dollar per book to print the extra needed pages. So, we put them online for all to see.

Thank you all and God bless you all for your help.

Please check out www.letsGOPublish.com to read the latest version of this author's heartfelt acknowledgments updated for this book. FYI, Wily Ky Eyely, a wonderful niece, loves this book and all LGP books She makes gentle requests, no demands. However, among these are concerts in the driveway at Fenwick Island and lots of wine for the uncles, aunts, and older cousins.

When you go to the www.letsGOPublish.com web site, click the bottom of the Main menu on the site to see the big acknowledgment list!

Thank you all!

You all make writing books fun!

Preface

I was surprised to find just three months after my groundbreaking book titled WineDiets.Com Presents: The Wine Diet, Jared Grant decided to write a book on Amazon about his own experience with red wine, having lost 50 pounds. I have no idea if I helped him in his endeavor but I am fine with his book.

I lost 62 pounds soon after I deployed The Wine Diet. I lost even more subsequently. I now weigh in at 225 from an all-time high of 343. Grant lost 50 pounds while drinking two glasses of wine every night. He, like me also discovered the right process for losing weight and keeping it off. There is a way to get thin again if you are persistent—at the same time enjoying red wine. Other wine varieties also work but reds are the most effective.

Overnight, by reading this book, you too can figure out how to lose weight and still eat the foods that you love. This book offers some sample diets and some other menus which include chocolate smidgeons. I know that I was able to drink red wine, eat well, and lose weight. Jared Grant says that for him, he was able to have his cake and lose weight too! Me too!

All of Brian Kelly's books are highlighted at www.letsGOPublish.com. They are for sale at Amazon, Kindle, and Barnes & Noble as well as other fine booksellers.

When you have a chance, go to Amazon.com/author/brianwkelly for a peek at some of Kelly's 317 offerings.

The best!

Sincerely,

Brian P. Kelly, LGP Editor in Chief.
I am author B.W. Kelly's eldest son.

Disclaimer

Book Title:

WineDiets.Com Presents:

The 2024 Wine Diet

A simple prescription for how with a minor change in your daily routine and a lot of wine, you too can lose weight

Disclaimers and Limitation of Liability

All disclaimers are a little scary. Scaring any of my readers is not my intention. With this disclaimer, I am simply hoping that you will not get upset with me. I put the disclaimer right here so it will help assure that you read it. I cannot guarantee that you will lose weight on this diet whether you follow it exactly or not. I would need to hire a person for a year or more for each person who buys this book to assure that all aspects of the diet are followed. Even if I could verify behavior, each person is different.

It is my job, however to provide the truth with a minimum of poetic license. This is part of the truth in this book and the winediets.com website. I am asking you to read this material right here even though it is not diet oriented. For taking your time, I apologize.

However, this is standard fare when a non-medical expert talks about medical things that just happened to work for her or him. I do wish that you read this and the rest of this book and that you enjoy your weight loss.

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All information provided by WineDiets.com, also referred to as the Wine Diet, Red Wine Diet, Blush/Rose Diet, The White Wine Diet; Black / Red Grape Juice Diet or any similar name throughout this website or book, is intended to provide educational information to individuals concerning one approach that for some has been beneficial in helping lose weight and/or lowering cholesterol.

Consequently, there is exercise advice and nutritional advice and some related products and services are highlighted. Please do not view any of this as medical advice. WineDiets.Com employs no medical staff or Doctors or Nurses or assistants. See your doctor before attempting any wine diet. The information contained on the site or in the book is not a substitute for professional advice, diagnosis, and treatment of any disease or condition. Again, if you need medical advice, and not a weight loss opinion that has worked for some, and which may work for you, you must consult your physician or health care practitioner before beginning any part of this program regarding nutrition or exercise.

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Dedication #2



Dr. Lucyann Sciandra Right Receives One of Many Honors in Her Career

Dr. Lucyann Sciandra is an infectious disease expert, so you can imagine that her skills have been a bit in-demand during the COVID-Crisis. They were also in demand several times in my life as her expertise made the right call to help me dodge several medical bullets. For this I thank her profusely and since Red wine in moderation is helpful and healthy (my assertion), I dedicate this book to her and offer her my best wishes for a very long life. Thank you Dr. Sciandra.

Dr. Sciandra uses her expertise at several of our area's hospitals, including Wilkes-Barre General Hospital, Commonwealth Health Regional Hospital of Scranton and Commonwealth Health Moses Taylor Hospital, still working with patients such as your author, who struggle with an illness other than COVID-19.

Dr. Sciandra acknowledges that the infectious disease specialization seemed her best fit. "In med school, it seemed to be what clicked," she acknowledges, saying that she just had the head for keeping all the facts and figures of infectious diseases straight. "I was a person who loved microbiology and everything that entailed. Thank you again Dr. Sciandra for your expertise and your dedication to putting patient's first.

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About the Author



Brian W. Kelly retired as an Assistant Professor in the Business Information Technology (BIT) program at Marywood University, where he also served as the IBM i and Midrange Systems Technical Advisor to the IT Faculty. Kelly designed, developed, and taught many college and professional courses. He continues as a contributing technical editor to a number of IT industry magazines, including "The Four Hundred" and "Four Hundred Guru," published by IT Jungle.

Kelly is a former IBM Senior Systems Engineer and IBM Mid Atlantic Area Specialist. His specialty was designing applications for customers as well as implementing advanced IBM operating systems and software facilities on their machines.

He has an active information technology consultancy. He is the author of 317 books in many literary and sports areas and he has written numerous technical articles. Kelly has been a frequent speaker at COMMON, IBM conferences, and other technical conferences.

Brian was a candidate for US Congress from Pennsylvania in 2010 and for Mayor from his home town in 2015.

Chapter 1 The Wine Diet History



PHOTOGRAPHED BY KARA BIRNBAUM.

All diets are difficult

Picking up from other chapters on the winediets.com site or the chapters in the book, I confess that the only diet that has ever worked long term for me is the one that I am enjoying right now. I am proudly on the Red Wine Diet, which not too long ago had no name at all. As I put forth elsewhere in this work, for months, I did not even know after I had begun that the diet was working. But, it was.

In other words, I did not even know I was dieting. Some tuned in to today's jargon after hearing that sentence would say, "SWEET!"

Yes indeed, how sweet it is. I did not even know that I was on a diet and yet I lost weight.

I used no tape measures. I wore no tights. I had no gym membership. I was in no gym, and there was no continual checking for weight loss. It actually just happened.

So, how did it happen?

Let me just say that about twenty years ago, I developed a proclivity for "Dago Red" wine. Type in "dago red" in your browser or better yet from the WineDiets.Com web site and you will know what this is. You may also skip to Chapter 11 right now to find an enjoyable piece about this special vintage.

Tape measure optional



Many moons ago, my wonderful neighbor JJA gave me a gallon of Dago Red, simply because he liked me. And so for a number of years now, long before my getting my own gallon jugs independently, I have been enjoying what I call DGR.

It is available for several months each year from Thanksgiving through the end of February. In the last few years, I have had better sources and I get it earlier and I can typically save enough to have it available through April. So, for most of the year there is no DGR.

I have had some years in which I received as many as 50 gallons and sometimes more throughout the season. When gifted, one must also gift and so I do give much if not most of it away as it is a prized gift in Pennsylvania. By the end of each January, I begin to look to the vintners to supply me more and more and more but it is often not available.

Whenever I make a visit to Paul and Cathy's or to Rachel and Mike's, or Ann Marie (Recently RIP) and Ross's or Madelyn and George's (Recently RIP) or Claire and Chip's, or Ed and Evelyn's at Christmas time, I come bearing a gift of Dago Red to be shared with all the guests. I admit in these circumstances, while visiting, I have my full share of the gift.

So, every year, but mostly the last several, after January, the gift has been on me with pleasure. And because we have our own share of visitors at our home during the Thanksgiving and Christmas seasons, most of whom really like the "brew," without the help of some great vintners, it would be easy to run out.

Dago Red has no preservatives. It is a chemical free wine. Consequently, it has a penchant if not kept cool, to spoil and begin to get a hint of a vinegar taste some time before May. When all the guests do not show up during the DGR season, somehow, the gallon jugs still disappear. I admit that I am almost solely responsible for that...nobody else.

What about the diet connection?

Sometime after the Dago Red wine season in 2013, things seemed different for me. I was bigger than ever or so I felt. That nasty new bathroom scale was almost 100% accurate and it had a bad habit of always noting the worst. I was 343 pounds and who knows if I had not been a few pounds more before I first checked the numbers that year.

I do not recall consciously choosing a path to lose weight but I do recall thinking that I could not afford to gain any more weight. So, from my perspective I needed to engage in some defensive dieting.

I do a lot of writing. Believe it or not, I actually wrote my most recent words right here just a few seconds ago. Sometimes when I write I am working on books--www.letsqopublish.com, and www.bookhawkers.com, and conservativebookshop.com.

Other times I write contribution pieces free for the Wilkes-Barre Times Leader as a mailbox drop-in or I am published by Times Leader or others for works somewhat more extensive. Several years ago, for over a year, for example, I was a regular columnist for Conservative Action Alerts, a web publication. You may see many of my articles at www.briwnwkelly.com.

So, during this period, while I was writing at my desk with Buddy the Cat and Benny the Dog on duty fearlessly protecting me from intruders, I sometimes had a coffee as I am enjoying right now. Other times, I drank some fruit juice or water. Still other times, I drank red wine, which I enjoyed the most -- especially after 6:00 PM.

In the morning, I like coffee and some OJ or TJ, but not too much. The old me might even have eaten a bunch of sweets such as muffins, donuts or crumb cake, if readily accessible when the juice was gone and the coffee was prepared for the accompaniment. But, then again, those days were the days in which my corpulence was on the rise, and I had begun to think that I was invincible.

That was the old me.

It may have been early to mid-summer 2013. For sure it was some time after my high-water mark weight of 343.pounds. The old *me* subtly had changed. Even I did not recognize whoever it was. But it had changed, nonetheless.

Without thinking about losing weight, I had come to believe, after so many false diet starts and premature finishes that I could no longer get my body to lose anything. I therefore definitely knew that I was not throwing as many shovels of body fat into the carbohydrate redistributor.

I was sincerely worried that my behavior would cause my normally light metabolism burn to possibly transform me into 400 pound oblivion. So, I simply changed my behavior but not that much. I was not expecting a big payoff from my body. I just did not want to gain any more weight. So I took action that was a bit different from my old actions.

Without knowing it, I had implemented what I will now call the:

Wine Diet.

It worked for me. I lost weight and as a side benefit, it continues to push my cholesterol downward. The diet is included as a menu item on the WineDiets.Com web site and it exists in four different forms—Red, Rose', White, and Grape Juice. Read about them all on both the web site and the book.

What made the wine diet different from my normal behavior?

It is difficult to believe but the truth is that I did not know that I was on a diet when I went for my fall 2013 semi-annual Doctor Kerrigan appointment and weigh-in. I had lost weight unexpectedly—nine pounds. It was a real nine pound loss... real

pounds. And, though I had changed how I was eating, I did not consider it a "diet" as I was not starving.

I reflected that maybe I had tricked the nurse into letting me weigh in without my coat and wallet and shoes. But, I had not. It was real, and it was the first weight loss for me in some time.

Even after I went through the festive Thanksgiving, Christmas and Dago Red seasons in 2013 / 2014, at the spring 2014 doctor's appointment there was another nice weight loss. When I weighed in at the next meeting with the doctor's scale, the nurse would not let me take any of the heavy winter stuff off and yet, I was down another six pounds.

My pants were beginning to get loose and I had to add a few belt holes into my standard belt. I added more than I needed with hope they would be needed soon. I knew I had lost weight but this was official proof.

Finally, as I was asking myself why I was losing weight when I was only trying to avoid hitting 400 pounds, I figured it out. I tuned into exactly why I was losing the weight. I was not losing 4 or 5 pounds a week or even a month but when I did count in months, I found that I had been losing at least a pound each month without knowing it. I had a hard time actually believing what I was seeing. The doctor's scale began to see the same thing. Because I can remove more clothing for an accurate weigh-in, I used my own accurate scale, not the doctor's to calculate the weight that is chronicled on the web site and in the book.

I am very pleased that over the course of almost a year, I lost 15 pounds and though not completely effortless, I was definitely losing weight. Losing weight is fun when you are not starving all the time. By December 2015, I had gone from 343 to 281.6. Most of it was from the major losses in the fall, 2015. I lost a total of sixty two pounds. I probably should be on a TV show. I wish I had taken pictures along the way. I'll have to go find some.

For me the wine diet worked and it is still working Check out the specific wine diets yourself and join me at the weight loss club. The best!to you all.

My new slogan is "It worked for me!"

Chapter 2 Finally, a Medical Diet -- The Cardiologist's Diet

Can an easy to read funny diet actually work?

We're going to have some fun now before we continue. Please don't be mad at me about this. Many think that the cardiologist's diet is very funny so I include it right here.

There are a lot of great heart diets on the Internet. For example, on the healthyhomeeconomist.com, Dr. Dwight Lundell MD explains that *a slow paradigm shift, which identifies inflammation as the true cause of heart disease is occurring*. Check this article out for a serious look. For those reading the book, either go to WineDiets.Com or search the web to read it.

The cardiologist's diet charted right here is much simpler:

If it tastes good... spit it out.



Obviously, this is not serious stuff but the wine diets are all very serious. I hope we got you in the right mood.

If you choose to drink red wine or dry red / black grape juice, and you are like most people, it will help your cholesterol and it will help you lost weight on the wine diet. That's why people visit the WineDiets.Com site and read the book. Enjoy and best wishes on a healthy weight-loss.

If you choose white wine, most varieties only slightly nudge your cholesterol but you can lose just as much weight if not more than the other WineDiets.Com diets. White wine has some but fewer

obvious health benefits when compared to all the popular research on red wine.

Think of blush as like a red and white combined. If you like blush / rose, depending on the mix or the length of time the red skins and pulp might be in the wine barrel, your cholesterol may be lowered by about 50% the rate of red wine.

Just about all physicians and nutritionists generally accept that drinking a few glasses of red wine per day has some nice health benefits. Moderate red wine consumption has been found helpful in preventing heart attacks, increasing the amount of HDL "good" cholesterol and decreasing the chances of blood clotting.

Red wine also comes with anti-inflammatory properties. This is very good. It means that it can be helpful in reducing pain associated with some chronic conditions. Flavonoids, the antioxidants found in red wine, can also help prevent cancer.

What a big plus for me to be one of God's creatures who happens to love red wine to pieces. I sure do!

Health Benefits of White Wine & Champagne

White winemakers use the same basic process as they would with red wine. There is one major difference. With white wine, the grape skins are removed before fermentation. The rationale is that white wines do not gain their flavor from the skin, as do red wines. With white wines, the vintners look to gain more flavor from the meat of the grape. Said more plainly, with red, the skins are crushed along with the pulp. With white, the skins are quickly separated out.

Though there is limited cholesterol help from white wine or white champagne, I took it too far to suggest there were minimal health benefits in consuming white v red. They are just different.

Because of all the recent attention to red wine, many, who prefer white varieties, and who have felt left out, have been asking this simple question:

"But, what about white wine and champagne? Do these two popular drinks have any beneficial properties?"

The answer is yes. There are flavonoids in white wine just like they are in red varieties and these too can help prevent cancer. The body of work on wine benefits is far from complete. It is even less complete on white wines. In a study from the University of Barcelona, their conclusions were that white wines may have a higher antioxidant capacity than red wines. I would not bet on this conclusion until I know a lot more, but this demonstrates the lack of finality on the subject.

We do know that some white wines can protect the heart against aging, but, unfortunately, not all whites have this property. Recent findings show that one in three white wines tested give a real boost of protection for the heart.

All comparatively dry white wines have less calories than similar reds and their alcohol content is typically lower than reds. Therefore, people on a calorie-restricted diet benefit from drinking white wine more than red or rose'.

For example, recent statistics point out that a diet with 10 percent of the energy derived from white wine is as effective in weight loss as one with its 10 percent energy derived from juices. White wine is a good choice for your wine diet simply because you may like it more than red. The benefits are simply more obvious with reds.

There are additional benefits from consuming wine than juices. In the weight loss game for whites, champagne is actually the check-rated best buy as it is becoming the alcoholic beverage to turn to for someone looking to lose weight. Why? It is generally lower in calories than red wine, white wine or beer.

However, that is not all that champagne brings to the table. Like red and white wines, champagne has heart-healthy properties including a positive effect on endothelial function, a strong indicator of heart disease. Moderate daily consumption of champagne may also improve vascular performance.

Champagne also can benefit the human brain as well. If, like me, you happen to have a human brain, this is a very good attribute of champagne. I write this way every now and then so you don't get bored. If it annoys you, I apologize for sure.

Three glasses a week of bubbly could help prevent brain disorders, including dementia and Alzheimer's disease, according to another recent study. Certain black grape varieties used in champagne can aid memory via a compound called phenolic acid.

The good news for champagne lovers is their work prompted these researchers to recommend that ordinary people drink two to three glasses of champagne a week, starting after the age of 40 to help stave off dementia.

Alcohol consumption itself can have some benefits; but all studies are based on moderate consumption, not binge drinking. The concern is that too much wine can not only counteract the benefits one would receive, but it may, in certain instances, make things worse in the long run. All things in moderation.

The bottom line for those who love wines of many flavors, is that almost all wines have benefits. I love reading about the growing evidence in favor of moderate alcohol consumption—regardless of whether the wine is red or white, or champagne. It actually makes me thirsty thinking about it, and it is good news for those on any of the WineDiets.Com wine diets. I like all flavors of wine types and I also like grape juices, especially the dry ones. I am so lucky that I actually am losing weight on this wonderful diet.

The wine diet helped me so much that I was inspired to build a website to tell others. Just recently, I took my experience that I had chronicled on the web site, and I wrote a book so you can

take this prescription with you wherever you go. I plan to create an eBook so that your Kindles can download this for free for a while at least.

When you choose to go on your own wine diet, please make sure that you ask your medical doctor about all the particulars. You should ask your physician before you begin any diet in which you really expect to lose weight. Doctors actually know lots more than the rest of us. My family doctor, Dr. Patrick Kerrigan is the best of the best! He answers questions and guides his patients towards the best decisions for them.

Best wishes in all your losses!

Chapter 3 Is There Solid Proof That Red Wine Is Good for You?



The Times of India agrees with me. The long URL below can be avoided by typing in do you lose weight with red wine:

<https://timesofindia.indiatimes.com/life-style/health-fitness/weight-loss/drinking-red-wine-may-help-you-lose-weight-say-studies/articleshow/64745580.cms#:~:text=According%20to%20researchers%2C%20drinking%20red,help%20you%20in%20losing%20weight.>

If you have been trying to lose weight, you probably have been told that if you want to lose weight, you must ditch booze, avoid high-calorie intake and hit the gym. Well, the latter pieces of advice may work for all of us, but ditching booze to lose weight is not a good idea, say experts. According to researchers, drinking red wine in moderation can actually help you in your weight loss journey.

How does it aid weight loss?

There have been lots of studies but this is not a research book. We present what we think is solid information that we have gleaned from multiple quality. As per researchers, drinking two glasses of red wine can help you in losing weight. Studies were conducted at Washington State University and Harvard Medical School. Just as you will learn in this book, the studies pointed out a polyphenol called 'resveratrol' which is present in red wine helps in losing weight. This polyphenol converts white fat, which are larger cells that store energy and expand as we gain weight, into obesity-fighting beige fat and this fat is much easier to lose.

Red wine is easy to talk about.

This Chapter as well as the web article on WineDiets.Com use Dina Spector's piece as a reference. You may find it on the web at www.businessinsider.com/health-benefits-of-resveratrol-in-red-wine-2013-3#ixzz3Few6mM8r. Dina's article is well done though it is very technical. In this piece, my objective is to make it more understandable while capturing its essence.

In the article, she presents a natural ingredient found in red wine called Resveratrol. This natural component of red wine can help fight off diseases associated with age. Nobody I know is getting any younger so her stuff will apply to all of us eventually.

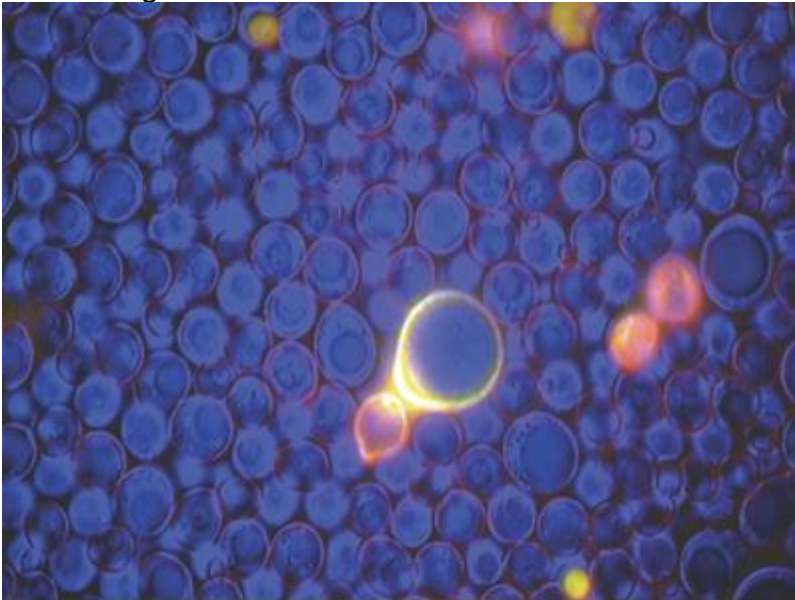
Since I have never met an individual who was not subject to the rules of aging, I would recommend your reading this great piece. Ms. Spector's conclusions are based on a new study that shows very promising results for red wine drinkers. There are no certainties in this research but many scientists are on board with the benefits of Resveratrol.

I captured the picture shown below in the article and I included the caption shown below the picture. As you know by now, I am a devotee of red wine for both health, spiritual, and diet assistance reasons, I am bringing the essence of this article forward for all to

enjoy and learn about this phenomenon, Resveratrol, a major component of red and black grapes and the red wines made from such grapes.

Resveratrol gives red wine many of its magical properties. It is found in the skin of grapes--the part of the grape that gives red wine its color and its unique tastes. The skin also provides the fermentation yeast. Resveratrol, as a helpful substance for years has been touted by scientists for its anti-aging properties. Now, researchers from all over the world, are studying this natural compound to see how they might be able to design better anti-aging drugs.

Figure 3-1 Cells treated with Resveratrol



David Sinclair, Harvard Medical School

Old yeast cells live longer when treated with resveratrol. The yeast cell is big and yellow.

Resveratrol works by increasing the activity of proteins known as sirtuins, a family of such substances found throughout the human body. These compounds are being studied as they appear to combat diseases related to getting older. Three of the prominent

diseases being studied include type 2 diabetes, cancer, and alzheimer's. None of these diseases deserve capitalization.

In the picture shown above, David Sinclair, a Harvard Medical School professor shows that old yeast cells live longer when they are treated with Resveratrol. What does this really mean to you and me? The discovery conclusively proves that the interactions of Resveratrol is one of the ways that red wine provides its positive effects.

Sinclair offers the following: "Resveratrol directly activates SIRT1 in cells...Now that we know the exact location on SIRT1 where and how resveratrol works, we can engineer even better molecules that more precisely and effectively trigger the effects of Resveratrol."

SIRT1, a part of the DNA of our human ancestors is known as "the rescue gene." It is still in our DNA today but often remains inactive. Resveratrol and calorie restriction have been identified as two primary methods of activating the gene and unleashing its extraordinary anti-aging and anti-disease properties.

The big benefits come about as the SIRT1 gene is activated. It produces proteins that protect cells from inflammation and oxidative stress, two of the primary causes of premature aging and many degenerative diseases. It is easy to understand why many scientists are excited about these discoveries.

Again, not everything is yet buttoned down but even those that do not accept all premises are looking at benefits from the research. In other words, not all work on SIRT1 is universally acclaimed as factual. For example, Matt Kaeberlein, a biochemist at the University of Washington in Seattle, asserted the following:

"It certainly does NOT provide conclusive evidence that Resveratrol activates SIRT1 in animals, although it [is] consistent with that model."

Kaeberlein writes that there is no 100% verifiable data in the study to reflect the conclusions regarding age-related diseases or whether sirtuins are good targets for drug development. He acknowledges however, that there may be significant advantages to red wine consumers because of the findings of substantial Resveratrol in the skin of red grapes.

For those with greater interest in this topic, feel free to read more at: <http://www.businessinsider.com/health-benefits-of-resveratrol-in-red-wine-2013-3#ixzz3Fevytb3F>. Additionally, typing Resveratrol in your favorite search engine will provide a plethora of good reading material on the subject.

For WineDiets.Com subscribers, especially those on the Red Wine Diet, we have a right to be pleased that we can benefit from the Resveratrol from fine tasting red wines. White wine and rose' also provide health benefits but the health specifics are not as universally studied as reds.

On this site and in the book, we also discuss white and blush wines and their properties. So, you get to read what you want to introduce you to the facts behind the health theories and the diets. The key is as I have discovered—if you have circumstances such as mine, especially being overweight; in a little bit over two years, you too can lose many pounds on a wine diet. In my particular case, as of December 2015, I lost 62 pounds.

My conclusion is that all wines have some great health properties, and when consumed in a wine diet, the dieter can expect some health benefits—though not unreasonable benefits.

The major benefit of the wine diets of course comes from the weight loss. Is that not the real purpose of dieting?

If you happen to be svelte and not in need of any dieting, you can gain the health benefits simply by drinking your share of wine—preferably red.

Chapter 4 Is Wine Toxic?

Should you choose your wine carefully?

Would it not be very scary if cheap wine or even some of the finest wines could make you sick or kill you if you drank a lot?

This was the headline at bengreenfieldfitness.com in the recent past and the topic has been debated in wine circles across the USA. The notion presented was their caution about wine and arsenic as seen in popular headlines.

These cautions include articles written to alert Americans to the issue such as: “California Winemakers Sued over High Levels of Arsenic in Wines” and “Bad News for Those of You Who, Like Us, Drank Cheap Wine Each and Every Night of Your 20s”. That was surely enough to scare me. How do I now get rid of the night sweats?

This is about a class action lawsuit that was filed in California against a number of the country’s top winemakers over reported high levels of arsenic in wine. The lawsuit claims that some of the most popular wines have “*up to four and five times the maximum amount of arsenic that the Environmental Protection Agency (EPA) allows for drinking water.*”

Without some countervailing opinions and facts, one might easily conclude that it is time to stop drinking wine and go back to hot chocolate. The again, maybe not!

As an IBM Systems Engineer for years I solved my client's system problems so they could make productive business decisions. The clients were typically working with new IBM equipment and IBM wanted them to be satisfied with their new acquisitions.

As a problem solver, I would always listen to my client's complaints. "I did not do anything *other than*." or "I did not do anything *except*." Winemakers across the United States are using their problem solving skills today to beat the arsenic rap. Just because somebody claims something does not mean it is true!

Who wants to die from drinking wine?

This is so important to the wine industry in the US that there was an immediate backlash by researchers who know better against the lack of truth and the suppositions suggested in the lawsuit.

Here is a typical comment that shows how intense this debate has become:

This is grossly irresponsible journalism. Anyone can file a lawsuit against anyone else without a shred of evidence. Is there a single lab report showing excessive arsenic in any of these wines? I think not or we would have a criminal case, not a civil one. Now these listed wines and wineries are impugned and that bell cannot be un-rang.

This article was written by an "alleged" journalist who clearly has no idea what news is. No, Lili Tan [a journalist] cannot be fully blamed. She just parroted what was on the news services.

I searched and found the Wine Institute's response which was very well done and which appeals to minds which think logically.

Personally, I think the whole thing is balderdash but since I am not an *arsenicimotologist*, I took the time to research a number of responses. I encourage you to gain more information about this issue by checking out the Wine Institute's idea of the facts in their well-stated fact sheet presented below. This work is attributed to the Wine Institute, and it is worth reading. The vintners look at the accusations as bogus. I have concluded there is no threat. The vintners make a great case. Their response begins on the next page:



Updated Oct. 16, 2015

FACT SHEET

Wine Institute is the association of 1,000 California wineries. Unfounded litigation has raised questions about the safety of California wine. We want to assure you that the health and safety of consumers is of the greatest importance to our wineries and that wine produced by our members is perfectly safe. Visit www.arsenicwinefacts.com for additional information.

➤ The lawsuit claims that certain wines contain unsafe levels of arsenic based on the limit set by the U.S. Environmental Protection Agency (EPA) for drinking water – 10 parts per billion (ppb). However there is no scientific basis for applying the EPA drinking water standard to wine.

➤ According to the U.S. Food and Drug Administration (FDA), the EPA standard for arsenic in drinking water:

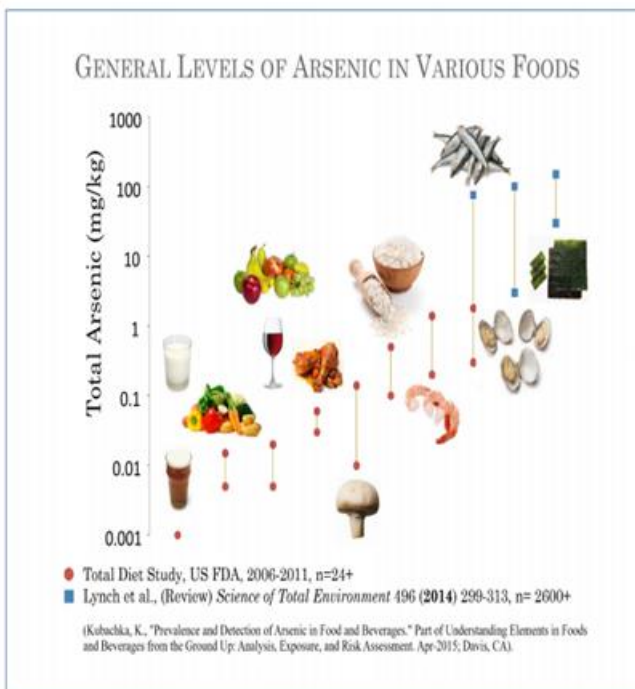
"...is of limited use when considering any potential health risks related to arsenic in wine... People drink far more water than they do wine over their lifetimes, and they start drinking water earlier in life. Thus, both the amount and period of exposure are different and would require separate analyses." – FDA Spokeswoman Lauren Sucher

➤ If wine had the same arsenic limit as the EPA standard for drinking water, which is based on the daily recommended intake for water of 2 liters per person, one would need to consume up to 13.5 glasses of wine or nearly 3 bottles per day and still be within the level the EPA considers safe for water. This amount would far exceed the U.S. Dietary Guidelines definition for moderate alcohol consumption of not more than 1-2 glasses of wine per day.

- If wine had the same arsenic limit as the EPA standard for drinking water, which is based on the daily recommended intake for water of 2 liters per person, one would need to consume up to 13.5 glasses of wine or nearly 3 bottles per day and still be within the level the EPA considers safe for water. This amount would far exceed the U.S. Dietary Guidelines definition for moderate alcohol consumption of not more than 1-2 glasses of wine per day.
- Except for drinking water, the U.S. government has not published a limit for arsenic in any food or beverage. Several countries including Canada and the OIV, an intergovernmental organization of 43 wine-producing countries, have set limits for wine ranging from 100 to 200 ppb – 10 to 20 times the level the EPA determined to be safe for drinking water. California wines fall well below these established limits, which these countries have determined are safe for wine.
- Arsenic is prevalent in the natural environment in air, soil and water and food. As an agricultural product, wines from throughout the world contain trace amounts of arsenic as do juices, vegetables, grains and other alcohol beverages. See: [Arsenic in Various Foods](#).
- The U.S. government, both TTB and FDA as part of its [Total Diet Study](#), regularly tests wines for harmful compounds including arsenic to ensure that wine is safe to consume.

- This issue is not just about California wine. All wine, regardless of where produced, contains trace amounts of arsenic. In 2014, the Liquor Control Board of Ontario Quality Assurance Laboratory tested 17,537 wines from around the world, including 2,247 wines from California. The data shows that there is no difference in the trace levels in wines from around the world and wines from California. The LCBO also reviewed results from 200,000 wines tested over the last 12 years and found that the trace levels have remained consistent over time.

Contact: Communications@wineinstitute.org



Chapter 5 Wine Diet Basics



Can you really lose weight while drinking wine?

Regardless of whether the wine in your wine diet is in any of the categories -- red, blush / rose', or white, you can lose weight on the wine diet. If you cannot drink wine, you can also lose weight and perhaps the same amount on a red / black grape juice diet.

The Red Wine Diet is the best for your health Red gives the best cholesterol protection although cholesterol protection has little to do with losing weight. All wine diets provide a similar opportunity for weight loss.

I hope you do not mind my repeating that I lost 62 pounds in a little more than two years and for the first four months I did not even know that I was on a diet. I was unaware that I was losing so much weight until getting on my doctor's scale in fall 2013.

I made what turned out to be a major change in my eating habits in the middle of 2013. I moved breakfast, which I had been eating at 9:00 or 10:00 AM to a brunch at 12:00 PM. I still had my coffee. I also moved dinner from 6:00 PM to about 8:00 PM and I added a wine cocktail hour, which is two hours from 6:00 to 8:00 P.M. every night.

Because I spread out the meals, and since I am not just eating crackers, I do not get hunger pangs for any significant length of time before I have a meal, some nice wine or some nice chocolates.

After dinner, I like to sit outside and gaze upon the back forty. Then we sit down and watch a little family TV. When I go to bed, I watch TV again for just a little while in the bedroom.

My wife and I enjoy Perry Mason on ME TV much more than when we were kids. During this time, I enjoy two solid dark chocolate Smidgens from Gertrude Hawk Chocolates. They make the best chocolates. This takes the edge off and is typically the only "after meal" dessert I permit myself.

When I have brunch, the combined breakfast and lunch event that takes place at noon each day, I will often finish off with a doughnut or a cupcake or something sweet and good. Yes, I still lost 62 pounds, and I am still losing weight.

It may be bad news to you that on my diet, I formally eat just two times a day; but they are not chinchy meals. I cut out one whole meal. In many ways, that is the secret. It replaces the third meal with a wine time. Knowing exactly when I will have my first and second meal of the day, as well as wine time, and the two candies at bedtime helps me psychologically to resist eating another meal between meals.

It permits me to wait until about noon and 8 PM to eat my two real meals of the day. When I need something in between, I find bananas and apples satisfying or vegetables with minimal dip. To assure my health, I take four special fish oil tablets from

Physician's Nutriceuticals, a large daily multivitamin, and 1000 mg of vitamin C (in the winter).

I do not try to artificially limit the size of the two meals per se though I am aware that more food means more calories. My breakfast / lunch (brunch) is typically not that big of a meal for me. I am also very conscious that I do not want to ever hit 400 pounds. In fact, when I was approaching 340 pounds, I did not want to hit 341. So, my recommendation is that you should eat what you want on this diet until you are filled sufficiently.

I do not count calories. I just do not overstuff myself or make a pig out of myself. If Pop Piotroski's famous lasagna is being served for dinner, I may have more than I should but such breaks in the diet are a rarity.

If you do not feel the need to grab an extra muffin at breakfast time or another piece of chicken or steak or lasagna at supper (dinner) time, your weight will come off sooner.

I repeat this often because it highlights how easy this diet is once you get going. The fact is that I was not even sure that I was losing weight until my second six month appointment with my family doctor with all clothes on, including shoes, wallet, and keys. In my first appointment, I had lost nine pounds and in the second, even with the holidays and Dago Red wine seasons in between, I lost another 6 pounds. Something was happening. I found myself down about fifteen pounds in less than a year and it felt good that I was not on another hopeless diet.

So, now you know the overall scenario involved in my successful wine diet weight loss. But, I bet you wonder what it is that I actually eat for brunch and dinner.

I eat my day meal at noon or sometime after if I am busy outside or at an appointment. I eat my evening meal typically about 8:00 PM. It helps that I am retired and control my own time. All adoptees of a wine diet may not have such flexibility and may

have to make accommodations to their schedules to suit their own needs.

I am active in the warmer months. I get up between 7 and eight o'clock each morning. I watch about twenty minutes of news before I brush my teeth, shower, and shave. In the late spring, summer, and early fall, I spend several hours a day in the backyard gardening or taking care of the pool.

From year to year, I grow about 50 tomato plants, along with about 25 pepper plants, eight cucumber plants, six zucchini plants, lettuce, red beets, arugula, dill, basil, and chives. I also plant two small sets of radishes and about four sets of beans. I plant about 20 feet of beans in four different locations, one each every three weeks in the summer to assure a continual harvest.

In hot, dry months, I get out my 100 foot hose and I water my garden every second or third day. It takes a good half hour for me to finish watering. When Pat asks for the flowers to be watered also, it is an hour job. I typically do not walk extraneously a lot any more in the summer but every now and then I do. It is good for the heart. If you exercise regularly on the wine diet, your weight loss should exceed mine.

The last two years I created a few new areas that were in the backyard in front of my neighbor's Arbor Vitae bushes. I dug up the area up and planted three rows of three foot zinnias. They are about three and a half feet tall and they are beautiful. At the end of the warm season, the last two years, I used my new mulcher to mulch the huge zinnia stalks and other items for fertilizer. When my radishes were done this year, I planted more zinnias and some tall marigolds. Beautiful.

Early on each year, I plant pre-grown tomato plants and pepper plants and I like to use seeds for everything else. During the growing season, I am cultivating, fertilizing, and watering. My wife has a ton of flowers and other decorative plants in big moose pots and she enlists my help to water these beauties, which I enjoy. All

of this expends some energy and so my fall weight loss has always been better than winter/spring.

Thus, I do burn some calories during the season and then again as the picking begins, and finally during the garden / back yard cleanup. In the colder months, I try to take a twenty-minute walk about three times a week but mostly I am AWOL. I should do that again regularly. I bought a resistance chair but have not brought that into my daily routine yet. Maybe I will early next year.

Since I have been theoretically retired from my job as a college professor for over four years, and my computer consulting practice (AS/400, IBM i systems) is not as active as it was in the past, I spend a lot of time in my office. Bennie the dog and Buddie the cat accompany me to work in my office most days. I build web sites and I write books and articles. For example, I wrote two books this year before this one.

I probably would have lost more weight if I had exercised more and had walked more and had been more physical. But, then again, I unexpectedly lost 15 pounds in my first six months of knowing that I was on the wine diet. I had merely kept my meals to a strict regimen and I scheduled a nice wine pleasure period at my most vulnerable time.

Getting Hungry???

You may ask what if I become hungry before noon or between noon and 6:00 PM. Well, in almost all instances, I do get a little hungry but I do not feel famished. So, since there is typically an hour or less to wait for a meal or for wine time when I get the pangs, I most often choose to tough it out. In the morning, I may have a helpful early coffee and in the afternoon, I may try a banana or an apple or something good for me. If I need to, I make a half sandwich with as much lettuce and tomato as I can find.

My wife Pat and I always have fruit available and our favorites are oranges, apples, bananas, and grapes. I never deny myself any of

these and sometimes we make a dish of fresh tropical fruits that we schedule in between time.

As discussed, in the summer, I do grow cucumbers, tomatoes, peppers, lettuce, and zucchini, and I sometimes grow green onions. I buy carrots and celery because others grow them better. This stuff makes great vegetable trays.

Sometimes in midafternoon, Pat makes a nice vegetable tray with some dip which is really great. She also makes dip but sometimes, she buys it. The secret to keeping this lo-cal is to not immerse the veggies fully in the dip as I once did.

When I finish my home grown pepper supply and I have just a few tomatoes left as it approaches December, I know I have to begin buying produce again at my favorite local place, Malacaris. Everything is about ½ the price of all other produce outlets. In 2015, this year as I write this in December, I am just beginning to buy such items.

In the meantime, the fruit in between Brunch and Wine time seems to really help curb the appetite. Psychologically after brunch, noon, I know the next step on the plan is a few nice wines. The thought of the red wine and then the actual red wine really keeps me going with a smile.

So, in essence, the wine diet means you eat raw fruits and vegetables any time; have a brunch type meal at noon, raw fruits and vegetables until 6:00, and then enjoy wine until about 8:00 PM or later; have a great dinner, wait a half hour to a few hours after this meal, have two chocolates (Gertrude Hawk Smidgens) and go to bed without being overfilled. Your next step is to have a great night's sleep.

That, my friends is the wine diet regardless of the flavor you choose. In other specific wine diet articles, we repeat much of this material as we present the red, blush, white and grape juice specifics.

I use my PC to write. I have my most productive time on my PC from 6:00 PM until 8:00 PM as I finish up on emails; write articles; write books; and I build or update web sites-- some for profit and some for pure fun. I love to drink red wine while I am being creative.

Question: How much wine do I drink? Answer: Anywhere from a few glasses to a full 750 ml bottle before 8:00 PM comes along. I try to keep it to no more than three 4-6 ounce glasses. Rarely do I finish the equivalent of a bottle but the more immersed I am in my work, the more likely I am to stretch the wine period with another. In the AM, after a fine night's sleep. I must scrutinize closely what I had written during the last glass of the prior evening to be sure it says what I really wanted to say.

I keep my wine in the garage and so it is a trip to get up to get the next glass so often that a good thought keeps me tied to my keyboard for ten minutes or longer after the current glass runs dry. Only then do I get up and get another. Did I mention the distance is about 50 feet both ways so there are a few calories expended.

Once I have a 4 to 6 oz. glass of wine, the world always looks better. I know that you know what I mean. It almost immediately stops any hunger I may have been feeling. So, all the while I am in my two hour wine diet *wine* mode, I am not at all hungry, regardless of whatever type of work I am engaged.

Regardless of whether I am writing articles or book chapters or checking emails and writing back to my friends and business associates, I have no hunger pangs.

I drink reds, mostly Merlot or homemade Italian Wine (Dago Red). This wonderful grape vintage wipes out all the hunger pangs for me and straightens my mood out and permits me to think clearly and creatively. It really does. Right now, the vintage as I write is Cabernet.

The second wine of the evening gives inspiration to my world view; the third wine gives me the courage to face all obstacles,

and the fourth wine, when I go there, tells me that everything I have written is correct and will inspire the recipients to move forward in their lives.

What you do, once you hit the two hour period from 6 to 8 that I like to call wine time or wine diet time, is up to you. Sometimes, but very rarely, I may go to bed without the 8 o'clock dinner. Sometimes the dinner is at 7:00 or 7:30, and other times the dinner is at 9 or 10 and more wine than in the chart has been consumed. But most of the time I stick to the schedule.

The beauty is there is no calorie counter and no pressure to move on to another task. I suspect that is why this is not the type of diet that assures a great weight loss every week. Yet, here I am down 62 pounds without really trying to lose anything or thinking that I could. I definitely did not want to gain weight. My first recorded weight loss was a big surprise.

Wine Calorie Counting

Unfortunately, wine does have calories but not that many calories for its many benefits. For those of you who would appreciate some facts so you can form a good wine calorie perspective, stay tuned:

Most human beings drink wine in glasses that hold four to six ounces. Typically, there are around 80–100 calories in an average-sized glass of wine (4 to 6 oz.). An average-sized glass is considered to be 125–150 mls (around 4 fl oz), so in a 750ml bottle there are roughly five to six glasses of wine at most.

There are red wine glasses available today that can hold almost a full bottle of wine so it is important to consider the size of the glass when counting the calories in wine. A 750ml bottle of wine will generally contain between 300 and 500 calories. Think about the smile it will put on your face while you are working your way through the wine diet.

Not all wines contain the same number of calories. Some of the dryer white wines, for example, Sauvignon Blanc, white Zinfandel, and Chablis are at the lower end of the calorie scale – around 80 calories per glass. Red wines such as Cabernet Sauvignon, Shiraz, Pinot Noir and Merlot tend to be in the mid-range – around 95 calories per glass. Champagne contains about 75 calories per glass.

A tablespoon of sugar is just about 50 calories so you can see that drinking dry wines, red or white is a calorie deal. One more fact, a typical glass of red wine will have about 5 calories more in it than white wine.

It helps to remember that all types of wine qualify for the wine diet.

Wine diet meal contents

Remember that in between meal time you can have fresh fruits and / or vegetables. When you have vegetables, the smallest amount of dip helps for sure but again, I was not even watching and I lost weight anyway.

Wine Diet Breakfast / Lunch (Brunch) Time 12:00 Noon

For breakfast always have a drink like coffee or tea. Try not to put a lot of cream or sugar in either. Orange juice mixed with water helps reduce your calorie intake if you do not like tea or coffee.

Drink: coffee, tea, fruit drink, skim milk

Staples: two eggs, lightly buttered toast, sausage patty or ham, corned beef hash, or a few pieces of well drained bacon. Hamburg, Tuna, ham, roast beef or turkey sandwich or a chef salad easy on heavy dressings... your choice.

Occasionally: substitute some French Toast or two pancakes

Occasionally: add a donut or a muffin and of course a packet of jelly for your toast. A small desert for the lunch part of brunch is appropriate.

Eat as much fruit or vegetables as you want with small amounts of toppings or dips that are not huge in the calorie department.

Rarely but when you need it, have a piece of pound cake or banana cake or something really good.

Two times a week have some home fries if you like
Yes, it is OK to have sausage, bacon or ham or a combo as long as you do not go overboard. But, remember this is not the Atkins diet so watch your total meat consumption.

Now, since this meal occurs at noon, we can consider ourselves as having had a Brunch.

Wine Diet Wine Time 6:00 PM or so

Get yourself a white, blush, or red wine and keep getting them until about 8 PM. When you don't have a need to go get one wait a bit of time but when you need your next wine, go get it. If you do not drink wine, find a dry red / black grape juice. It is very healthful.

Wine Diet Dinner Time 8:00 PM or so

Take a look at your dinner plate. If it is a big plate when empty, consider using a smaller plate that is also empty to begin your dinner hour. Then, fill it up with whatever it is that you choose to eat.

Health.com offers this great perspective on losing weight simply by using a smaller plate:

"You can drop 18 pounds this year just by changing plates, according to the Small Plate Movement. Start with a plate that's

between 9 and 10 inches in diameter, closer to the size of your grandmother's china."

It is best to limit meat / fish quantities to about 4 ounces but please note that I did not do this and I still lost weight. When all is said and done, it will help you to use the small plate and have just one piece of meat / fish on this small/medium plate. as it makes you think that you are eating more than you actually are.

Your dinner meals should consist of some protein (meat, fish, fowl), some vegetables (salad, peas, green beans, etc.), some starch (beans, potatoes, pasta) etc. Fix up any kind of meat or protein if you are a vegetarian.

Make sure there is some space on your plate before you begin to eat dinner. Yes, you can eat more but after one nice plate try not to stuff yourself unless you can't stand it. Hopefully, you will be able to get by most days without "not being able to stand it."

About Meats, Fish, Fowl and Other Dinner Items!

When 8 o'clock comes or you are really ready to eat go ahead and have your dinner. Some may wish to have another wine rather than eat right away. That is OK! When ready, go ahead and have a light soup and a salad with lots of vegetable and nut stuff but do not often use a humunga fattening dressing. Have a nice big slice of bread or two. I like to pile salsa or a lo-cal dressing on top of a salad with spinach leaves in the mix. Mmmmm!!!

Spinach is not a meat no matter how good it is. Check out your own protein intake so you do not hurt your health on your particular wine diet. Your doctor can help you. We do not claim to be doctors and a doctor may tell you to do something other than that prescribed by this plan. Always listen to your doctor.

For protein, eat whatever staple as your main dinner course after you have had your wine for two hours and you have enjoyed your

light soup and salad. Enjoy dinner and enjoy the night. Along with a nice dinner a few pieces of bread always help it all seem better.

When you are finished eating whatever food that you feel is good for you at dinner time, see if you are satiated. You should be. When you feel OK, after some nighttime activities and about an hour of TV or whatever you need, go to bed and enjoy your night's sleep. If you feel heavy before retiring for the evening, consider an Alka Seltzer.

My beautiful wife Pat and I like to watch a few programs on our way to sleep and then at 11:30 we watch Perry Mason and often we get through the whole show before we fall asleep.

Regardless, the eating on this diet is without regret. When you go to something special such as a wedding, or a birthday party or happy hour once a week, enjoy yourself again without regret.

I try not to overeat at dinner since it makes it tough to go to sleep. But I am always filled enough to push away from the table.

Final Treat of the Day!

Once you have completed your day and you are getting ready to go off into the sleepy sunset, according to my practice of the wine diet, in which I lost 62 pounds so far, it is Smidgen time. You can enjoy two Smidgens from Gertrude Hawk Chocolates before you go to bed, either before or after you watch some good TV such as ME TV!

Check out Smidgens of all kinds in this small sample of small "Clauses.":



In the past year, more unconsciously than consciously, I rarely ate between meals and almost every night, I had a dark chocolate Smidgen or two or three to cap off the night. Since Smidgens are so good, any of US can eat ten or twenty at a time. I was happy with two or three. I don't think I would have lost a pound if I had hit double digits on the Smidgens. Yet, I was happy to have the boxes available because my adult children love them also.

I am sure that a few Hershey miniatures would do the same trick but I do not like recommending them because Hershey is no longer America-friendly. They no longer make their chocolates in the US. They make them in Mexico.

Enough about chocolates

When you have finally had your final treat of the day, feel free to sign off WineDiets.Com and resume your normal life. But, don't sign off for too long. I hope you come back on each and every morning to help remind yourself that you can do it as long as you follow the regimen.

Nothing good happens overnight. Don't check the scales. Check your belt notches / holes when you need to as a way of getting a clue that this almost mindless diet is working for you. God bless you.

By the way, after you finish following the plan every day, you. like most people will eventually go to sleep

You may know that W C Fields once said, that sleep "is the most wonderful experience in life, except for drink."

So, any good diet depends on your getting your share of good sleep.

Go ahead and get your ZZZZZZZzzzzzzsssssssssss. You deserve them Amen to all wine diets brothers and sisters!

Chapter 6 The Red Wine Diet



Red wine is healthy and effective

Is The Red Wine Diet the best of all wine diets? It helps your heart and your physical appearance. It should result in some pounds lost for you over the next 365 days. In my case it was over 62 pounds over about two years.

My 800+ days are up and that is why I decided to make this complete diet plan into a book. It worked for me. I hope to be updating my totals again when I go to the Doctors in the spring.

As with every diet, no weight loss is guaranteed to work for you but it surely did work for me and more than likely, it will work for you. Please share the essence of this diet with your family physician to make sure the prescribed regimen will keep you healthy during your weight loss period. Best wishes in this most worthwhile endeavor.!

I love to remind the readers that I did not even know that I was losing weight until my doctor's scale in the fall 2013, presented me the facts. So, to find out why, I reviewed the last few months before my appointment to see what I had done differently. Whatever it was, I wanted to be able to keep it up.

I have told you this story a few times already on this site and in the book. The most descriptive essay is presented in the winediets.com classic article [Wine Diets Basics](#). It is shown as Chapter 5 in the book version.

You may want to read this classic chapter before you read the rest of this article as it has the theory, the rationale, and the implementation directives for the wine diet of your choice -- Red, White, or Rose' / Blush. Though I do not intend to try it myself, if you cannot drink red wine, you may also want to read the [Red / Black Grape Juice Diet](#).

Thank you for choosing the Red Wine Diet for it is certainly the healthiest diet of them all. For you to achieve the weight-loss benefits, you should stick to your favorite wine on this diet because, other than sweet wines, described below, they all should work for weight loss almost equally well.

When you are part of the Red Wine Diet even though its sugar content for dry wine varieties is about 2.5 calories more than the Rose' / Blush Wine Diet and 5 calories more than the White Wine Diet, you are doing the best diet you can for your weight and for your health. The measuring stick for calories is a nice four ounce wine glass in all cases.

For your edification I am including some information about blush / rose in this piece. Regardless of which wine diet you pick, you may like to know that "Blush" aka Rose' is a combination of red and white. Measured at the same sugar level, typically, four ounces of white wine have about five calories less than red wine. Red wine drinkers never have to worry about a mix of wines as do Blush Rose' drinkers. All things being equal, Blush is in the middle calorie-wise.

Regarding mixing wines to make Rose' and other varieties, traditional wine producers would declare a sacrilege if wines of different colors were simply thrown together rather than following the "nobler" tradition of macerating red grapes for a few hours and bleeding off the blush/rose-tinted liquid. But, then again, I am not suggesting mixing or drinking.

My point here is to show how to arrive at the calorie difference. Of course adding sugar to Blush/Rose' or any wine also increases the calories accordingly. Red wine has more body and so it costs us a few calories more. It's worth it.

Any of the three wine diets and even the Red/Black Grape Juice Diet can help you lose weight at the same proportions as the wine diets. However, no other wine or juice diet affects your cholesterol count as positively as the Red Wine Diet and the Red / Black grape juice diet.

Since this site and the book are about dieting and losing weight, as the German's say: Machs Nichts for weight loss. Enjoy a nice German Spatburgunder or your favorite Zinfandel, Merlot, Cabernet, or Malbec, or any of the other dry red wine variety you choose and lose as much weight as happens to come off.

The good news my dear wine dieters is that you can drink your favorite wine or grape juice on this diet and still be a candidate to lose weight with a huge smile on your face. You do not have to drink the lower calorie white wine to lose weight. Red wine is just 5 calories more than white and just 2.5 calories more than a 4 oz. glass of Rose' / Blush. All wines can be very effective in losing weight. The dryer the wine within a category of red, white or blush, the fewer the calories from the wine itself. Of course since dry red grape juice has no alcohol it wins the low-calorie count hands down—but there is no fun factor.

Go ahead, have that piece of cake!

The quick snapshot of the diet is that you should follow the pages of this web site or the book with the agreement of your primary physician of course. You are permitted to break this diet many times over the course of the 365 day test drive. There are many days for you to make up for any failing.

This is a long-term diet. The worst that will happen is that instead of say, a loss of 15 or twenty pounds, you may lose only ten or fifteen pounds. When you crave, to assure that you will stay true to your personal diet, I suggest that you take a brief binge but then come back after a few days. Hopefully the binge will make you more satisfied and you will be ready to continue.

Do what you must to continue on the diet but, remember, no diet works if you leave it forever.

If you make a fasting diet out of this (other than the wine or juice component, which is a diet requirement), then you probably should take some vitamins or the supplements your doctor recommends to support you with the challenges of your modified wine diet.

To assure that you can maintain your health, especially if you have any concerns whatsoever, take this diet and your dinner plans based on this diet to your physician and get your personal diet approved for your use. That should be easy. Since WineDiets.Com cannot be responsible for your health whether you are on our diet or not, we recommend strongly that you consult your physician. It is her job.

Most adults know they cannot just eat meats or just eat starches or just drink wine or just eat vegetables so you do not need me to tell you that. Our four main diets (Red, White, Rose'/Blush, and Red juice) are very similar and all depend on an understanding of the Wine Diets Basics as presented on this site and in the last chapter.

In essence, the Red Wine Diet asks you to eat just two meals a day and not to eat anything in-between meals other than vegetables and fruits -- in almost limitless quantities depending on the type of vegetable or fruit. The wine break at 6:00 PM is your third meal of the day and that is why you can get by with just two meals with food.

The diet asks you to drink lots of water and a half bottle of Red or perhaps more at the happy hour part of each day -- 365 days a year. For me, I begin my wine consumption at 6:00 PM.

With the Red Wine Diet, the wine should be mostly dry if possible but again, make sure you like the wine. Dry wine has less calories. A Zinfandel; a Merlot; A Cabernet; a Malbec, or any of the other dry red wine varieties will do you well.

Caveats regarding sweet wine and dieting with sweets in general

Manischewitz or Moden David or Kedem sweet wines, or Niagara types, Moscato, Sweet French Columbard, Port, and other sweet whites / yellows are all sold in the PA State Stores and liquor / wine stores across the Country and the world. These are not recommended for wine dieters using the same rate of consumption as the three favorite wines.

Other sweet wines called dessert wines are in the same boat. These do not qualify for the full impact of the Red Wine Diet but you can make adjustments to the quantity to compensate for the substantially higher calories in the sweet varieties. Since most people do not drink as much sweet wine as dry, the switch to sweet varieties may work fine.

Semi-sweet red wines are not as bad as sweet but again, it is up to you to compensate. I thought you would like to see this nice picture of the Kedem Winery shown below. I have a soft spot for Kedem. Kedem is mostly known for great grape juice and sweet wines. Their tasting venue is quite elegant and they have both dry and sweet wines that are really fine. Just be careful with their

delicious sweet varieties as all sweet wines add to the calorie count. Make sure you do not over-consume on wine calories. Kedem dry wines are very, very nice.

In other words, if you check out the calorie content of any sweet or semi-sweet wines and you adjust your intake so that you are within the calorie range of the dry reds, your diet can be just as effective. Depending on your metabolism, you may even be able to get away with a good portion of the full bottle quotient for dry wines. It is up to you to make sure, of course, that you are not overly passionate about drinking lots of sweet wine or I regret to say, you run the risk of actually gaining weight.

Weigh yourself at the beginning of your diet on a reliable and consistent scale, use that for every weigh in you may plan. Write your weight down every two weeks. After about two weeks on a sweet wine regimen weigh yourself to be sure that the diet is working for you.

ROYAL KEDEM WINERY
ESTABLISHED 1948



What about candy and cake?

My recommendation would be that if possible, get rid of sweet candies and cakes almost completely in your wine diet. Sweets always add empty calories -- of course those Gertrude Hawk Chocolates we talk about at the end of this piece are an exception -- Don't we wish? Even though no sweet is an exception, the impact of the Gertrude Hawk Smidgeons has been accounted for in the three major wine diets and the grape juice diet.

Sweet stuff must be managed

Back as a child, my parents let me take my coffee as if it were a coffee milkshake. It was made with half milk and at least three heaping T-spoons of sugar to give it an OK taste for child consumption. So, I ask those thinking of sweet wines to consider that under these circumstances I did gain weight as a child and young teen. Until I was fourteen, my waist line always was the biggest in the class.

When I got older and into my college years, I eventually lessened the impact of coffee calories by putting just a thimble full of milk in my coffee and I reduced the amount of sugar from three to 1/4 teaspoons. Finally I was able to completely eliminate sugar from my coffee.

Yet, I still gained weight but it was not because of the coffee. In my case in my early twenties, I discovered my new favorite liquid. I can rightfully blame excessive beer drinking for my weight gain. Watch beer consumption as it can ruin the full impact of any of the wine diets. When I stopped drinking beer excessively more than twenty years ago, I kept gaining weight but not so rapidly. I was not paying attention. By the time I began the wine diet, my beer consumption was limited to parties and major summer holidays.

When the mirror stopped lying to me, I would always do something. But, until the wine diet, I could never lose more than

20 or so pounds at a time...and it came back quickly and a few extra pounds always came with it.

Things happen to us over our lives. Our metabolism begins to decrease while our unwillingness to eliminate things from our diet increases. Unfortunately, in my case, I gained weight for most of my life in small increments but I did not gain as much as I would have if I had given in to all urges all the time and never tried to lose weight. That's just how it was for me. That's how I woke up one day at 343 pounds, and the mirror had stopped lying.

How I lost 62 pounds on the Wine Diet

Sometime in the summer of 2013, I don't even know exactly when or why, but with little thought, I began to eat consciously and differently. I was hoping to gain no more weight. I feared hitting 400 pounds which I felt was the point of no return. I did lose confidence from so many tries at losing weight and coming up empty. After sixty-years old, when I could no longer lose any weight, the thought of staying the same without gaining, sounded pretty good to me.

I was beginning to feel huge and I thought that I could do nothing about it other than stop drinking beer and wine completely and starving forever. I really did not think anything that I could do would help me lose weight for the long haul. Though I am an upbeat guy, I did feel a bit doomed by my plight.

Finally, without really tuning in to what was happening. I began to lose weight. I did not realize it because it was coming off so slowly. I could not tell that I was losing weight and I was blinded to the fact since I am such a poor dieter and I was not really trying to lose weight – just stay the same.

It was not until my early October 2013 Doctor's appointment that I found that I had been losing real weight. I was surprised that I had lost 9 pounds. My belt holes were the same and I had not added any new holes but my pants were just a bit looser.

So, I went back and charted what I had been doing. I kept on the regimen without writing it down looking for continual positive results. In spring 2014, at the doctor's office again, I found that I had lost another 6 pounds. I had gotten through Thanksgiving, the Christmas holidays and the Dago Red wine season and had still lost six pounds. The wine diet had become second nature to me. It was not burdensome. I had not named my routine or thought about a formal diet at the time. It was all ad-hoc and it worked.

In October 2014, I checked in again at the doctor's office. This time, I had a fourteen pound loss. I was living naturally by the diet now and I had added some walking to the mix—but not an awful lot of walking in the 2014 summer months.

However, I was starting to believe that I had something that worked for me and could work for others. Around this time, I built the WineDiets.Com web site and began to tell the story in articles such as this on the web site.

In April 2015 at the semi-annual doctor's visit, I was looking for a really, really big loss. I had three losses in a row and was ready to be uplifted. Unfortunately, on this semi-annual visit, I learned that even my new Wine Diet is not magical. I lost zero pounds. I was upset for a while but upon reflection, I definitely do know why it was a bad weigh-in.

In most prior years, I would have gained ten pounds or more with the holidays and my Dago Red wine consumption. Please see Chapter 11 of this book or the article on the Web site titled "*Dago Red: World's Best Wine*" Then, you too will know why I lost no pounds in my April 2015 doctors' office weigh-in.

Once the Dago Red was long gone, I could feel myself losing weight again. I found some older jeans that fit once again and I added more holes to my belts. During the Dago Red off-season, I switched to Pennsylvania-grown Chambourcin red wine from Benigna Creek Winery in Klingerstown, PA. It is great.

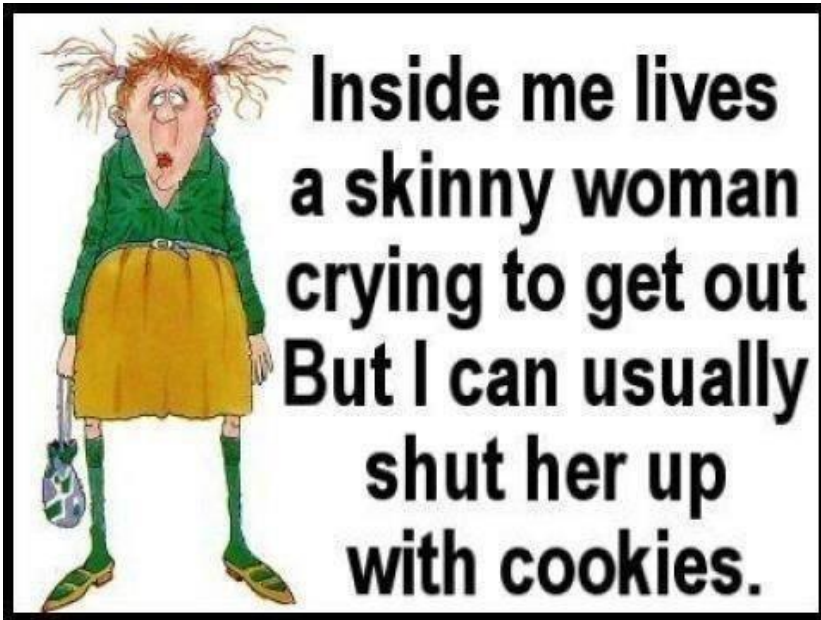
To keep wine consumption expenses down, when I am not looking for the best red, such as Chambourcin, I use some of the California Box wines or gallon jugs of Carlo Rossi Cabernet. The calorie and alcohol count, fullness and body are minimal compared to the home-made varieties, but then again, it is about 40% of the price of dago red. Moreover, its overall impact helped me lose weight. Even though it is not really that bad, cheaper bulk wines simply do not make me want to drink as much as I would with Dago Red.

This fall in early October 2015 at the Doctor's office, I was tickled. It was make-up time for sure. I lost a staggering 22 pounds. So, altogether, adding the 9 lbs. to the 6lbs. to the 14lbs. to the 0 lbs. to the 22 pounds, I had lost 51 pounds. I hope I never find them and I stay healthy. Wealthy and wise would also be nice, but I would be very happy with simply healthy.

That's not the end of the loss. By the time I finished this book in December 2015, I weighed myself again. I did not have the doctor's scale available but I have a pretty good scale and it is now in pretty good synch with the doctor's scale. I had lost another 11 pounds.

So, now as I finish this book, my weight bogey is 281.6 pounds. I am finally a 281.6 pound weakling and proud of it. That my dear WineDiet.Com friends, is down from 343—a spectacular 62 pound loss rounding up.

This great weight loss over 2+ years was the motivation for me to take the WineDiets.Com web site and create a book from it. At the same time, I updated my personal weight-loss experience on the web site. Thank you all for sharing in my joy.



The Diet Part of the Red Wine Diet

Now that we got through all the *when's*, *where's*, and *why's*, let's discuss the—*what's* and *how's*. As we are about to reveal the secrets of the infamous Red Wine Diet, be advised again that you should be able to use white or red or blush / rose' wines or red / black grape juice and still have the same fine results.

There are separate articles about each of these wine diets on the web site and in the book. Each wine diet chapter (white, red, grape juice, blush / rose') is like this one on red wine. They are all complete so you need only read about the diet that you choose. Skip the other chapters if they do not apply.

They are self-contained essays. They are not identical but they contain all of the facts that apply to specific diets and all of the facts that pertain to all diets. If you read every diet, you may get bored but if you read just the diet chapter that you choose to engage, it will be very convenient for you

As discussed previously, there is a chapter / web site article preceding this one that describes the generic attributes of all the wine diets. It is called "*Wine Diet Basics*." So that you do not have to go back to this article for a perspective, I borrowed some of its text, touched it up a bit, and put it in each wine diet chapter / article. For example, in this particular chapter / article, I tuned the text to be more appropriate for the Red Wine Diet.

When thinking of your meal contents with the Red Wine Diet it helps to consider the few rules in the Wine Diet Basics to help make sure that your diet is successful. One key item is noted immediately below:

In Between Meals

Remember that in-between meals, you may have fresh fruits and / or vegetables, but as a rule do not have another full meal. When you enjoy your raw vegetables, eat as many as you want with the smallest amount of dip. Some raw hard raw vegetables burn up more calories than they add. Eat as much as you like of these and then some. Remember that I went through several months of my first summer without even watching my weight, while on the Red Wine Diet. I lost weight anyway. The diet guides you on a path to weight loss.

Here are the basic notions of your daily diet. The key elements of the Wine Diet on a daily basis are as follows:

- Wine Diet Breakfast / Lunch (Brunch) Time 12:00 Noon or so
- Wine Diet Wine Time 6:00 PM or so
- Wine Diet Dinner Time 8:00 PM or so
- Final Treat of the Day -- After Dinner before bed some time!
- Relax and watch some TV
- Time for sleep

For very early risers, you might find it more comfortable to have your brunch at some other time between ten o'clock and noon, and begin your wine time and dinner time earlier if you choose. It

is not how I did it, however. I do not recommend it as I do not have results yet to see if it works. I can't see why it would not work for certain people.

Wine Diet Breakfast / Lunch (Brunch) Time **12:00 Noon or so**

For the breakfast / lunch combination (Brunch) always have a drink such as coffee or tea. Try not to put a lot of cream or sugar in either. Water or a light sugar drink can also be used. Orange juice or a fruit juice mixed with 3/4 way or more with water helps reduce your calorie intake if you do not like tea or coffee.

Drink: coffee, tea, fruit drink, skim milk. Make sure sugar is light. Splurge seldom.

Breakfast / Lunch Staples—Eat just one meal: Choose one:

- Two eggs, lightly buttered toast, sausage patty or ham, corned beef hash, or a few pieces of well drained bacon.
- Hamburg, Tuna, ham, roast beef or turkey sandwich or a chef salad easy on heavy dressings... your choice.
- Occasionally, substitute some French Toast or two pancakes
- Occasionally, add a donut or a muffin and of course some jelly for your toast. A small desert for the lunch part of brunch is appropriate.
- Eat as much fruit or vegetables as you want with small amounts of toppings or dips that are not huge in the calorie department.
- Rarely... but whenever you need it, have a piece of pound cake or banana cake or something really good to make you feel good.
- Two times a week have some home fries if you like.
- Yes, it is OK to have sausage, bacon or ham or a combo as long as you do not go overboard. But, remember this is not the Atkins diet so watch your total

meat consumption. All parts of Brunch should add up to one meal.

- Now, since this meal occurs at noon, we can consider ourselves as having had Brunch. As long as it fits on a reasonably small to medium sized plate.

Wine Diet Wine Time 6:00 PM or so

Get yourself a nice dry Red Wine as discussed above and keep getting glasses of them until about 8 PM. Four to six ounce sized glasses are best. When you don't have a need to go get one more of these fine beverages; wait a bit of time but when you are ready for your next wine, go get it.

Wine Diet Dinner Time 8:00 PM or so

Take a look at your dinner plate. If it is a big plate when empty, consider using a smaller plate that is also empty to begin your dinner hour. The psychology of a small plate is effective in losing weight. Then, fill the plate up with whatever it is you choose to eat from the type of selections outlined below.

Health.com offers this great perspective on losing weight simply by using a smaller plate:

"You can drop 18 pounds this year just by changing plates, according to the Small Plate Movement. Start with a plate that's between 9 and 10 inches in diameter, closer to the size of your grandmother's china."

It is best to limit meat / fish quantities to about 4 ounces but please note that I did not do this and I still lost weight. When all is said and done, it will help you to use the small plate and have just one piece of meat / fish on this small/medium plate.

Remember the cardinal rule: If you feel like you are starving and you can't do this wine diet thing anymore, you are trying too hard. Sometimes six months just gives you six pounds of loss but you are living all the while, and you are eating and drinking quite well.

So, adjust the diet to suit you. Binge for a while but come back. You can win this one if you do not give up.

Your dinner meals should consist of some protein (meat, fish, fowl), some vegetables (salad, peas, green beans, etc.), some starch (beans, potatoes, pasta) etc. Fix up any kind of meat or your type of protein if you are a vegetarian.

Make sure there is some space on your plate before you begin to eat your dinner. Just a little space between food types. The reason most of us lose weight in a hospital is because there are so many items but none are excessive.

Yes, you can eat more but after one nice plate try not to stuff yourself unless you cannot stand it and must eat more. Eat slowly and it will fill you up before you have time for a second plate. A helpful way to become full is to have a glass or two of water before your meal and before leaving the table. Once you eat—no more wine for the day... unless you are going out.

Hopefully, you will be able to get by most days without "not being able to stand it." It may help to remember the recommended Gertrude Hawk's Dark Chocolate Smidgeon is very satisfying at the end of the day before bed.

You may find that just paying attention to your weight helps pave the way for weight loss; but admittedly it can be frustrating. The objective here is to not pay attention every day and just lose weight by following the directions.

Meats, fish, fowl & other dinner items!

When 8 o'clock PM comes or you are really ready to eat after finishing your day's wine, go ahead and eat your dinner slowly, and enjoy it. Do not speed eat and do not chinch. Depending on the time, you may wish to have another wine rather than eat right away. That is OK!

When ready to eat; go ahead. It helps to have a lot of parts to your dinner meal as you fill up along the way. Have a light soup and a salad with lots of stuff such as other vegetables and some fruits and nuts but not an especially fattening dressing. In other words, look at the calories of the dressing and most of the time, pick something like a balsamic vinegar or a light dressing but every now and then let loose and have that Blue Cheese or Ranch.

Sometimes I will put some blue cheese dressing (heavy hitter) on half of my salad and balsamic vinegar on the other half. Have a nice slice of bread or two. When I am not compelled to have ranch dressing or blue cheese dressing or any other creamy variety, I may choose to pile salsa or a relish like chili sauce on top of a green salad.

I like to assure that half of the salad is baby spinach leaves because they have lots more nutrition than plain greens. Mmmmm!!! Spinach of course is not a meat no matter how good it is. The salad should be in its own bowl, not on your dinner plate.

Check out your own protein intake to make sure you do not hurt your health on your particular Wine Diet. Use your physician as a consultant. We do not claim to be doctors. We do not know the medical facts as a doctor does. A doctor may tell you to do something other than that prescribed by this plan. Listen to your doctor or try to convince the doctor that your way may work.

Overall the rule is to listen to your doctor and not the plan. But, if like me, you have had a difficult time losing weight, this wine diet should be good for you. It would help if you wrote down your meal contents and the time of day when you ate and share this information with your physician.

For protein, eat whatever you like as your main course for supper (dinner) after you have had your wine for two hours and you have enjoyed your salad and soup. Put your meat and vegetables (green beans, peas, carrots) and pasta (potatoes, beans, light pasta salad) on the same plate unless you are having some spaghetti or a similar pasta. This would be better on its own plate.

Enjoy dinner and enjoy the night. Along with a nice dinner a few pieces of bread with some but not much butter always helps it all seem better. You may also have a small to medium sized dessert and some more coffee or tea to top off the meal.

When you have finished eating whatever food that you feel is good for you at dinner time, check to see if you are satisfied. You should at least not feel hungry. When you feel OK, after about an hour of TV or whatever you need—no limit—go to bed and enjoy your night's sleep.

If you feel heavy before retiring for the evening, please consider an Alka-Seltzer. They sure help my wife Pat and I when we overeat or eat too close to bed time.

Retirees often stay up later than when they are fully engaged in the workplace. My beautiful wife Pat and I like to watch a few programs on our way to sleep. Then, at 11:30 PM we watch Perry Mason together and often we get through the whole show before we fall asleep. Pat is still slim so she does not need a regimen such as the WineDiet.Com formula; but she often chooses to have a wine or two at 6:00 PM to keep her husband company and of course for the health benefits.

Regardless, the eating on this diet is always without regret. When you go to something special such as a wedding, or a birthday party or a happy hour once or twice a week, enjoy yourself again without regret. Don't skimp. As a rule stay on the diet but on special occasions, enjoy yourself. It will give you more incentive to stick with your chosen Red Wine Diet. You won't lose weight fast but you sure should lose it steady.

I try not to overeat at dinner but I do want to be filled. I have learned over the years what overeating feels like when trying to go to sleep... You know too! Overeating makes it tough to go to sleep. In my case, I make sure that I am filled just enough to push away from the table.

I list a dessert above but do not recommend a dessert with dinner. However, if you must have dessert, go ahead and see how it works out for you. Think about keeping it small. My wife likes a small dip of ice cream or sherbet after dinner. Sometimes I join her.

Final treat of the day!

Once you have completed your "diet" day and you are getting ready to go off into the sleepy sunset, according to how I practice the wine diet-- the one in which I have lost 62 pounds so far, you are encouraged to enjoy two Smidgens from Gertrude Hawk Chocolates. Pop one in at a time and enjoy it for a while. Then pop the other. This should be at the end of the night before you go to bed.

You may do this either before or after you watch some good TV such as ME TV! If you fall asleep before having the candy, that is OK. Don't make it up the next day. If you find a chocolate stain on your pillow, you'll know you fell asleep before you finished your Smidgeons. If you find a huge chocolate stain in your hand when you wake up, you probably do not need the chocolates. Good night Sweet Pea!

Check out Smidgens of all kinds in this small Gertrude Hawk sample picture of small little "Clauses.":

Gertrude Hawk Smidegens –MMMMMM!!!



In the past two years, more unconsciously than consciously, I rarely ate between meals and almost every night, I had a dark chocolate Smidgen or two or three to cap off the evening. I try to keep it at one but two works fine, and sometimes three is necessary. Yes, when necessary, I have had four.

Since Smidgens are so good, any of us can probably eat ten or twenty at a sitting but our diet would not work and we would continually be buying new belts. I like dark chocolate as it has special health benefits. I am almost always happy with one or two Smidgens but I do cheat every now and then and I go for a third.

There is rarely a chocolate stain on my pillow or a chocolate stain in my hand in the morning. They are that good. I don't think I could have lost any weight if I had hit double digits on the Smidgens. Yet, I was tickled to have the boxes available even though my daily portion was meager. What a great way to end a great day.

In my nightly retinue, at one time, my Smidgeon mix included one Smidgen of dark chocolate with nuts, and the other was just solid dark chocolate. I am sure that a few Hershey miniatures would do the same trick but I do not like recommending them because Hershey is no longer as America-friendly. They no longer make their chocolates in the US. They make them in Mexico. Smidgens are made in Pennsylvania.

Enough about chocolates

When you have had your final treat of the day, you can feel free to sign off winediets.com and resume your normal life. But, don't sign off for too long. I hope you come back online each and every morning to help remind yourself that you can do it as long as you follow the regimen. Nothing good diet-wise happens overnight even though we all weigh somewhat less in the morning.

Once you have convinced yourself that you have lost a few pounds, and your particular Wine-Diet is working; stop the checking. Don't check the scales daily anymore! Check your belt once a month or come up with some other way of getting a clue

that this almost mindless diet is working for you. God bless you always!

Nothing worth having in life is easy. Enjoy your weight loss struggle.

By the way, each and every day and night, after you finish following the plan, most of you will eventually go to sleep. That, in and of itself is a treat. Knowing that you are knocking off some pounds, makes your sleep even more sweet.

You may know that W C Fields once said, that sleep "is the most wonderful experience in life; except for drink."

Any good diet depends on you getting your share of good sleep. Go ahead and get your *ZZZZZZZZZZZZSSSSSSSSSSSS*. You deserve them. Amen to all wine diets' brothers and sisters!

Thank you for visiting this site and / or for reading the book. Let us know how well you do by leaving a comment using Disqus on our web site. Yes, it would be OK if you bought enough books to give one to all of your non-Internet-savvy friends. Type in B.W. Kelly in your favorite Browser.

Please see the sites you get or the book **DISCLAIMER** to make sure you stay healthy

More importantly, please remember that this site is not a medical site and the book is not a medical journal. Any questions—please call your doctor!

Chapter 7 The White Wine Diet



White is the lowest calorie wine diet

The White Wine Diet should result in some pounds lost for you over the next 365 days. In my case it was over 62 pounds over about two years on the similar Red Wine Diet. My 800 + days are up and that is why I decided to make this effective diet plan into a book. It worked for me.

I hope to be updating my total again next April after my semi-annual doctor's appointment. No weight loss diet is guaranteed to work for you but it surely worked for me, and chances are it will work fine for you. It has less calories than the Red Wine Diet.

Please share the essence of this diet with your family physician to make sure the prescribed regimen will keep you healthy during your weight loss. Best wishes!

I did not even know that I was losing weight until my doctor's scale in the fall 2013, presented to me the facts. So, I went back

through the prior months before my appointment to see what I had done differently. Whatever it was, I wanted to be able to keep it up.

I have told you this story a few times already on this site. The most descriptive essay is presented in the winediets.com classic article *Wine Diets Basics*. It shows on the web site and as a full chapter in the book version at Chapter 5.

You may want to read this classic before you read the rest of this piece as it has the theory, the rationale, and the implementation directives for the wine diet of your choice -- Red, White, or Rose' / Blush. Though I do not intend to try it myself, if you cannot drink red wine, you may want to read the Red / Black Grape Juice Diet. It is the lowest calorie diet and the food quantities are the same as all the others.

Thank you for choosing the White Wine Diet though the Red Wine Diet is certainly the healthiest diet of them all. The White Wine diet has less calories and so theoretically the five calories saved per 4 oz. glass may help you knock off another pound or so.

For you to achieve the benefits of any of the wine diets, you should stick to your favorite wine because, other than sweet wines, described below, they all work well for weight loss. If you do not like the wine you picked, chances are you will not do well on the diet.

The sugar content of the Red Wine Diet is about 2.5 calories more than the Rose' / Blush Wine Diet and 5 calories more than the White Wine Diet.

Even though you have picked the White Wine Diet, please indulge me for a bit as I provide some edification on another wine topic. The "Blush" aka Rose' wine is a combination of red and white with fewer calories than red and more than white. Measured at the same sugar level, typically, four ounces of white wine has about five calories less than red wine.

Red wine drinkers never have to worry about a mix of wines as do Blush Rose' drinkers. All things being equal, Blush is in the middle calorie-wise. Red / Black grape juice with similar grapes would be less due to no alcohol.

Regarding mixing wines to make Rose' and other varieties, traditional wine producers, would go nuts. They would declare a sacrilege if wines of different colors were simply thrown together in a barrel rather than following the "nobler" tradition of macerating red grapes for a few hours and bleeding off the blush/rose-tinted liquid.

But, then again, I am not suggesting mixing or drinking. This point is to show how I arrived at the calorie differences of the Blush compared to white and red wine. Of course adding sugar to Blush/Rose' or any wine also increases the calories accordingly. Red wine has more body and so it costs us a few calories more. For its health component, for my money, Red is worth it. If you don't like Red wine, by all means pick the wine or juice that you like or your diet will not work.

Any of the three wine diets and even the Red/Black Grape Juice Diet can help you lose weight at just about the same proportions as the wine diets. Again, juice diets with similar grapes have no alcohol and therefore contain 75% of the calories than in wine. Though lower in carbs, juices do contain about 400% more carbohydrates than wine. The carbohydrates are used up in the alcohol-producing fermentation process.

No other wine or juice diet affects your cholesterol count as positively as the Red / Black Diets whether wine or juice. Since this site is about dieting and losing weight, as the German's say: Machs Nichts! Enjoy your California white wines such as Liebfraumilch or dry Gewurz Traminer, and lose as much weight as happens to come off.

The good news my dear wine dieters is that you can drink your favorite wine or grape juice on this diet and still be a candidate to lose weight with a huge smile on your face. Though you may

choose white, you do not have to drink the lower calorie white wine to lose weight. Red wine is just 5 calories more than white and just 2.5 calories more than a 4 oz. glass of Rose' / Blush. All wines can be very effective in losing weight. The dryer the wine within a category of red, white or blush, the fewer the calories from the wine itself.

Sometimes you cannot diet so eat

The quick snapshot of the diet is that you should follow the pages of this web site or the book with the agreement of your primary physician of course. You are permitted to break this diet many times over the course of the 365 day test drive. The worst that will happen is that instead of say, a loss of 15 to twenty pounds, you may lose only ten to fifteen pounds.

When you crave, to assure that you will stay mostly true to your personal diet, I suggest that you take that brief binge rather than say no. Then when it is out of your system, come back after a few days. Hopefully the binge will make you more satisfied and you will be ready to continue. Do what you must to continue on the diet but, remember, no diet works if you leave it forever r you do not like what you are eating or drinking.

If you make a fasting diet out of this (other than the wine component, which is a diet requirement), then you probably should take some vitamins or supplements as your doctor may recommend to support you with the challenges of your modified wine diet.

To assure that you can maintain your health, especially if you have any concerns whatsoever, take this diet and your dinner plans based on this diet to your physician and get your personal diet approved for your use. That should be easy. Since WineDiets.Com cannot be responsible for your health whether you are on our diet or not, we recommend strongly that you consult your physician. It is her job to keep you healthy. It is our job to help you lose weight.

Most adults know they cannot just eat meats or just eat starches or just drink wine or just eat vegetables so you do not need me to tell you that. Our three main diets (Red, White, and Rose'/Blush) are very similar and all depend on an understanding of the Wine Diets Basics as presented in an article on this site and as Chapter 5 in the book.

In essence, the White Wine Diet asks you to eat just two meals a day and not to eat anything in-between meals other than vegetables and fruits -- in almost limitless quantities depending on the type of vegetable or fruit. It asks you to drink lots of water and instead of a third meal, it demands a half bottle of White or perhaps less or more at the happy hour part of each day -- 365 days a year. For me, I begin my wine consumption at 6:00 PM.

With the White Wine Diet, the wine should be mostly dry if possible but again, make sure you like the wine. Dry wine has less calories than medium sugar or sweet wine.

Caveats Regarding Sweet Wine and Dieting with Sweets in General

Manischewitz or Moden David or Kedem sweet wines, or Niagara types, Moscato, Sweet French Columbard, Port, and other sweet whites / yellows are all sold in the PA State Stores and liquor / wine stores across the Country and the world. They are not hard to find.

These are not recommended for wine dieters using the same rate of consumption as the three favorite wines. Other sweet wines called dessert wines are in the same boat. These do not qualify for the full impact of the White Wine Diet but you can make adjustments to the quantity to compensate for the substantially higher calories in the sweet varieties.

Semi-sweet red wines are not as bad as sweet but again, it is up to you to compensate. I thought you would like to see this nice

picture of the Kedem Winery shown below. Kedem is known for its rich grape juice and its sweet wines. I have a soft spot for Kedem.

Their tasting venue shown below is quite elegant and they have both dry and sweet wines that are really fine. Just watch the calories in some of their sweet varieties as all sweet wines to make sure you do not over-consume on calories. Kedem dry wines are also very, very nice.

*kedem

ROYAL KEDEM WINERY

ESTABLISHED 1948



In other words, if you check out the calorie content of any sweet or semi-sweet wines and you adjust your intake so that you are within the calorie range of the dry reds, your diet can be just as

effective. Depending on your metabolism, you may even be able to get away with a good portion of the full bottle quotient for dry wines.

Make sure, of course, that you are not overly passionate about drinking lots of sweet wine or I regret to say, you run the risk of actually gaining weight. Weigh yourself at the beginning of your diet on a reliable and consistent scale, use that for every weigh in you may plan. Write your weight down every two weeks. After about two weeks to two months on a sweet wine regimen weigh yourself to be sure that the diet is working for you.

My recommendation would be that if possible, get rid of sweet candies and cakes almost completely in your wine diet. Sweets always add empty calories -- of course those Gertrude Hawk Chocolates we talk about at the end of this piece are an exception -- Don't we wish? Even though no sweet is an exception, the impact of the Gertrude Hawk Smidgeons has been accounted for already in the three major wine diets and the grape juice diet.

Sweet eats and drinks must be managed

Back as a child, my parents let me take my coffee as if it were a coffee milkshake. It was made with half milk and at least three heaping T-spoons of sugar to give it an OK taste for child consumption. So, I ask those thinking of sweet wines to consider that under these circumstances I did gain weight as a child and young teen.

When I got older and into my college years, I eventually lessened the impact of coffee calories by putting just a thimble full of milk in my coffee and I reduced the amount of sugar from three to 1/4 teaspoons. Finally I was able to completely eliminate sugar from my coffee.

Yet, I still gained weight but it was not because of the coffee. In my case in my early twenties, I discovered a new favorite liquid. I can rightfully blame excessive beer drinking for my weight gain. Watch beer consumption as it can ruin the full impact of the wine

diets. When I stopped drinking beer excessively more than twenty years ago, I kept gaining weight but not so rapidly.

I had not been paying attention. When the mirror stopped lying to me, I would always do something. But, until the wine diet, I could never lose more than 20 or so pounds at a time...and it came back quickly and then some.

Things happen to us over our lives. Our metabolism begins to decrease while our unwillingness to eliminate things from our diet increases. Unfortunately, in my case, I gained weight for most of my life in small increments but I did not gain as much as I would have if I had given in to all urges. That's just how it was for me. That's how I woke up one day at 343 pounds, and the mirror had stopped lying.

How I lost 62 pounds on the Wine Diet

Sometime in the summer of 2013, I don't even know exactly when or why, but with little thought, I began to eat consciously and differently. I was hoping to gain no more weight. I did not think I could lose any weight but staying the same sounded pretty good at the time. I dreaded hitting 400 pounds which would have put me in the lost-cause category.

I was beginning to feel huge and I thought that I could do nothing about it other than stop drinking beer and wine and starving forever. I really did not think anything that I could do would help me lose weight for the long haul. Though I am an upbeat guy, I did feel a bit doomed by my plight.

Finally, without really tuning in to what was happening. I began to lose weight. I did not realize it because it was coming off so slowly. I could not tell that I was losing weight and I was blinded to the fact since I am such a poor dieter and I was not really trying to lose weight.

It was not until my early October 2013 doctor's appointment that I found that I had been losing real weight. I was surprised that I had

lost 9 pounds. My belt holes were the same and I had not added any new holes but my pants were just a bit looser.

I went back and charted what I had been doing. I kept doing it looking for continual results. In spring 2014, at the doctor's office again, I found that I had lost another 6 pounds. I had gotten through the Thanksgiving and Christmas holidays and the Dago Red wine season and had still lost six pounds. And the diet had become second nature to me. It was not burdensome. I had not named my routine or thought about a formal diet at the time. It was all ad-hoc.

In October 2014, I checked in at the doctor's office for the next semi-annual appointment. This time, I had a fourteen pound loss. I was living naturally by the diet now and I had added a walking regimen but not an awful lot of walking in the 2014 summer months. However, I was starting to believe that I had something that worked for me and could work for others. Around this time, I built the WineDiets.Com web site and began to tell the story in articles such as this on the web site.

In April 2015 at the semi-annual Doctor's visit, I was looking for a really big loss. I had three losses in a row and was ready to be uplifted. Unfortunately, on this semi-annual visit, I learned that even my new wine diet is not magical. I lost zero pounds. I was upset for a while but upon reflection, I definitely do know why.

In prior years, I would have gained ten pounds or more with my Dago Red wine consumption. Please see Chapter 11 or the web article titled "*Dago Red: World's Best Wine.*" Then, you too will know why I lost no pounds in my April 2015 doctors' office weigh-in.

Once the Dago Red was long gone, I could feel myself losing weight again. I found some older (smaller sized) jeans that once fit and now fit again and I added a few holes to my belts. During the Dago Red off-season, I switched to Pennsylvania-grown Chambourcin red wine from Benigna Creek Winery in Klingerstown, PA. It is great.

To keep wine consumption expenses down, when I am not looking for the best red, such as Chambourcin, I use some of the California Box wines or Carlo Rossi gallon jugs of Cabernet. The calorie and alcohol count, fullness and body are minimal in the store jug wines, but then again, it is about 40% of the price of Dago Red and Chambourcin. Moreover, its overall impact helped me lose weight. Even though it is not really that bad, cheaper bulk wines simply do not make me want to drink as much as I would with Dago Red or Chambourcin.

This fall in early October 2015 at the Doctor's office, I was thrilled. I lost a staggering 22 pounds. So, altogether, adding the 9 lbs. to the 6lbs. to the 14lbs. to the 0 lbs. to the 22 pounds, I had lost a total of 51 pounds. I hope I never find them again and I hope I stay healthy. Wealthy and wise would also be nice, but I would be very happy with simply healthy.

That's not the end of the loss. By the time I finished this book in December 2015, I weighed myself again. I did not have the doctor's scale available but I have a pretty good scale and it is now in pretty good synch with the doctor's scale. I lost another 11 pounds.

So, now as I prepare the book version for distribution, my weight bogey is 281.6 pounds. I am definitely a 281.6 pound weakling and proud of it. That my dear WineDiet.Com friends, is down from 243. That is 62 pounds. This great weight loss over 2+ years was the motivation for me to take the WineDiets.Com web site and create a book from it while updating my personal weight-loss experience on the web site. Thank you all for sharing in my joy.
*row boat



The Diet Part of the White Wine Diet

Now that we got through all the *when's*, *where's*, and *why's*, let's discuss the—*what's* and *how's*. As we are about to reveal the secrets of the infamous White Wine Diet, be advised again that you should be able to use white or red or blush / rose' wines and have the same fine results.

There are separate articles about each of these wine diets on the web site and in the book. Each wine diet chapter (white, red, grape juice, blush / rose') is like this one on white wine. They are all complete so you need only read about the diet that you choose. Skip the other chapters if they do not apply.

They are self-contained essays. They are not identical but they contain all of the facts that apply to specific diets and all of the facts that pertain to all diets. If you read every diet, you may get bored but if you read just the diet chapter that you choose to engage, it will be very convenient for you

As discussed previously, there is a chapter / web site article that describes the generic attributes of all the wine diets as well as the grape juice diet. It is called "*Wine Diet Basics*." It is Chapter 5. So that you do not have to go back to this article for a perspective, I borrowed some of its text, touched it up a bit, and put it in each wine diet chapter / article.

For example, in this particular chapter / article, I tuned the text to be more appropriate for the White Wine Diet.

When thinking of your meal contents with the White Wine Diet it helps to consider the few rules in the Wine Diet Basics to help make sure that your diet is successful. One key item is noted immediately below:

Behaving Between Meals

Remember that during between-meal-time, you can have fresh fruits and / or vegetables, but as a rule do not have another full meal. When you have raw vegetables, eat as many as you want with the smallest amount of dip. Some raw hard raw vegetables burn up more calories than they add.

Remember that I went through several months of my first summer without even watching my weight, while on the Red Wine Diet. I lost weight anyway. The diet guides you on a path to weight loss.

Here are the basic notions of your daily diet. The key elements of the Wine Diet on a daily basis are as follows:

- Wine Diet Breakfast / Lunch (Brunch) Time 12:00 Noon or so
- Wine Diet Wine Time 6:00 PM or so
- Wine Diet Dinner Time 8:00 PM or so
- Final Treat of the Day -- After Dinner before bed some time!
- Relax and watch some TV
- Time for sleep

For very early risers, you might find it more comfortable to have your brunch at some other time between ten o'clock and noon, and you might want to begin your wine time and dinner time earlier. It's up to you as long as it works.

It is not how I did it, however. I do not recommend it as I do not have result statistics yet to see if it works. I can't see why it would not work, however, for certain people.

Wine Diet Breakfast / Lunch (Brunch) Time 12:00 Noon or so

For the breakfast / lunch combination (Brunch) always have a drink such as coffee or tea. It will help fill you up and satisfy your cravings. Try not to put a lot of cream or sugar in either. Water or a light sugar drink can also be used. Orange juice or a fruit juice mixed with half water or even a higher percentage of water would also help reduce your calorie intake if you do not like tea or coffee.

Drink: coffee, tea, fruit drink, skim milk. Make sure sugar is light. Splurge seldom.

Breakfast / Lunch Staples – Eat just one meal: Choose one:

- Two eggs, lightly buttered toast, sausage patty or ham, corned beef hash, or a few pieces of well drained bacon.
- Hamburg, Tuna, ham, roast beef or turkey sandwich or a chef salad easy on heavy dressings... your choice.
- Occasionally, substitute some French Toast or two pancakes
- Occasionally, add a donut or a muffin and of course some jelly for your toast. A small desert for the lunch part of brunch is appropriate.
- Eat as much fruit or vegetables as you want with small amounts of toppings or dips that are not huge in the calorie department.
- Rarely... but whenever you need it, have a piece of pound cake or banana cake or something really good.
- Two times a week have some home fries if you like.

- Yes, it is OK to have sausage, bacon or ham or a combo as long as you do not go overboard. But, remember this is not the Atkins diet so watch your total meat consumption. All parts of Brunch should add up to one meal.
- Now, since this meal occurs at noon, we can consider ourselves as having had Brunch. As long as it fits on a reasonably small to medium sized plate.

Wine Diet Wine Time 6:00 PM or so

Get yourself a nice dry White Wine as discussed above and keep getting glasses of them until about 8 PM. When you don't have a need to go get one more of these fine beverage' wait a bit of time. When you need your next wine, go get it.

Wine Diet Dinner Time 8:00 PM or so

Take a look at your dinner plate. If it is a big plate when empty, consider using a smaller plate that is also empty to begin your dinner hour. Then, fill it up with whatever it is you choose to eat from the type of selections outlined below.

Health.com sees significant weight loss potential to the notion of the small plate. They write:

"You can drop 18 pounds this year just by changing plates, according to the Small Plate Movement. Start with a plate that's between 9 and 10 inches in diameter, closer to the size of your grandmother's china."

How much meat or fish?

It is best to limit meat / fish quantities to about 4 ounces but please note that I did not do this and I still lost weight. When all is said and done, it will help you to use the small plate and have just one piece of meat / fish on this small/medium plate.

Your dinner meals should consist of some protein (meat, fish, fowl), some vegetables (salad, peas, green beans, etc.), some starch (beans, potatoes, pasta) etc. Fix up any kind of meat or your type of protein if you are a vegetarian.

Make sure there is some space on your plate before you begin to eat your dinner. Yes, you can eat more but after one nice plate try not to stuff yourself unless you can't stand it. A helpful way to become full is to have a glass or two of water before dining and another one or two right before leaving the table. Once you eat—no more wine for the day.

Hopefully, you will be able to get by most days without "not being able to stand it." It may help to remember that the recommended Gertrude Hawk's Dark Chocolate Smidgeon is very satisfying at the end of the day before bed.

You may find that just paying attention to your weight helps pave the way for weight loss just as announcing a quality initiative makes factory workers more conscious of quality.

Admittedly it can be frustrating. The objective here is to not pay attention every day and just lose weight by following the directions. Eventually it will become natural and the short diet breaks you choose to take will not really hurt your progress.

Meats, fish, fowl and other dinner items!

When 8 o'clock PM comes or you are really ready to eat after finishing your day's wine, go ahead and eat your dinner slowly, and enjoy it. Do not speed eat and do not chinch on what you eat. Depending on the time, you may even wish to have another wine rather than eat right away. That too is OK!

When ready to eat; go ahead. It helps to have a lot of parts to your dinner meal as you fill up along the way. Have a light soup and a salad with lots of stuff such as other vegetables and some fruits

and nuts. Almost never use an especially fattening dressing. We never say "never."

In other words, look at the calories of the dressing and most of the time, pick something like a balsamic vinegar or a light dressing but every now and then let loose and have Blue Cheese or Ranch. If you need a diet break take it. Don't get frustrated and always plan to come back after your break.

Sometimes I too will put some blue cheese dressing (heavy hitter) on half of my salad and balsamic vinegar on the other half. It helps on the psychology side. Have a nice slice of bread or two. You should not be hungry after eating your two main meals of the day or your diet probably will not work.

When I am not craving to have ranch dressing or blue cheese dressing or any other creamy variety, I may choose to pile salsa or a relish like chili sauce on top of a green salad. I like to assure that half of the salad is baby spinach leaves because they have lots more nutrition than plain greens. Mmmmm!!! Spinach of course is not a meat no matter how good it is. The salad should be in its own bowl, not on your dinner plate.

Check out your own protein intake to make sure you do not hurt your health on your particular Wine Diet. Use your physician as a consultant. We do not claim to be doctors. We do not know the medical facts as a doctor does. A doctor may tell you to do something other than that prescribed by this plan. Listen to the doctor in all cases; not the plan.

But, if like me, you have had a difficult time losing weight, this wine diet should be good for you if you give it a chance over a long time. It would help if you wrote down your meal contents and the time of day when you ate and share this information with your physician so she knows you are maintaining healthy consumption habits.

For protein, eat whatever you like as your main course for supper (dinner) after you have had your wine for two hours or so and you

have enjoyed your salad and soup. Put your meat and vegetables (green beans, peas, carrots) and pasta (potatoes, beans, light pasta salad) on the same plate unless you are having some spaghetti or a similar pasta. Spaghetti or pasta would be better on its own smaller plate.

Enjoy dinner; don't make it a bore; and enjoy the night. Along with a nice dinner a few pieces of bread at dinner with some but not much butter always helps it all seem better. You may also have a small to medium sized dessert and some more coffee or tea to top off the meal.

When you have finished eating whatever food that you feel is good for you at dinner time, check to see if you are satisfied. You should at least not feel hungry. When you feel OK, after about an hour of TV or sitting out in nice weather, whatever you need—no limit—go to bed and enjoy your night's sleep. If you feel heavy before retiring for the evening, please consider an Alka-Seltzer. They sure help my wife Pat and I when we overeat or eat too close to bed time.

Retirees have different schedules than working folk

Retirees often stay up later than when they are fully engaged in the workplace. My beautiful wife Pat and I like to watch a few programs on our way to sleep. Then, at 11:30 PM from Monday to Friday; we almost always watch Perry Mason together. Often we get through the whole show before we fall asleep.

Pat is luckier than I. She is still slim; so she does not need a regimen such as the WineDiets.Com formula that you are studying and which helped me lose 62 pounds. Despite no obligation on her part, she often chooses to have a wine or two at 6:00 PM to keep her husband company... especially on the weekends. She likes white wine and champagne, both of which have special health benefits.

Regardless, the eating on this diet is always without regret. When you go to something special such as a wedding, or a birthday party or a happy hour once or twice a week, enjoy yourself again without regret. Don't skimp, but do not create a fictitious event just so you can *legitimately* break your wine diet.

As a rule stay on the diet but on special occasions, enjoy yourself. It will give you more incentive to stick with your chosen White Wine Diet.

I try not to overeat at dinner but I do want to be filled so that later on I am not looking for more. I have learned over the years what overeating feels like when trying to go to sleep... You know too! Overeating makes it tough to go to sleep. In my case, I make sure that I am filled enough to push away from the table. Also, I always have my handy dandy Alka Seltzers available in case I miscalculate my consumption. We buy the huge Alka Seltzer box from Sam's Club because it is sometimes tough when we run out

I list a dessert below as a pre sleep treat; but I do not recommend a dessert with dinner. However, if you must have dessert, go ahead and see how it works out for you. Think about keeping it small. My wife likes a small dip of ice cream or sherbet after dinner. Sometimes I join her.

Final Treat of the Day!

Once you have completed your "diet" day and you are getting ready to go off into the sleepy sunset, according to how I practice the wine diet-- the one in which I have lost 62 pounds so far, you are encouraged to enjoy two dark chocolate Smidgens from Gertrude Hawk Chocolates.

Dark chocolate in moderation has its own set of health benefits. Pop a Smidgeon in, and enjoy it for a while. Then pop in the other. This should be at the end of the night before you go to bed.

You may do this either before or after you watch some good TV such as ME TV! If you fall asleep before having the candy, that is

OK. Don't make it up the next day. If you find a chocolate stain on your pillow, you'll know you fell asleep before you finished your smidgeons. If you find a huge chocolate stain in your hand when you wake up, you probably do not need the chocolates. Good night Sweet Pea!

Check out Smidgens of all kinds in this small sample picture of small little "Clauses." courtesy of Gertrude Hawk Candies in Northeastern PA. *smidge

Gertrude Hawk Smidgeons Mmmmm!



In the past two years, more unconsciously than consciously, I rarely ate between meals and almost every night, I had a dark chocolate Smidgen or two or three to cap off the evening. I try to keep it at one but two works fine, and sometimes three is necessary.

Since Smidgens are so good, any of us can probably eat ten or twenty at a sitting but our diet would not work and we would continually be buying new belts and new clothes. I like dark chocolate because it tastes so good and because it has special health benefits. I am almost always happy with one or two Smidgens but I do cheat every now and then and I go for a third.

There is rarely a chocolate stain on my pillow or a chocolate stain in my hand in the morning. They are that good. I don't think I could have lost any weight if I had hit double digits on the Smidgens. Yet, I was tickled to have the boxes available even though my daily portion was meager. What a great way to end a great day.

In my nightly routine, at one time, one Smidgen had to be dark chocolate with nuts, and the other could be plain solid dark chocolate. I am sure that a few Hershey miniatures and other varieties would do the same trick but I do not like recommending them because Hershey is no longer America-friendly. They no longer make their chocolates in the US. They make them in Mexico.

Enough about chocolates

When you have had your final treat of the day, you can feel free to sign off WineDiets.Com and resume your normal life. But, don't sign off for too long. I hope you come back online each and every morning to check the diet news and to help remind yourself that you can do it as long as you follow the regimen. Nothing good diet-wise happens overnight even though we all weigh somewhat less in the morning.

Once you convinced yourself that you have lost a few pounds, and your particular Wine-Diet is working; stop the checking. Don't check the scales daily anymore! Check your belt once a month or come up with some other way of getting a clue that this almost mindless diet is working for you. God bless you always!

Nothing worth having in life is easy. Enjoy your weight loss struggle.

By the way, each and every day and night, after you finish following the plan, most of you, I suspect, will eventually go to sleep. That, in and of itself is a treat. Knowing that you are knocking off some pounds, makes your sleep even sweeter.

You may know that W C Fields once said, that sleep "is the most wonderful experience in life; except for drink." Any good diet depends on you getting your share of good sleep. Go ahead and get your ZZZZZZZzzzzzzsssssssssss. You deserve them. Amen to all wine diets' brothers and sisters!

Thank you very much for visiting the site and / or reading the book. Let us know how well you do by leaving a comment using Disqus or another tool on our web site. Tell your friends how you lost the weight.

Yes, it would be OK if you bought enough books to give one to all of your non-Internet-savvy friends.

Go to Amazon.com and look up The Wine Diet

Also see other books at

amazon.com/author.B.W.Kelly

Please see **DISCLAIMER** to make sure you keep healthy on this diet.

More importantly than anything you do for this diet, please remember that this site is not a medical site and the book is not a medical journal. Any questions—please call your doctor!

Chapter 8 The Blush / Rose' Wine Diet



The Rose' / Blush Wine Diet should result in some pounds lost for you over the next 365 days. I lost 62 pounds on a similar diet in just over two years. My 800+ days are up and that is why I decided to make this diet plan into a book. It worked for me. I hope to be updating my total again next spring and I am confident in continued success.

No weight loss is guaranteed to work for you but it surely worked for me. Please share the essence of this diet with your family physician to make sure the prescribed regimen will keep you healthy during your weight loss. Best wishes!

I did not even know that I was losing weight until my doctor's scale in the fall 2013, presented to me the facts. So, after my appointment, I went back through the prior months to see what I had done differently. Whatever it was, I wanted to be able to keep it up. I feared hitting the 400 mark.

I have told you this story a few times already on this site. The most descriptive essay is presented in the winediets.com classic article Wine Diets Basics. It shows as Chapter 5 in the book version. You may want to read this classic before you read the rest of this article as it has the theory, the rationale, and the implementation directives for the wine diet of your choice -- Red, White, or Rose' / Blush.

Though I do not intend to try it myself, if you cannot drink red wine, you may want to read the Red / Black Grape Juice Diet. If you like grape juice, it should work as well as the wine diets.

Thank you for choosing the Rose' / Blush Wine Diet even though the Red Wine Diet is the healthiest. For you to achieve the benefits of the wine diet, you should drink your favorite wine on this diet and stick to it. Other than sweet wines, described below, all four "wine" diets should work for weight loss.

I used the Red Wine Diet even though sugar content for the Red Wine Diet is about 2.5 calories more than the Rose' / Blush Wine Diet. Four ounces of white wine has about five calories less than red wine. Blush as a combination red and white is right in between on calories

Some suggest that Blush can be made simply by mixing various wines together. Regarding mixing wines to make Rose' and other varieties, however, traditional wine producers would cry foul. They would declare a sacrilege if wines of different colors were simply thrown together rather than following the "nobler" tradition of macerating red grapes for a few hours and bleeding off the blush/rose-tinted liquid.

But, then again, I am not suggesting mixing or drinking. My point is to show how I arrived at the calorie difference. Of course adding sugar to Blush/Rose' or any wine also increases the calories accordingly. Red wine has more body and so it costs us a few calories more. It's worth it.

Of course adding sugar to Blush/Rose' or any wine increases the calories accordingly. Red wine has more body and so it costs us a few calories more. It is worth it for the health benefits.

Any of the three wine diets and even the Red/Black Grape Juice Diet help you lose weight at just about the same proportion but none of the others affect your cholesterol count as positively as the Red Wine Diet. Since this site is about dieting and losing weight, as the German's say: Machs Nichts!

Enjoy your California Liebfraumilch or dry Gewurz Traminer, or any other German dry white and lose as much weight as happens to come off. Since Rose is made from the same grapes as the reds, a German Rose is German only because it is made in Germany.

The good news my dear wine dieters is that you can drink your favorite wine or grape juice on this diet and still be a candidate to lose weight with a huge smile on your face. You do not have to drink the lower calorie white wine to lose weight. Red wine is just 5 calories more than white and just 2.5 calories more than a 4 oz. glass of Rose' / Blush. All wines therefore can be very effective in losing weight. The dryer the wine within a category of red, white or blush, the fewer the calories from the wine itself.

Binge if you must!

The quick snapshot of the diet is that you should follow the pages of this web site or the book with the agreement of your primary physician of course. You are permitted to break this diet many times over the course of the 365 day test drive. The worst that will happen is that instead of say, a loss of 15 or twenty pounds, you may lose only ten or fifteen pounds.

When you crave, to assure that you will stay true to your personal diet, I suggest that you take a brief binge but then come back after a few days. Hopefully the binge will make you more satisfied and you will be ready to continue. Do what you must to continue on the diet but, remember, no diet works if you leave it forever.

If you make a fasting diet out of this (other than the wine component, which is a diet requirement), then you probably should take some vitamins or any supplements your doctor recommends to support you with the challenges of your modified wine diet.

To assure that you can maintain your health, especially if you have any concerns whatsoever, take this diet and your dinner plans based on this diet to your physician and get your personal diet approved for your use. That should be easy.

Since WineDiets.Com cannot be responsible for your health whether you are on our diet or not, we recommend strongly that you consult your physician. Making sure you are healthy is her job.

Most adults know they cannot just eat meats or just eat starches or just drink wine or just eat vegetables so you do not need me to tell you that. Our three main diets (Red, White, and Rose'/Blush) are very similar and all depend on an understanding of the Wine Diets Basics as presented in Chapter 5 and on the Wine Diets site.

In essence, the Rose' / Blush Wine Diet asks you to eat just two meals a day and not to eat anything in-between meals other than vegetables and fruits -- in almost limitless quantities depending on the type of vegetable or fruit. The wine period can be thought of as the third meal.

The diet asks you to drink lots of water and a half bottle of Blush or perhaps more at the happy hour part of each day -- 365 days a year. For me, I begin my wine consumption at 6:00 PM.

With the Rose' / Blush Wine Diet, the wine should be mostly dry if possible but it is up to you to make sure that you like the wine. Dry wine has less calories. A dry White Zinfandel; a White Merlot; or any of the other dry Blush varieties will do you well.

Caveats Regarding Sweet Wine and Dieting with Sweets in General

Manischewitz or Moden David or Kedem sweet wines, or Niagara types, Moscato, Sweet French Columbard, Port, and other sweet whites / yellows are all sold in the PA State Stores and liquor / wine stores across the Country and the world. These are not recommended for wine dieters using the same rate of consumption as the three favorite wines of the Wine Diets site.

Other sweet wines called dessert wines are in the same boat. These do not qualify for the full impact of the Rose' / Blush Wine Diet but you can make adjustments to the quantity to compensate for the substantially higher calories in the sweet varieties. Semi-sweet red wines are not as bad as sweet but again, it is up to you to compensate.

In other words, if you check out the calorie content of any sweet or semi-sweet wines and you adjust your intake so that you are within the calorie range of the dry reds, your diet can be just as effective. Depending on your metabolism, you may even be able to get away with a good portion of the full bottle quotient for dry wines.

Make sure, of course, that you are not overly passionate about drinking lots of sweet wine or I regret to say, you run the risk of actually gaining weight. Weigh yourself at the beginning of your diet on a reliable and consistent scale, use that for every weigh in you may plan. Write your weight down every two weeks. After about two weeks on a sweet wine regimen weigh yourself to be sure that the diet is working for you.

Let's take a short break to check out the Kedem Winery Tasting Bar. Kedem is known for its fine grape juice and sweet grape wines. I thought you would like to see this nice picture of the Kedem Winery shown below. I have a soft spot for Kedem.

Their tasting venue is quite elegant and they have both dry and sweet wines that are really fine. Just watch some of their sweet varieties as all sweet wines to make sure you do not over-consume on calories. Kedem dry wines are very, very nice. See Kedem Tasting Area on next page.

Back to sweets temporarily

My recommendation if asked would be that if possible, get rid of sweet candies almost completely in your wine diet. Sweets always add empty calories -- of course those Gertrude Hawk Chocolates we talk about at the end of this piece are an exception -- Don't we wish? Even though no sweet is an exception, the impact of the Gertrude Hawk Smidgeons later noted in this diet has been accounted for in all major wine diets and the grape juice diet.

ROYAL KEDEM WINERY ESTABLISHED 1948



Sweet stuff must be managed

Back as a child, my parents let me take my coffee as if it were a coffee milkshake. It was made with half milk and at least three heaping T-spoons of sugar to give it an OK taste for child consumption. So, I ask those thinking of sweet wines to consider that under these circumstances I did gain weight as a child and young teen.

When I got older and into my college years, I eventually lessened the impact of coffee calories by putting just a thimble full of milk in my coffee and I reduced the amount of sugar from three to 1/4 teaspoons. Finally I was able to completely eliminate sugar from my coffee.

Yet, I still gained weight but it was not because of the coffee. In my case in my early twenties, I discovered a new favorite liquid. I can rightfully blame excessive beer drinking for my weight gain. Watch beer consumption as it can ruin the full impact of the wine diets.

When I stopped drinking beer excessively more than twenty years ago, I kept gaining weight but not so rapidly. I was not paying attention. When the mirror stopped lying to me, I would always do something. But, until the wine diet, I could never lose more than 20 or so pounds at a time...and it came back quickly and then some.

Things happen to us over our lives. Our metabolism begins to decrease while our unwillingness to eliminate things from our diet increases. Unfortunately, in my case, I gained weight for most of my life in small increments but I did not gain as much as I would have if I had given in to all urges. That's just how it was for me. That's how I woke up one day at 343 pounds, and the mirror had stopped lying.

How I lost 62 pounds!

Sometime in the summer of 2013, I don't even know exactly when or why, but with little thought, I began to eat consciously and differently. I was hoping to gain no more weight. I did not think I could lose any weight but staying the same weight sounded pretty good at the time.

I was beginning to feel huge and I thought that I could do nothing about it other than stop drinking wine and starving forever. I really did not think anything that I could do would help me lose weight for the long haul. Though I am an upbeat guy, I did feel a bit doomed by my plight.

Finally, without really tuning in to what was happening. I began to lose weight. I did not realize it because it was coming off so slowly. I could not tell that I was losing weight and I was blinded to the fact since I am such a poor dieter and I was not actively trying to lose weight.

It was not until my October 2013 doctor's appointment that I found that I had been losing real weight. I was surprised that I had lost 9 pounds. My belt holes were the same and I had not added any new holes but my pants were just a bit looser. I looked back a few months and charted what I had been doing. I kept eating and drinking the same hoping for continual results.

In the spring of 2014, at the Doctor's Office again, I found that I had lost another 6 pounds. I had gotten through the Thanksgiving and Christmas holidays and the Dago Red wine season and had still lost six pounds. And the diet had become second nature to me. It was not burdensome. I had not named my routine or thought about a formal diet at the time. It was all ad-hoc.

In October 2014, I checked in again at the doctor's office. This time, I had lost another fourteen pounds. I was living naturally by the diet now and I had added a light walking regimen but not an awful lot of walking in the 2014 summer months. However, I was starting to believe that I had something that worked for me and

could work for you. Around this time, I built the WineDiets.Com web site and began to tell the story in articles such as this.

In April 2015 at the semi-annual doctor's visit, I was looking for a really big loss. I had three losses in a row and was ready to be uplifted. Unfortunately, on this semi-annual visit, I learned that even my new Wine Diet is not magical. I lost zero pounds. I was upset for a while but upon reflection, I definitely do know why.

In prior years, I would have gained ten pounds or more with my dago red wine consumption, which began in November of 2014. Please see Chapter 11 or the web article titled "*Dago Red: World's Best Wine*" Then, you too will know why I lost no pounds in my April 2015 doctors' office weigh-in. I have to make sure that does not happen this year by drinking Dago Red more moderately.

Once the Dago Red was long gone, I could feel myself losing weight again. I found some older jeans that fit and I added holes to my belts. During the dago red off-season, I switched to Pennsylvania-grown Chambourcin red wine from Benigna Creek Winery in Klingerstown, PA. It is great. They are nice people and their wine is always highlighted at the Flea Market in Hometown, PA.

To keep wine consumption expenses down, when I am not looking for the best reds I know, such as Chambourcin, I use some of the California box wines or Carlo Rossi gallon jugs of Cabernet. The calorie and alcohol count, fullness and body are not like Chambourcin or Dago Red, but then again, the cheap substitutes are about 40% of the price of Dago Red and Chambourcin.

Moreover, its overall impact helped me lose weight. Even though it is not really that bad, cheaper bulk wines simply do not make me want to drink as much as I would with Dago Red.

This fall in early October 2015 at the Doctor's office, I was more than pleased. I lost a staggering 22 pounds. So, altogether,

adding the 9 lbs. to the 6lbs. to the 14lbs. to the 0 lbs. to the 22 pounds, I had lost 51 pounds. I hope I never find them again and that I stay healthy. Wealthy and wise would also be nice, but I would be very happy with simply healthy.

That's not the end of the loss. By the time I finished this book in December 2015, and was preparing to send it to the editors / printers, I weighed myself again. I did not have my doctor's scale available and I did not want to bother Dr. Kerrigan. I have a pretty good scale and now it is in pretty good synch with the doctor's scale. I lost another 11 pounds. Wow!

So, now as I am outing the final touches on this book, my weight bogey is 281.6 pounds. I am a 281.6 pound weakling and very proud of it. That my dear WineDiet.Com friends, is down from 243. A 62 pound weight loss is outstanding. This great weight loss over 2+ years was the motivation for me to take the WineDiets.Com web site and create a book from it while updating my personal weight-loss experience on the web site. Thank you all for sharing in my joy.

A Fine Chubby Animal Hoping to Join Wine Dieters Soon!



Diet Part of the Rose' / Blush Wine Diet

Now that we got through all the *when's*, *where's*, and *why's*, let's discuss the—*what's* and *how's*. As we are about to reveal the secrets of the infamous Blush / Rose Wine Diet, be advised again that you should be able to use white or red or blush / rose' wines and have the same fine results.

There are separate articles about each of these wine diets on the web site and in the book. Each wine diet chapter (white, red, grape juice, blush / rose') is like this one on Blush / Rose' wine. The same goes for the grape juice diet. They are all complete so you need only read about the diet that you choose. Skip the other chapters if they do not apply.

They are self-contained essays. They are not identical but they contain all of the facts that apply to specific diets and all of the facts that pertain to all diets. If you read every diet, you may get bored but if you read just the diet chapter that you choose to engage, it will be very convenient for you

As discussed previously, there is Chapter 5 and a web site article that describes the generic attributes of all the wine diets is available. It is called "*Wine Diet Basics*." So that you do not have to go back to this article for a perspective, I borrowed some of its text, touched it up a bit, and put it in each wine diet chapter / article. For example, in this particular chapter / article, I tuned the text to be more appropriate for the Rose' / Blush Wine Diet.

When thinking of your meal contents with the Blush / Rose' Wine Diet it helps to consider the few rules in the Wine Diet Basics to help make sure that your diet is successful. One key item is noted immediately below:

Be careful between meals

Remember that during between-meal-time, you can have fresh fruits and / or vegetables, but as a rule do not have another full

meal. When you have raw vegetables, eat as many as you want with the smallest amount of dip. Some raw hard raw vegetables burn up more calories than they add.

Remember that I went through several months of my first summer without even watching my weight, while on the Red Wine Diet. I lost weight anyway. The diet guides you on a path to weight loss. It is quite effective.

Here are the basic notions of your daily diet. The key elements of the Wine Diet on a daily basis are as follows:

- Wine Diet Breakfast / Lunch (Brunch) Time 12:00 Noon or so
- Wine Diet Wine Time 6:00 PM or so
- Wine Diet Dinner Time 8:00 PM or so
- Final Treat of the Day -- After Dinner before bed some time!
- Relax and watch some TV
- Time for sleep

For very early risers, you might find it more comfortable to have your brunch at some other time between ten o'clock and noon, and begin your wine time and dinner time earlier / later as you might choose. It is not how I did it, however. I do not recommend it as I do not have results yet to see if it works. However, I cannot see why it would not work for most if not all people.

Wine Diet Breakfast / Lunch (Brunch) Time 12:00 Noon or so

For the breakfast / lunch combination (Brunch) always have a drink such as coffee or tea. Try not to put a lot of cream or sugar in either. Water or a light sugar drink can also be used. Orange juice or a fruit juice mixed with 3/4 more with water helps reduce your calorie intake if you do not like tea or coffee.

Drink: coffee, tea, fruit drink, skim milk. Make sure sugar is light. Splurge seldom.

Breakfast / Lunch Staples – Eat just one meal: Choose one:

- Two eggs, lightly buttered toast, sausage patty or ham, corned beef hash, or a few pieces of well drained bacon.
- Hamburg, Tuna, ham, roast beef or turkey sandwich or a chef salad easy on heavy dressings... your choice.
- Occasionally, substitute some French Toast or two pancakes
- Occasionally, add a donut or a muffin and of course some jelly for your toast. A small desert for the lunch part of brunch is appropriate.
- Eat as much fruit or vegetables as you want with small amounts of toppings or dips that are not huge in the calorie department.
- Rarely... but whenever you need it, have a piece of pound cake or banana cake or something really good.
- Two times a week have some home fries if you like.
- Yes, it is OK to have sausage, bacon or ham or a combo as long as you do not go overboard. But, remember this is not the Atkins diet so watch your total meat consumption. All parts of Brunch should add up to one meal.
- Now, since this meal occurs at noon, we can consider ourselves as having had Brunch. As long as it fits on a reasonably small to medium sized plate.

Wine Diet Wine Time 6:00 PM or so

Get yourself a nice Rose' / Blush Wine as discussed above and keep getting 4 oz. glasses of it until about 8 PM. Find a friend to share your experience and solve the problems of the world. When

you don't have a need to go get one more of these fine beverages, feel free to stop and look forward to the next daily event, dinner. Wait a bit of time but if you prefer to have another wine next, go right ahead.

Wine Diet Dinner Time 8:00 PM or so

Take a look at your dinner plate. If it is a big plate when empty, consider using a smaller plate that is also empty to begin your dinner hour. Then, fill it up with whatever it is you choose to eat from the type of selections outlined below. You may substitute similar food from nutritional information sources (the Internet is one source) that you may have available.

It is best to limit meat / fish quantities to about 4 ounces for this meal but please note that I did not do this and I still lost weight. When all is said and done, it will help you to use the small plate and have just one piece of meat / fish on this small/medium plate.

Your dinner meals should consist of some protein (meat, fish, fowl), some vegetables (salad, peas, green beans, etc.), some starch (beans, potatoes, pasta) etc. Fix up any kind of meat or your type of protein if you are a vegetarian.

Make sure there is some space on your plate before you begin to eat your dinner. Yes, you can eat more but after one nice plate-full, try not to stuff yourself unless you can't stand it. A helpful way to become full is to have a glass of water before eating and one or two before leaving the table. Once you eat—no more wine for the day.

Hopefully, you will be able to get by most days without "not being able to stand it." If you get a hunger pang, it may help to remember that the recommended Gertrude Hawk's Dark Chocolate Smidgeon is very satisfying at the end of the day before bed. I look forward to it on days that I do not choose to skip it altogether.

You may find that just paying attention to your weight helps pave the way for weight loss; but admittedly it can be frustrating. The objective here is to not pay attention every day and just lose weight by following the directions.

Meats, fish, fowl & other dinner items!

When 8 o'clock PM comes along or you are really ready to eat after finishing your day's wine, go ahead and eat your dinner slowly, and enjoy it. Do not speed eat and do not chinch. Depending on the time, you may wish to have another wine rather than eat right away. That is OK!

When ready to eat; go ahead. It helps to have a lot of parts to your dinner meal as you fill up along the way. Have a light soup and a salad with lots of stuff on the salad such as other vegetables and some fruits and nuts but do not use an especially fattening dressing.

In other words, look at the calories of the dressing and most of the time, pick something like a nice balsamic vinegar or a light dressing but every now and then let loose and have Blue Cheese or Ranch.

Sometimes I will put some blue cheese dressing (heavy hitter) on part of my salad and balsamic vinegar on the other part. Have a nice slice of good bread or two. Make sure what you eat tastes good so you feel pleased.

When I am not compelled to have ranch dressing or blue cheese dressing or any other creamy variety, I often choose to pile salsa or a relish like chili sauce (both reasonably calorie free) on top of a green salad. I like to assure that half of the salad is baby spinach leaves because they have lots more nutrition than plain greens. Mmmmm!!! Spinach of course is not a meat no matter how good it is. The salad should be in its own bowl, not on your dinner plate. If the dressing is fairly light, the salad will not impact your calorie count.

Check out your own protein intake to make sure you do not hurt your health in any way on your particular Wine Diet. Use your physician as a consultant. We do not claim to be doctors. We do not know the medical facts as a doctor does. A doctor may tell you to do something other than that prescribed by this plan. Listen to the doctor in all cases; not the plan.

On the up-side, if like me, you have had a difficult time losing weight in your last few years, this wine diet should be very helpful for you. It gives you a blueprint for another crack at attacking an expanding waistline.

To see what you are doing over time, it always helps to record your experience. Write down your meal contents and the time of day when you ate and share this information with your physician. It will help explain why you are losing weight or why you are not losing as much as you think you should be losing.

For protein, eat whatever you like as your main course for supper (dinner) after you have had your wine for two hours and you have enjoyed your salad and soup. put your meat and vegetables (green beans, peas, carrots) and pasta (potatoes, beans, light pasta salad) on the same plate unless you are having some spaghetti or a similar pasta. Spaghetti or a major pasta would be better on its own smaller plate. For the main dinner, it is good to use a small 8 to 9 inch plate so that it looks like a lot.

Enjoy dinner and enjoy the night. Along with a nice dinner a few pieces of high quality bread at dinner with some but not much butter always helps it all seem better. You may also have a small to medium sized dessert and some more coffee or tea to top off the meal.

When you have finished eating whatever food that you feel is good for you at dinner time, check to see if you are satisfied. You should at least not feel hungry. When you feel OK, in nice weather go watch the Evening Primrose bloom as the sun sets and when you come back in watch about an hour of TV or whatever you need—no time limit—then go to bed and enjoy your night's sleep.

If you feel heavy before retiring for the evening, please consider an Alka-Seltzer. They sure help my wife Pat and I when we overeat or eat too close to bed time.

Retirees may have a different schedule

Retirees often stay up later than when they were fully engaged in the workplace. My beautiful wife Pat and I like to watch a few TV programs on our way to sleep. Then, when we are not too tired, at 11:30 PM Monday through Friday, we watch Perry Mason together. In fact, we often get through the whole show before we fall asleep.

Pat is still slim so she does not need a regimen such as the WineDiet.Com formula; but she often chooses to have a wine or two at 6:00 PM to keep her husband company. Plus, she knows that a few glasses of wine or champagne, her personal favorite per day, gives health benefits not provided in normal diets. I want this lady to live forever.

Regardless of your many potential decisions, it helps to know that eating on this diet is always without regret. When you go to a special event such as a wedding, or a birthday party or a happy hour once or twice a week, enjoy yourself again without regret. Don't skimp! As a rule stay on your diet but on these special occasions, enjoy yourself. It will give you more incentive to stick with your chosen Rose' / Blush Wine Diet.

I try not to overeat at dinner but I do want to feel filled. I have learned over the years what overeating feels like when I try to go to sleep... You may know the feeling. Overeating makes it tough to go to sleep. In my case, I make sure that I am filled enough to push away from the dinner table.

I list a dessert above but do not recommend a dessert with dinner. However, if you must have dessert, go ahead and see how it works out for you. Think about keeping it small. My wife likes a

small dip of ice cream or sherbet after dinner. Sometimes I join her.

Final treat of the Day!

Once you have completed your "diet" day and you are getting ready to go off into the sleepy sunset, according to how I practice the wine diet-- the one in which I have lost 62 pounds so far, I encourage you to enjoy two dark chocolate Smidgens from Gertrude Hawk Chocolates. Pop one in at a time and enjoy it for a while. Then pop the other. This should be at the end of the night right before you go to bed.

You may do this either before or after you watch some good TV such as ME TV! If you fall asleep before having the candy, that is OK. Don't make it up the next day. If you find a chocolate stain on your pillow, you'll know you fell asleep before you finished one of your smidgeons. If you find a huge chocolate stain in your hand when you wake up, you probably do not need the chocolates. Good night Sweet Pea!

Check out Smidgens of all kinds in this small sample picture of small little "Clauses" from Gertrude Hawks, a fine Chocolatier.

Gertrude Hawk Santa Clause Shaped Smidgens



In the past two years, more unconsciously than consciously, I rarely ate between meals and almost every night, I had my dark solid chocolate Smidgen or two or three to cap off the evening. I

try to keep it at one but two works fine, and sometimes three is necessary.

Since Smidgens are so good, any of us can probably eat ten or twenty at a sitting but our diet would not work and we would continually be buying new belts and other clothing. I like dark chocolate best as it tastes great and has special health benefits. I am almost always happy with one or two Smidgens at night but I do cheat every now and then and I go for a third.

There is rarely a chocolate stain on my pillow or a chocolate stain in my hand in the morning. They are that good. I don't think I could have lost any weight if I had hit double digits continually on the Smidgens. Yet, I was very happy to have the boxes available even though my daily portion was meager. What a great way to end a great day.

Most of the older third generations in my family do not need the diet weight makeover that I am doing so it seems they can eat chocolate without regret all the time. We keep Gertrude Hawk Smidgens on the table for all gatherings and find few at the end.

In my nightly retinue, at one time, one nightly Smidgen was dark chocolate with nuts, and the other was plain solid dark chocolate. I am sure that a few Hershey miniatures would do the same trick but I do not like recommending them because Hershey is no longer made in the USA.

Enough about chocolates & back to wine

When you have had your final dark chocolate treat of the day, feel free to sign off winediets.com and resume your normal life. But, don't sign off for too long. I hope you come back online each and every morning to help remind yourself that you can do it as long as you follow the regimen. Nothing good diet-wise happens overnight even though we all weigh somewhat less in the morning.

Once you convinced yourself that you have lost a few pounds, and your particular Wine-Diet is working; stop the checking. Don't check the scales daily anymore! Check your belt once a month or come up with some other way of getting a clue that this almost mindless diet is working for you. God bless you always!

Nothing worth having in life is easy. Enjoy your weight loss struggle and then you will enjoy your weight loss. But, please do not be impatient and please do not cheat more than you adhere to the principles. It's all for you!

By the way, each and every day and night, after you finish following the plan, most of you, I suspect, will eventually go to sleep. That, in and of itself is a treat. Knowing that you are knocking off some pounds, makes your sleep even sweeter.

You may know that W C Fields once said, that sleep "is the most wonderful experience in life; except for drink." Any good diet depends on you getting your share of good sleep. Go ahead and get your nightly ZZZZZZzzzzzsssssss. You deserve them. Amen to all wine diets' brothers and sisters!

Thank you for visiting this site and/or reading the book. Let us know how well you do on your diet challenge by leaving a comment using Disqus on our web site.

Yes, it would be OK with me, if you bought enough books to give one to all of your non-Internet-savvy friends.

www.bookhawkers.com. While you are at it, please review our

DISCLAIMER.

More importantly, please remember that the web site is not a medical site and the book is not a medical journal.

Any questions about your health—please call your doctor

Chapter 9 The Red / Black Grape Juice Diet



Lose weight by drinking grape juice.

Though the Red/Black Grape Juice Diet is technically not a wine diet, it is given in the same spirit as the three wine diets. If you follow this diet as religiously as you would the wine diets, the Red / Black Grape Juice Diet should result in a similar weight loss. Watch what happens over the next 365 days. In my case, I lost over 62 pounds over about two years on the Red Wine Diet. My 800 + days are up and then some and that is why I decided to make the whole diet plan into a book.

Each particular Diet has its own nuances and so all parts of each particular diet are included in a main article such as the one you are reading now about the grape juice diet. All four chapters (three wines and one juice) occupy full chapters in the book and each is a separate article on the WineDiets.Com web site

The liquid grape diet definitely worked for me. My grapes were fermented and produced alcohol in the red wine which I enjoyed. I have the extra belt holes to prove it. I hope to be updating my total again in spring 2016. This is such a low paced, no-pressure diet,

that within another six months or so, my goal is to lose another ten pounds at the check-in.

No weight loss is guaranteed to work for you but my derivative surely worked for me. Please share the essence of this juice diet with your family physician to make sure the prescribed regimen as presented will keep you healthy during your weight loss. Your physician may have some additional to do's for you or some caveats. Best wishes!

It is hard to lose weight under all circumstances. If you are lots bigger than you ever thought you would be, as was my case, this is your perfect diet. If you have been on so many diets over your lifetime, that after the first five pounds, you cannot buy a pound of weight loss, this is the perfect diet for you. Of course, I project from my own success and there are no guarantees in life.

I did not even know that I was losing weight when I changed my daily eating and drinking routine. I did not want a strict diet that seemed to work and got in the way of all fun and frivolity and more or less suggested that a few years in a monastery would be the only way I could ever lose twenty pounds again. I had had many successful weight loss endeavors in my earlier life but that seemed to have ended several years ago when I turned 60.

It just gets harder to lose a thinning pound the older that one gets. I had given up 100%. My objective was simply to stop gaining weight at the rate of five to ten pounds or worse per year.

My first inkling that I was actually losing weight was several months after I changed my every-day life—though I did not think substantially. I found out that I was losing weight only when I met that nasty doctor's scale at Dr. Patrick Kerrigan's practice in the fall 2013. The scale presented to me some very pleasing facts. I had lost real weight almost unknowingly.

So, I reviewed the prior few months of minimally changed behavior to account for what I may have done differently. Whatever it was, I wanted to be able to continue it and hopefully

lose more weight. I was either sick or I had stumbled on a new approach that would not only help me not-gain weight but would actually help me lose weight.

I have told parts of this story a few times already on the web site and in this book in the wine diets above. The most descriptive essay is presented in the winediets.com classic article / chapter titled *Wine Diets Basics*. It is Chapter 5 in the book.

You may want to read this classic before you read the rest of this article / chapter as it has the theory, the rationale, and the implementation directives for the wine diet of your choice -- Red, White, or Rose' / Blush, and of course your selection The Red / Black Grape Juice Diet. Most of that chapter is in this chapter if you want to keep reading here without taking a break.

I must admit that I do not intend to ever try the juice diet myself, though I would not mind a glass or two every now and then. I love grape juice, especially from Kedem. Grape juice drives this diet. I am still healthy enough to drink wine. I thank God for that with many Amens! But, what if one day, I could no longer drink alcohol and maintain my health? This is a great alternative.

So, as I examined the substitution of dry grape juice for dry wine, I realized that anybody on NA either temporarily or permanently may learn to enjoy their NA grape juice as much as NA beer drinkers enjoy their NA beer and as much as wine drinkers enjoy their wine. A dry grape juice diet therefore is a real thing.

In fact, it can actually be more effective than a dry wine diet for the zealous dieter because dry grape juice has less calories than dry grape wine. And, so, if you cannot drink dry wines, this juice diet or perhaps a different flavored juice in the diet may be just the solution that you have been searching for. And, after all that goodness, you can still manage to lose weight.

Thank you for choosing The Red / Black Grape Juice Diet. To put the diets in perspective, those who cannot or do not wish to drink

alcohol or who get migraines from wine, logically would choose this Red / Black Grape Juice Diet.

For your friends who are wine drinkers, the Red Wine Diet is certainly the healthiest wine diet of them all. The White Wine diet has less calories and so theoretically the five calories saved per glass may help white wine drinkers knock off another pound or so. The Blush Rose' diet is in between on health properties and calories.

For you to achieve the benefits of any of the wine or juice diets, I would advise that you stick to your favorite wine or juice on this diet. Other than sweet wines, described below, they all should work fine for weight loss. When your friends are part of the Red Wine Diet even though its sugar content is about 2.5 calories more than the Rose' / Blush wine Diet and 5 calories more than the White Wine Diet, they would be doing the best diet that combines health and weight loss.

For non-wine drinkers, the Red / Black Grape Juice Diet, which we are now studying, is an excellent choice. All dark-skinned grapes contain antioxidants that are beneficial for your health. Any dry red grape juice would have similar properties to the Red Wine Diet. Just like the only-red wine diets, the other dry grape juice diets, such as dry combos or dry whites, are not as beneficial as the red / black grape juice diet, because red / black grapes are the best.

As I was digesting all the facts about this dry juice diet, I started to wonder where one could get Cabernet or Merlot dry grape juices as I do not recall seeing them in grocery stores. First of all, they may very well be in grocery stores but their manufacturers like to call them non-alcoholic wine. When you cannot find what you want in the grocery store, there is always the Internet. I found a great source of dry red grape juice I copied some of their ad material below:

Drape Valley Vineyard

This is not an endorsement but a recognition that there are sellers of such fine juices and they market their wares as if they are among the best. Perhaps they are the best. Here is an ad with which I was particularly impressed.

Drape Valley Vineyard's non-alcoholic grape juice is unique in its purity. Most non-alcoholic wine is dealcoholized, leaving a slightly acerbic aftertaste behind along with a small amount of alcohol. To make its juice, DVV crushes and presses premium wine grapes with all the fresh goodness of the grape preserved with absolutely no alcohol. This is no ordinary grape juice. It's a symphony for the taste buds with a wonderful aroma!

DVV's Cabernet Sauvignon wine grape juice bursts with rich flavors reminiscent of cherry, strawberry and raspberry with a faint whisper of plum.

An ad such as that puts this whole quest in perspective as it shows that dry grape juice vintners and sellers have a stake in the game.

What good healthy stuff would we find in red or black grapes?

The two main flavonoids in red grapes are *quercetin* and *resveratrol*. Resveratrol is often in the news for its anti-inflammatory effects. It is often cited as a reason to drink red wine.

Red / black grape juice, therefore is beneficial for arthritis and heart disease patients. It also helps reduce the risk of cancer. Quercetin is a powerful antioxidant that can combat free radicals, protecting the body from disease and reducing the effects of aging. It is also an antihistamine, so it can help reduce the

symptoms of seasonal allergies. And it does it all without a hint of alcohol.

Like red grapes, black grapes contain vitamins C, B-1 and B-6. Black grapes also contain quercetin and resveratrol. So they are equally good for reducing cholesterol and reducing the risk of heart disease. They also contain substances known as phenolic acids.

In 2008, S.M. Huang et al conducted a study, which has been published in Molecular Nutrition and Food Research. The study noted that phenolic acids can protect cells from diabetic neuropathy. This is a complication of diabetes, in which high blood sugar levels damage the nerves.

In case you were wondering, eating these grapes before they are liquefied is also very healthful.

The good news my dear wine and juice dieters is that you can drink your favorite wine or grape juice on the WineDiets.Com diets and still be a candidate to lose weight with a huge particularly smile on your face.

You do not have to drink the lower calorie whites to lose weight. You can drink higher calorie red wines or even lower calorie red / black grape juices and you can check in at your doctor's office every six months like I do to watch the weight dripping off in double figures.

Be careful if you must binge!

The quick snapshot of the dry juice diet is that you should follow the pages of this web site or the book with the full agreement of your primary physician of course. Unless you are advised by your physician against it, you are permitted to break this diet many times over the course of your 365 day test drive. Try not to make it a weekly thing.

The worst that will happen if you go astray for short periods is that instead of say, a loss of 15 or 20 or more pounds in a year, you may lose only ten or fifteen pounds.

When you crave, to assure that you will stay true to your personal diet, I suggest that you give in sometimes and take that brief binge.

But, make sure that that you come back after a few days. Hopefully the binge will make you more satisfied and you will be ready to continue. Do what you must to continue on the diet. Remember this always: no diet works if you leave it forever.

What about fasting on your "wine" diet?

If you make a fasting diet out of this (other than the wine or juice component, which is a diet requirement), then you probably should take some vitamins or any supplements your doctor recommends to support you with the challenges of your modified wine or juice diet.

To assure that you can maintain your health, especially if you have any concerns whatsoever, take this diet and your dinner plans based on this diet to your physician and get your personal diet approved for your use. That should be easy. Since WineDiets.Com cannot be responsible for your health whether you are on our diet or not, we recommend strongly that you consult your physician. It is her job.

Most adults know they cannot just eat meats or just eat starches or just eat candy or just drink wine or just eat vegetables so you do not need WineDiets.Com to tell you that. Our three main diets (Red, White, and Rose'/Blush) are very similar and all depend on an understanding of *Wine Diet Basics* as presented on this site and in Chapter 5 of the book. The dry grape juice diet works the same way.

In essence, the Red / Black Grape Juice Diet asks you to eat just two meals a day and not to eat anything in-between meals other

than vegetables and fruits -- in almost limitless quantities depending on the type of vegetable or fruit.

It asks you to drink lots of water and several glasses of red / black grape juice (preferably dry) during the happy hour part of each day -- 365 days a year. For me, I begin my wine consumption at 6:00 PM. I would begin grape juice consumption in the wine time slot for those who cannot or choose not to drink win. It may help most days to drink your dry juice over conversation with a good friend.

With the Red / Black Grape Juice Diet, as noted, the juice should be mostly dry if possible but again, make sure you like the juice. Dry grape juice has less calories than all of the wine diets per ounce.

Caveats Regarding Sweet Wine / Juice and Dieting with Sweets in General

Manischewitz or Moden David or Kedem juices and sweet wines, or Niagara types, Moscato, Sweet French Columbard, Port, Welch's sweet grape juice, and other sweet whites / yellows are all sold in various highly reachable markets such as PA State Stores, as well as liquor / wine stores across the Country and the world. Grape juice varieties are sold in most supermarkets. Sweet wines or juices are not recommended for dieters using the same rate of consumption as the dry varieties.

Other sweet wines and juices in a dessert class are in the same boat. These do not qualify for the full impact of the Red / Black Grape Juice Diet but you can make adjustments to the quantity to compensate for the substantially higher calories in sweet varieties.

Semi-sweet red wines and juices are not as bad as sweet but again, it is up to you to compensate. Even though this is a juice diet chapter, I thought you would like to see this nice picture of the Kedem Winery shown a page or so below. I have a soft spot for Kedem.

Their tasting venue is quite elegant and they have both dry and sweet wines that are really fine. Just watch some of their sweet varieties as all sweet wines. Make sure you do not over-consume on calories. Kedem dry wines are very, very nice. Kedem makes excellent juice but most of their varieties are very sweet.

In other words, if you check out the calorie content of any sweet or semi-sweet wines or juices and adjust your intake so that you are within the calorie range of the dry reds or blacks, your diet can be just as effective. Depending on your metabolism, you may even be able to get away with a good portion of the full bottle quotient for dry varieties.

Make sure, of course, that you are not overly passionate about drinking lots of sweet wine or juice or I regret to say that you run the risk of actually gaining weight. Weigh yourself at the beginning of your diet on a reliable and consistent scale. Use that same scale for every weigh-in you may plan.

Write your weight down about every two weeks on the same day. This helps and verifies your diet history for your own future reference. After about two weeks on a sweet wine or juice regimen make sure that you weigh yourself to be sure that the diet is working for you.

Having a taste at Kedem below surely does not look painful;

ROYAL KEDEM WINERY
ESTABLISHED 1948



Sweet candies and other goodies

My recommendation on all sweet delicacies would be that if possible, stay away from them; but if you must—all things are acceptable on this diet in moderation. To the extent you can, get rid of sweet candies and cakes and large quantities of ice cream almost completely in your wine or juice diet.

Sweets always add empty calories—of course those dark Gertrude Hawk Chocolates we talk about at the end of this piece are an exception—don't we wish? Even though no sweet is an exception, the impact of the Gertrude Hawk Dark Chocolate Smidgeons has been accounted for in the three major wine diets and also the dry grape juice diet. I was the Guinea Pig. Yes, you

can eat some Smidgens and you can still lose weight. It's all part of the diet.

Sweet stuff—even coffee must be managed

Back as a child, my parents let me take my coffee as if it were a coffee milkshake. It was made with half milk and at least three heaping T-spoons of sugar to give it an OK taste for child consumption. So, I ask those thinking of sweet wines or sweet juices to consider that under these circumstances I did gain weight as a child and young teen.

When I got older and into my college years, I eventually lessened the impact of coffee calories by putting just a thimble full of milk in my coffee and reducing the amount of sugar from three to 1/4 teaspoons. Eventually, I was able to completely eliminate sugar from my coffee. I don't miss the sugar a bit.

Yet, I still gained weight but it was not because of the coffee. In my case in my early twenties, I discovered a new favorite liquid. I can rightfully blame excessive beer drinking for my weight gain. Watch your beer consumption as it can ruin the full impact of any of the wine or juice diets.

When I stopped drinking beer excessively more than twenty years ago, I kept gaining weight but not so rapidly. At the time, I was not paying attention. When the mirror finally stopped lying to me, I tried to do something. But, until the wine / dry grape juice diets, I could never lose more than 20 or so pounds at a time...and if I lost anything, it came back quickly with more.

Things happen to us over our lives. Our metabolism begins to decrease while our unwillingness to eliminate things from our diet increases. Unfortunately, in my case, I gained weight for most of my life in small almost unnoticeable increments.

But I did not gain as much as I would have if I had given in to all urges. That's just how it was for me. That's how I woke up one day at 343 pounds, and the mirror had stopped lying.

How I lost 62 pounds on the "Wine" Diet

Sometime in the summer of 2013, I don't even know exactly when or why, but with little thought, I began to eat consciously and differently. I was hoping not to gain any more weight. I had resigned myself that I could not lose any weight at all and so staying the same weight sounded pretty good to me at the time.

I was beginning to feel huge and I thought that I could do nothing about it other than stop drinking wine and good grape juice and starving forever. I really did not think anything that I could do would help me lose weight for the long haul.

Though I am an upbeat guy, I did feel a bit doomed by my plight. Finally, without really tuning in to what was happening, I began to lose weight. I did not realize it because it was coming off so slowly. I could not tell that I was losing weight and I was blinded to the fact since I am such a poor dieter and I was not really trying to lose weight.

It was not until my October 2013 Doctor Kerrigan appointment that I found that I had been losing real weight. I was surprised that I had lost 9 pounds. My belt holes were the same and I had not added any new holes, yet my pants were a bit looser. I figured I needed to rethink how this had happened. So, I went back and charted what I had been doing. I got the drift.

I kept doing the prescription looking for continual results. In the spring of 2014, at the doctor's office again, I found that I had lost another 6 pounds. I had gotten through Thanksgiving and the Christmas holidays and more importantly the Dago Red wine season and had still lost six pounds.

By then, the diet had become second nature to me. It was not burdensome. I had not formalized anything and I had not named my routine or thought about a formal diet at the time. It was all ad-hoc. But, for sure, something good was happening.

In October 2014, I checked in at the Doctor's office again. This time, I had lost fourteen pounds. I was really feeling good. I was living naturally on the diet now and I had added a light walking regimen in the summer but not an awful lot of walking in the 2014 summer months.

However, I was starting to believe that I had something that worked for me and could work for others. Around this time, I built the WineDiets.Com web site and began to tell the story in articles such as this one the web site.

In April 2015 at my semi-annual Doctor's visit, I was ready. I was looking for a really big loss. I had three losses in a row and was ready to be uplifted onto the svelte platform. Unfortunately, on this semi-annual visit, I learned that even my new Wine Diet is not magical. I lost zero pounds.

I was upset for a while but upon reflection, I definitely now do know why. In prior years, I would have gained ten pounds or more with my holiday Dago Red wine consumption. Please see Chapter 11 or the article titled "*Dago Red: World's Best Wine*" on the web site. Then, you too will know why I lost no pounds in my April 2015 Dr. Kerrigan office weigh-in.

Once the Dago Red was long gone, I could feel myself losing weight again. I found some older retired jeans that fit again and I added holes to my belts. During the Dago Red off-season, I switched to Pennsylvania-grown Chambourcin red wine from Benigna Creek Winery in Klingerstown, PA. It is great.

To keep wine consumption expenses down, when I was not looking for the best red, such as Chambourcin from Benigna, I used some of the California box wines or gallon jugs of dry reds—Merlot or Cabernet such as those from Carlo Rossi. The calorie and alcohol count, fullness and body were minimal, but then again, box wine and public jug wine is about 40% of the price of Dago Red.

The key notion for the return to a weight loss scenario was that the box wine and bulk wines were not heavy. Thus, they did not carry a lot of calories with them. The end of the Dago Red availability in late spring, and the switch to a lighter substitute brought me back to reality. It helped me lose weight.

Even though such red wines are not really that great, they are not that bad either. These cheaper bulk wines simply did not make me want to drink as much wine as I would have with Dago Red.

This fall in early October 2015 at Dr. Kerrigan's office, I was very surprised. I lost a staggering 22 additional pounds. Altogether, adding the 9 lbs. to the 6lbs. to the 14lbs. to the 0 lbs. to the 22 pounds, I had lost 51 pounds. I hope I never find them again and I hope that I continue to stay healthy. Wealthy and wise would also be nice, but I would be very happy with simply healthy.

That's not the end of the 2015 weight loss. By the time I finished this book in December 2015, I weighed myself again. I did not have the doctor's scale available but I have a pretty good scale now and with fresh batteries, it is now in pretty good synch with the doctor's scale. I had lost another 11 pounds.

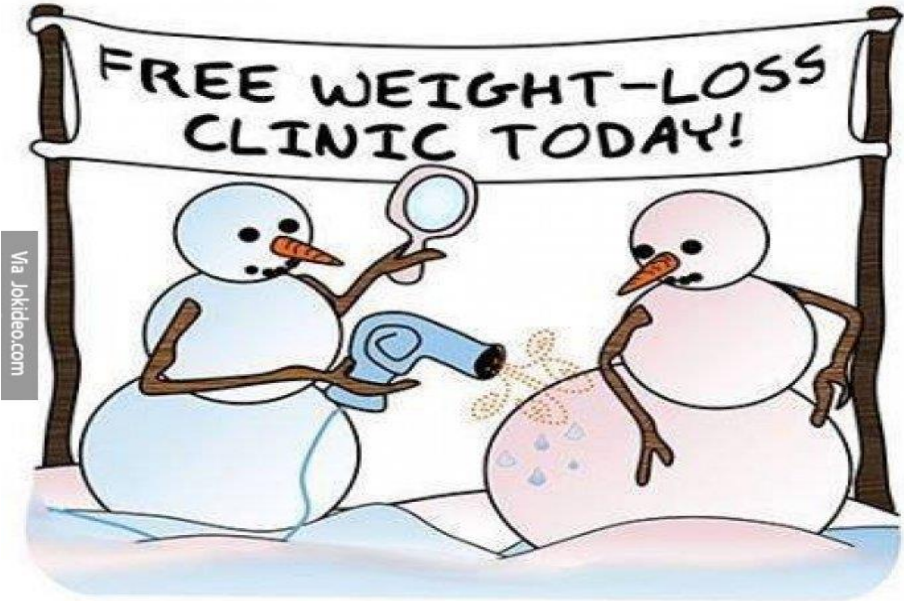
So now at completion, as I prepare this book for publication, my weight is at 281.6 pounds. I am now a 281.6 pound weakling and I am very proud of the loss.

That, my dear WineDiet.Com friends, is down from 343—a total of 62 pounds. This great weight loss over 2+ years was the motivation for me to take the WineDiets.Com web site public and create a book from it. At the same time, I updated my personal weight-loss experience on the web site and in the book. Thank you all for sharing in my joy.

The Diet Part of the Red / Black Grape Juice Diet

Now that we got through all the *when's*, *where's*, and *why's*, let's discuss the *what's* and *how's*. As we are about to reveal the

secrets of the infamous Red / Black Grape Juice Diet. Be advised again that you should be able to use other dry juices and have the same fine weight results.



There are separate articles about each of these wine diets on the web site and in the book. Each wine diet chapter (white, red, grape juice, blush / rose') is like this one on red /black grape juice. They are all complete so you need only read about the diet that you choose. Skip the other chapters if they do not apply.

They are self-contained essays. They are not identical but they contain all of the facts that apply to specific diets and all of the facts that pertain to all diets. If you read every diet, you may get bored but if you read just the diet chapter in which you choose to engage, it will be very convenient for you

As discussed previously, there is Chapter 5 and a web site article that describes the generic attributes of all the wine diets. It is called "*Wine Diet Basics*." So that you do not have to go back to this article for a perspective, I borrowed some of its text, touched it up a bit, and put it in each wine diet and juice diet chapter / article

including this. For example, in this particular chapter / article, I tuned the text to be more appropriate for the Red / Black Grape Juice Diet.

When thinking of your meal contents with the Red / Black Grape Juice Diet it helps to consider the few rules in the Wine Diet Basics to help make sure that your diet is successful. One key item is noted immediately below:

Be careful between meals,

Remember that during between-meal-time, you can have fresh fruits and / or vegetables, but as a rule do not have another full meal. When you have raw vegetables, eat as many as you want with the smallest amount of dip. Some raw hard raw vegetables such as broccoli and cauliflower burn up more calories than they add.

Remember that I went through several months of my first summer without even watching my weight, while post-facto being declared on the Red Wine Diet. I lost weight anyway. The diet guides you on a path to weight loss.

In my opinion, only if you are kidding about wanting to lose weight, will this great diet be a dead-end for you. But, you have to stick to the guidelines for you to be happy with the results.

Here are the basic notions of your daily diet. The key elements of the Wine / Dry Juice Diet on a daily basis are as follows:

- Wine /Juice Diet Breakfast / Lunch (Brunch) Time 12:00 Noon or so
- Wine /Juice Diet Wine Time 6:00 PM or so
- Wine /Juice Diet Dinner Time 8:00 PM or so
- Final Treat of the Day -- After Dinner before bed some time!
- Relax and watch some TV
- Time for sleep

For very early risers, you might find it more comfortable to have your brunch at some other time between ten o'clock and noon, and then you may choose to begin your wine time and dinner time earlier if you choose. It is not how I did it, however. I do not recommend it as I do not have results yet to see if it works well. I can't see why it would not work for many people.

Wine / Juice Diet Breakfast / Lunch (Brunch) Time 12:00 Noon or so

For the breakfast / lunch combination (Brunch) always have a drink such as coffee or tea. Try not to put a lot of cream or sugar in either. Water or a light sugar drink can also be used. Orange juice or a fruit juice mixed with half way or more with water helps reduce your calorie intake if you do not like tea or coffee.

Drink: coffee, tea, fruit drink, skim milk. Make sure sugar is light. Splurge seldom.

Breakfast / Lunch Staples – Eat just one meal: Choose one:

1. Two eggs, lightly buttered toast, sausage patty or ham, corned beef hash, or a few pieces of well drained bacon.
2. Hamburg, Tuna, ham, roast beef or turkey sandwich or a chef salad easy on heavy dressings... your choice.
3. Occasionally, substitute some French Toast or two pancakes
4. Occasionally, add a donut or a muffin and of course some jelly for your toast. A small desert for the lunch part of brunch is appropriate.
5. Eat as much fruit or vegetables as you want with small amounts of toppings or dips that are not huge in the calorie department.

6. Rarely... but whenever you need it, have a piece of pound cake or banana cake or something really good.
7. Two times a week have some home fries if you like.
8. Yes, it is OK to have sausage, bacon or ham or a combo as long as you do not go overboard. But, remember this is not the Atkins diet so watch your total meat consumption. All parts of Brunch should add up to one meal.
9. Now, since this meal occurs at noon, we can consider ourselves as having had Brunch. As long as it fits on a reasonably small to medium sized plate.

Wine Diet wine / juice time 6:00 PM or so

Get yourself a favorite dry red / black grape juice as discussed above and keep getting glasses of them until about 8 PM or until you have had your fill. When you don't have a need to go get one more of these fine beverages, wait a bit of time. But when you need your next juice, go get it. Enjoy your third meal of the day prior to dinner of course.

Wine Diet dinner time 8:00 PM or so

Take a look at your dinner plate. If it is a big plate when empty, consider using a smaller plate that is also empty to begin your dinner hour. Then, fill it up with whatever it is you choose to eat for dinner from the type of selections outlined below.

It is best to limit meat / fish quantities to about 4 ounces but please note that I did not do this and I still lost weight. Just do not over-do it! When all is said and done, it will help you to use the small plate and have just one piece of meat / fish on this small/medium plate along with all of the other dinner accoutrements.

Your dinner meals should consist of some protein (meat, fish, fowl), some vegetables (salad, peas, green beans, etc.), some starch (beans, potatoes, pasta) etc.

Fix up any kind of meat or your type of protein if you are a vegetarian. Make sure there is some space on your plate before you begin to eat your dinner. Yes, you can eat more but after one nice plate try not to stuff yourself unless you can't stand it. A helpful way to become full is to have a glass of water before leaving the table. Once you eat—no more wine for the day.

Hopefully, you will be able to get by most days without "not being able to stand it." It may help to remember the recommended Gertrude Hawk Dark Chocolate Smidgeon is very satisfying at the end of the day before bed.

You may find that just paying attention to your weight helps pave the way for weight loss; but admittedly it can be frustrating. The objective here is to not pay attention every day and just lose weight by following the directions.

Meats, fish, fowl and other dinner items!

When 8 o'clock PM comes or you are really ready to eat after finishing your day's wine quotient, go ahead and eat your dinner slowly; and enjoy it. Do not speed eat and do not chinch. Depending on the time, you may wish to have another nice dry grape juice rather than eat right away. That is OK!

When ready to eat; go ahead. It helps to have a lot of parts to your dinner meal as you fill up along the way. Have a light soup and a salad with lots of stuff such as other vegetables as well as some fruits and nuts but do not pick an especially fattening dressing.

In other words, look at the calories of the dressing and most of the time, pick something like a balsamic vinegar or a light dressing but every now and then let loose and have blue cheese or ranch if it will help you.

Sometimes I will put some Blue Cheese dressing (heavy hitter) on half of my salad and Balsamic Vinegar on the other half. Try a nice slice of bread or two. When I am not compelled to have ranch dressing or blue cheese dressing or any other creamy variety, I may choose to pile salsa or a relish like chili sauce on top of an already attractive green salad.

These toppings hardly register on the calorie scale and are delicious and filling. I also like to assure that half of the salad is baby spinach leaves because they have lots more nutrition than plain lettuce salad greens. Mmmmm!!! Spinach of course is not a meat no matter how good it is. The salad should be in its own bowl, not on your dinner plate.

Check out your own protein intake to make sure you do not hurt your health on your particular Wine / Juice Diet. Use your physician as a consultant. We do not claim to be doctors. We do not know the medical facts as a doctor does. A doctor may tell you to do something other than that prescribed by this plan. Listen to the doctor in this case; not the plan.

But, if like me, you have had a difficult time over the last several years losing weight, this wine diet should be good for you. It would help checking it out if you wrote down your meal contents and the time of day when you ate and share your documentation with your physician.

For protein, eat whatever you like as your main course for supper (dinner) after you have had your dry grape juice for two hours and you have enjoyed your salad and soup.

Put your meat and vegetables (green beans, peas, carrots) and pasta (potatoes, beans, light pasta salad) on the same plate unless you are having some spaghetti or a similar pasta.

Major pasta such as spaghetti would be better on its own plate. Enjoy dinner and enjoy the night. Along with a nice dinner a few pieces of the best bread at dinner with some, but not much butter,

always helps it all seem better. You may also have a small to medium sized dessert and some more coffee or tea to top off the meal.

When you have finished eating whatever food that you feel is good for you at dinner time, check to see if you are satisfied. You should at least not feel hungry. At the end of the evening, when you feel OK, after about an hour of TV or whatever you need—no limit on TV or outdoor ogling—go to bed and enjoy your night's sleep.

If you feel too heavy before retiring for the evening, please consider an Alka-Seltzer. They sure help my wife Pat and I when we overeat or eat too close to bed time.

What about retirees?

Retirees often stay up later than when they are fully engaged in the workplace. I am retired and Pat still works. Pat is on my retiree schedule though it makes it tough when she has to go to work.

My beautiful wife Pat and I like to watch a few programs on our way to sleep. Then, at 11:30 PM Mon to Fri, we watch Perry Mason together and often we get through the whole show before we fall asleep.

Pat is still slim so she does not need a regimen such as the WineDiet.Com formula; but she often chooses to have a wine or two at 6:00 PM to keep her husband company. She loves the health effects of wine and that makes having some champagne a lot easier than otherwise.

Regardless, the eating on this diet is always without regret. When you go to something special such as a wedding, or a birthday party or a happy hour once or twice a week, enjoy yourself again without regret. Don't skimp. As a rule stay on the diet but on special occasions, enjoy yourself. It will give you more incentive to stick with your chosen Red / Black Grape Juice Diet.

I try not to overeat at dinner but I do want to be filled. I have learned over the years what overeating feels like when trying to go to sleep... You know too! Overeating makes it tough to go to sleep. In my case, I make sure that I am filled enough to push away from the table in time to digest enough that getting to sleep is not an issue.

I list a dessert above but do not recommend a dessert with dinner. However, if you must have dessert, go ahead and see how it works out for you. Think about keeping it small. My wife likes a small dip of ice cream or sherbet after dinner. Sometimes I join her.

Final treat of the day!

Once you have completed your "diet" day and you are getting ready to go off into the sleepy sunset, according to how I practice the wine diet—the one in which I have lost 62 pounds so far, you are encouraged to enjoy two dark chocolate Smidgens from Gertrude Hawk Chocolates in PA. Pop one in at a time and enjoy it for a while. Then pop the other. This should be at the end of the night before you go to bed.

You may do this either before or after you watch some good TV such as ME TV! If you fall asleep before having the candy, that is OK. Don't make it up the next day. No Makeups!

If you find a chocolate stain on your pillow, you'll know you fell asleep before you finished your Smidgens. If you find a huge chocolate stain in your hand when you wake up, you probably do not need the chocolates. Good night Sweet Pea!

Check out Smidgens of all kinds in this small sample picture of small little "Clauses" from Gertrude Hawks massive assortment of chocolate goodies.



In the past two years, more unconsciously than consciously, I rarely ate between meals and almost every night, I had a dark chocolate Smidgen or two or three to cap off the evening. I try to keep it at one but two works fine, and sometimes three is necessary.

Since Smidgens are so good, any of us over 100 pounds *avoirdupois*, can probably eat ten or twenty at a sitting. But, you guessed it... The Wine Diet or the Dry Grape Juice Diet cannot work with so many Smidgens in the gut. We would continually be buying new belts.

I do like dark chocolate as they have special health benefits independently of red wine. But most importantly, dark chocolate tastes like it was made out of this world.

I am almost always happy with one or two Smidgens before bedtime but I do cheat every now and then and I go for a third. There is rarely a chocolate stain on my pillow or a chocolate stain in my hand in the morning. They are that good.

I don't think that I could have lost any weight if I had hit double digits on the Smidgens. Yet, I was tickled to have the boxes available even though my daily portion was meager. What a great way to end a great day.

In my nightly retinue, at one time, I used two different types of Smidgens. One Smidgen was dark chocolate with nuts, and the other was plain solid dark chocolate. I am sure that a few Hershey

miniatures would do the same trick but I do not like recommending them because Hershey is no longer America-friendly.

Enough about chocolates

When you have had your final treat of the day, you can feel free to sign off winediets.com and resume your normal life. But, don't sign off for too long. I hope you come back online each and every morning to help remind yourself that you can do it as long as you follow the regimen. Nothing good diet-wise happens overnight even though we all weigh somewhat less in the morning.

Once you convinced yourself that you have lost a few pounds, and your particular wine diet or dry grape juice diet is obviously working; stop the checking. Don't check the scales daily anymore! Check your belt once a month or come up with some other way of getting a clue that this almost mindless diet is working for you. God bless you always!

Nothing worth having in life is easy. Enjoy your weight loss struggle.

By the way, each and every day and night, after you finish following the plan, most of you, I suspect, will eventually go to sleep. That, in and of itself is a treat. Knowing that you are knocking off some pounds, makes your sleep even sweeter.

You may know that W C Fields once said, that sleep "is the most wonderful experience in life; except for drink." Any good diet depends on you getting your share of good sleep. Go ahead and get your ZZZZZZZzzzzzzsssssssssss. You deserve them. Amen to all wine diets' brothers and sisters!

Thank you for visiting this site and/or reading the book. Let us know how well you do by leaving a comment using Disqus on our web site. Yes, it would be OK if you bought enough books to give one to all of your non-Internet-savvy friends.

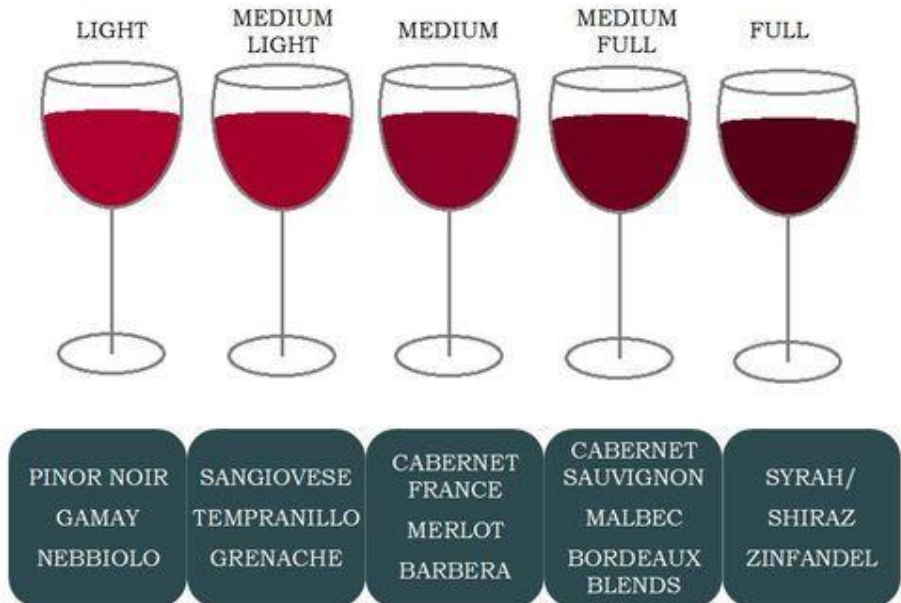
www.bookhawkers.com

Please see **DISCLAIMER** information prior to Chapter 1. More importantly, please remember that this site is not a medical site and the book is not a medical journal. Any questions—please call your doctor!

Chapter 10 Red Wines Are My Favorites



RED WINE INTENSITY CHART



Find me a nice red!!!

WineDiets.Com finds Cabernet as a perfect red wine to use for your red wine diet but does not want you to feel confined to red wine only. Therefore we list a few alternate choices below:

Cabernet Sauvignon

Though the Bordeaux region is famous for Cabernet-based blends—powerful wines with ripe, dark fruit flavors, California's Cabernets have become stars in America.

Carménère

Another one-time French-only grape has become the signature grape of Chile. However, its soft, round tannins, low acids, and flavors of herbs, blackberry, plum, smoke, and sweet spice flavors are beginning to make this grape more noticed in America. It is grown in small quantities in California and the Walla Walla region of Washington. Enjoy some ham, burritos, pizza or nice sausage with this red.

Grenache/Garnacha

Known as Garnacha in Spain and as Grenache elsewhere, this red grape is also grown in the San Joaquin Valley in California. Grenache is one of the most widely planted red wine grapes in the world. It likes the hot, dry conditions such as those found in Spain, which is more than likely, the origin country of the grape.

Malbec

Centuries ago its origins are the Bordeaux region of France. Malbec is one of my favorites. To me, it is a cross between a Merlot and a Cabernet. This Old World grape is a favorite planting in Argentina. Malbec has most of its planting in Argentina, In the United States, Malbec grapes are mostly (85%) found in California.

Merlot

Looked upon as softer than Cabernet Sauvignon, Merlot is blessed with medium tannins and acids. It is a popular stand-alone varietal as well as a major blending grape in Bordeaux. Along with Cabernet Sauvignon, Cabernet Franc, Malbec and Petit Verdot, Merlot is one of the primary grapes used in Bordeaux wine, California Merlot consumption in 2014 was about 18 million cases.

Nebbiolo

This is the Italian grape responsible for the famous Italian reds of Barolo and Barbaresco. For American wineries, the experience of growing and producing wine with Nebbiolo has been notoriously challenging. Production and quality levels are often inconsistent from year to year. Some attribute this to the grape having a reputation for needing well-established vineyards. In Italy, the traditional view is that vineyards must be at least 40 years old to produce quality wine.

Pinot Noir

Wines from Burgundy in France use this grape. Other regions of the world including New Zealand, Oregon, and California have also had great success with Pinot Noir. The Pinot Noir grape is much more delicate than cabernet sauvignon. It has a pale color when in the glass and its acidity can be described as quite zesty. Its thin black skinned grapes are tightly wound in bunches and so the grape struggles to gather necessary precious sun. It prefers growing areas with a long spring and fall.

Though temperamental, vintners and connoisseurs alike find that the extra effort to produce these grapes is worth it when the resulting wine is so complex and interesting. The taste of Pinot Noir can be described with flavors ranging from cranberries to black cherries. The grape and therefore the wine has great variation

Sangiovese (Chianti)

Known as Chianti in America, this is the most widely planted red grape in Italy. The Sangiovese grape used in Chianti is found in all corners of the world. Its origin is central Italy. It has traveled across the world including to America thanks to Italian immigrants. The California variety found sudden popularity in the 1980s when winemakers were looking for red wine alternatives to the standard French Bordeaux varieties.

Shiraz (Syrah)

Shiraz and Syrah are the same grape known by both names. The French like to use Syrah in their Rhône reds, while in Australia, Shiraz is the name and the wine has become increasingly popular down under. It is a dark-skinned grape variety grown throughout the world and used primarily to produce red wine. The style and flavor of Syrah wines depends on the climate where the grapes are grown.

Moderate climates (Northern Rhone Valley & Walla Walla) produce medium to full-bodied wines with medium-plus to high levels of tannins and flavors of blackberry, mint and black pepper notes. Hot climates (Crete, Barossa Valley of Australia), produce a more consistently full-bodied vintage with softer tannin, jammier fruit and spice notes of liquorice, anise and earthy leather.

Zinfandel

The Zinfandel grape is widely grown in California. Its flavor varies from fruity to full-bodied, and produces wines that range from structured reds to somewhat sweet pink wines, depending on the way it is vinified. The white zinfandel is pink as the grape itself is red and the shade of pink depends on how long the skins are kept with the wine. Red Zinfandel is rich and full-bodied.

Chapter 11 "Dago Red" The World's Best Wine



The pleasure is truly yours

Dago Red is my favorite wine, period. It is red, nutritious, and delicious. It is most often made locally in Pennsylvania from fresh grapes shipped across the country from California in huge train cars. It is made without nitrites or nitrates or any preservatives at all.

Since it is not preserved, there are no harmful chemicals for the human body to encounter when enjoying the wine. However, it lasts only three or four months when kept at winter garage temperature in PA and for those not willing to go to the garage for a nice drink, it lasts about a week when brought inside and kept by the fireplace.

Once this happens, it makes a nice red wine vinegar for just a few more days before it is gone and starts to stink out the place. Despite these disadvantages, the vintners in Northeastern PA (NEPA) who make such delights legally, sell out each year. I

discovered Dago Red or as I like to call it, DGR more than twenty years ago at my neighbor's table. It costs a lot to make and so it is tougher to get such gifts during the holiday season than it was in the past.

Is it legal to make wine in Pennsylvania for personal use?

Section 491(2) of the [PA] Liquor Code provides that wine may be produced by any person without a license, as long as the products are not for sale, and the total production does not exceed two hundred (200) gallons per calendar year. [47 P.S. § 4-491(2)]. While a person may not sell or offer for sale the wine he or she produces, he or she may use it at organized affairs, exhibitions, competitions, contests, tastings or judgments.

Surprise spring 2015 weigh-in

In April 2015, after three successive semi-annual checkups that included substantial weight loss, I was expecting another ten pound loss. Unfortunately, I lost nothing. I was dejected; I admit. But, since there was still Dago Red wine available from my local vintner, I drowned my sorrows that evening. In so doing, I reflected and quickly realized why I had failed to lose weight in the prior six-month period.

After having persevered the triple diet whammy—Thanksgiving, Christmas and the dago red season in many prior years, I was ready for a loss. Then I remembered that in those years, I typically gained ten or more pounds. The 2014 vintage was excellent. I was a major consumer. The Thanksgiving and Christmas Turkeys were to die for. Everything was superlative. How could anybody lose a pound—even a fella eating just two meals a day on the Red Wine Diet?

Upon reflection, cheating was the order of the day, not the exception. I learned that I was not invincible and that the Red

Wine Diet was not as magical as I hoped it was. To this day, I am thankful that I did not gain ten pounds.

As I write this chapter, the 2015 first shipment has arrived and it is very good. So far, I am down 62 pounds and I surely hope that I at least maintain that...but I really would like to see five or more additional in the spring 2016 Doctor Kerrigan weigh-in.

To net it out for my readers, it was very easy to conclude that my failure to achieve any weight loss had to do with the easy availability of Dago Red from mid-November through early May in 2015. When I was weighed in April by Dr. Kerrigan, I still had several gallons left of the precious nectar left in the garage. It had yet to become red wine vinegar.

As noted, Christmas 2014 was bountiful for sure. The supply of Dago Red was good from multiple sources, and it was plentiful. I got carried away. My favorite red wine, is called "Dago Red" by those Italians in Northeastern PA who make it and those Italians who drink it.

The politically correct refer to it as homemade Italian wine. Since my Italian friends and the vintners call it "Dago Red," so do I. I am never corrected by the Italians but sometimes real PC aficionados try to get their whacks in. I ignore them.

The Dago Red was great and during the period, I would often add an extra glass to my daily repertoire because it was so darn good. I always slept well during this period. I rarely missed the opportunity to share this gift at the table with my friends and quite frankly, the truth is for almost six months, I drank too much Dago Red. And, so I lost not a pound.

It is not just the high alcohol content of up to 20% in Dago Red that adds its share of extra red wine calories to the vintage. With some sugar in the form of simple syrup added to the mix, plus the inherent richness, sweetness, and fullness of the never fully strained crushed grapes, the calories simply mount up.

By the way, let me discuss the name a bit more. *Dago Red* is the moniker used for centuries in America for the wine that original Italian immigrants made from whatever grapes they could find in America. Italian grapes from the "Old Country" were way too expensive to import.

Today's highly popular Dago Red blends are often made from a mix of Muscat and Alicante grapes. However, vintners who I know have used their own particular favorite grapes and that is why all Dago Red is different and worth trying.

Zinfandel is a staple in fine NEPA Dago Red. Cabernet and Merlot grapes and concentrated dry wine juice packs are way too expensive for the vintners who crush-out about five to ten *fifty gallon sized* wooden barrels a year.

Many Italian vintners across the country make Dago Red from other fine grape varieties. The cost of grapes is always one of the major considerations. For example, in Northeastern PA, I know that vintners use Zinfandel, Muscat, Alicante, Shiraz, Grenache, Thomson, and even Blue Concord grape types to make their "brew." Enjoy!

There is a "Dago Red" full recipe using Concord at <http://www.homebrewit.com/dago-red-wine-recipe-with-concord-grapes/>

Personally, I know of no vintner in NEPA who makes DGR with Concord grapes. When my dad once brought DGR home as a gift from his friends at Stegmaier Brewery where he worked, it was always dirt cellar dry. Today it is much more pleasant but nothing like Concord sweet.

To be correct, for the most part, most commercially produced Concord wines are finished sweet. However, dry versions are possible if adequate fruit ripeness is achieved. My interest is piqued on Dago Red from Concord grapes so this will be explored in future articles on the WineDiets.Com Web Site.

Chapter 12 What if you do not like wine?



You make a face like this!

Wine certainly makes "wine diets" better!

If you do not like wine, my best advice is learn to like it because wine, especially red wine is good for you in moderation -- no more than three glasses a day. It is also good for your spirits. It is a pick up when life gets a little dull.

But, if you want a diversion from the wine diet, because you would like to lose weight even faster, you can literally fast every other day and still use your favorite wine diet. Another option of course is that you can choose to not drink wine at all. You can fast every day. Scientists now think fasting is quite effective.

I have a link coming up below that you should enjoy. It is known as the *Eat what you want diet!* I ask myself, is this not what got me in trouble in the first place? I would suggest going to the WineDiets.Com Web site to click on the link below unless you really like to type.

For those reading the book, this is the full URL of the link:
<http://bottomlinehealth.com/the-eat-what-you-want->

[diet/?utm_medium=Email&utm_campaign=2014-09-19%20BLS%20NL%20\(1\)&utm_content=&utm_source=Newsletter&cid=47004050&spMailingID=47004050&spUserID=NTE4NTQ4Mzk0NjcS1&spJobID=522253913&spReportId=NTIyMjUzOTEzS0](http://diet/?utm_medium=Email&utm_campaign=2014-09-19%20BLS%20NL%20(1)&utm_content=&utm_source=Newsletter&cid=47004050&spMailingID=47004050&spUserID=NTE4NTQ4Mzk0NjcS1&spJobID=522253913&spReportId=NTIyMjUzOTEzS0).

The Eat-What-You-Want Diet

This is a book about wine diets. Of course, you may choose to take up the Red / Black Grape Juice Diet, which we cover Chapter 9. The huge URL above takes you to bottom line health and their famous "Eat What You Want Diet." T

The article referenced was published September 1, 2014 by Bottom Line Health and it was written by Krista Varady. It is all about alternating fasting with feasting and she says it really takes off the pounds. For me, I prefer a nice wine diet but for those looking for an alternative, check out this work by Krista Varay. Of course, you probably should ask your family doctor about her thoughts well before you engage.

By the way, rather than typing this URL from the book, my suggestion is to use the web site, www.WineDiets.Com, and look to the left menu and then take the link from there. Too much typing creates errors.

For the healthy effects of grape juice, check this out:

Migraine headaches can be quite devastating. They typically result in severe throbbing and can be accompanied by vomiting, nausea and extreme sensitivity to light. Migraine sufferers with a migraine seek out dark spaces to rest.

Migraines give signals that they are coming. Sometimes it is moodiness and depression, a stiff neck, diarrhea or constipation and even some food cravings. Those afflicted by constant migraines over time discover specific triggers and they make changes to their lives to avoid the triggers.

Relieve Severe Migraine

Grape juice can be used to relieve severe migraines. Grapes are high in vitamins that could help reverse serotonin levels that cause migraines.



Be careful with red wine if you get migraines

Ironically for a site, which advocates red wine for cholesterol and for taste, we must say that red wine can make some things worse...such as migraines. Red wine can be a trigger for many migraine sufferers, while grape juice and grape seed extract can provide relief for many people. In all cases, before trying any alternative treatments or making dietary changes, of course you should talk to your doctor to prevent additional complications.

I would like to add that there are some research studies that suggest that red and purple and black grape juices provide the same heart benefits of red wine. The grapes matter.

These benefits include: reducing the risk of blood clots and reducing low-density lipoprotein (LDL, or "bad") cholesterol. Again, discuss this with your doctor. This is not a medical site but we are permitted to present thoughts that you may consider.

BTW, when you have time please consider becoming a member of Disqus (read the short article on WineDiets.Com or go [here](#) if already on the site) so you can leave comments on the articles that are displayed on the WineDiets.Com web site.

Also, don't forget one of our sponsors—www.bookhawkers.com. There may be some nice book there that you like. Great Christmas gifts.

Enjoy your life, and please get yourself to a healthy weight level. Know that we, the ever results-impatient staff at WineDiets.Com are rooting heavily for you to succeed.

If you think you can't, in almost every situation in life, you are almost always right. So, please think you can instead of thinking you cannot and watch the pounds roll off.

One more point. We recently added a grape juice diet to our site, which is Chapter 9. You may also examine it on the site. Enjoy!

Chapter 13 Do You Suffer from Other Health Issues?



Drinking any wine comes with some positive and some negative side effects

Who cares about the side effects? I suspect we all do! I found this article upon which I had based this chapter. I had lost it. Over a year ago, I had posted it to the WineDiets.Com web site without attribution. Until last week, I was unable to give it the proper credit. I noticed this oversight when I was examining the WineDiets.Com site to include material in the new book that is based on the site. I had not written down the source and so I checked it further until I could give attribution to those who put this very interesting article together.

The article in this chapter is useful because it is true or so it seems and because it is also very funny. Therefore, I continue to include it on the WineDiets.Com web site and in the new book.

I found that this piece was written by Clive Maxfield on March 8, 2012. It was posted at 07:50 PM EST. When I had only a few things to report about wine diet weight losses, I grabbed this great piece for my web site. I still like to read it. Now as I prepare the book version of the web site, I want to give full credit to Clive Maxfield for an entertaining and informative piece.

Feel free to comment on the site to the site authors and to the book author using the commenting system known as Disqus.

Do you have feelings of inadequacy?

Clives' comments are in italics. Here is the link to the original article followed by the article with commentary for effect:

http://www.eetimes.com/author.asp?doc_id=1285928

Again, feel free to communicate your thoughts to this site's authors or the eetimes people using Disqus on our site, and using their commenting system there.

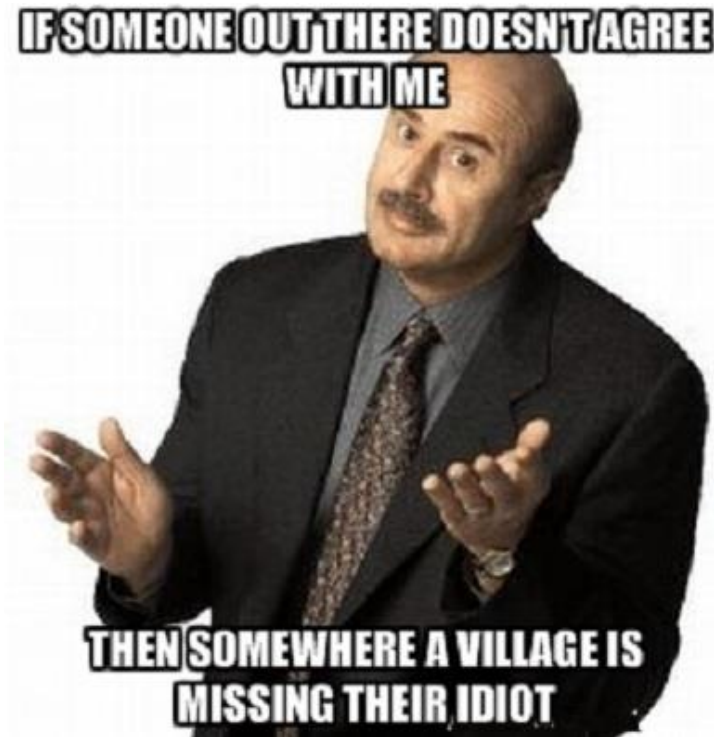
The fun starts here:

The title of the article is: *Do you have feelings of inadequacy?*

Here goes:

1. *Do you have feelings of inadequacy?*
2. *Do you suffer from shyness?*
3. *Do you sometimes wish you were more assertive?*

If you answered yes to any of these three questions, ask your doctor or pharmacist about Cabernet Sauvignon. If this note did not come from Dr. Phil originally, I bet it could have!



If you don't take this as solid medical evidence, then the natural verdict is in. *"Cabernet Sauvignon is the safe, natural way to feel better and more confident about yourself and your actions. It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything."*

Besides it is a nice red wine and qualifies for all of the benefits of the red wine diet.

By the way, a nice Merlot or a Malbec also qualifies and if either tops your taste palette, then you will be pleased to know that both also qualify for the benefits of the red wine diet.

With any of these three choices as well as other delicious dry red wines, you will notice the benefits almost immediately and, *"with a regimen of regular doses, you can overcome any obstacles that prevent you from living the life you want to live."*

Clive Maxwell offers a number of cautions before engaging with Cabernet Sauvignon. His words apply to many other red varieties:

"Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had. Stop hiding and start living."

"Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it."

Yes, Clive said that!

Side effects

Clive wants to make sure that you fully understand the side effects. These may include:

"Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, loss of inhibition, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Poker, Truth Or Dare, or Twister."

Warnings:

Clive offers several warnings for those who choose to proceed. He advocates caution as follows:

- *The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.*
- *The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them.*
- *The consumption of Cabernet Sauvignon may cause you to think you can sing.*

- *The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.*

"Please feel free to share this important information with as many people as you feel may benefit!"

"Now just imagine what you could achieve with a good Shiraz or Merlot?"

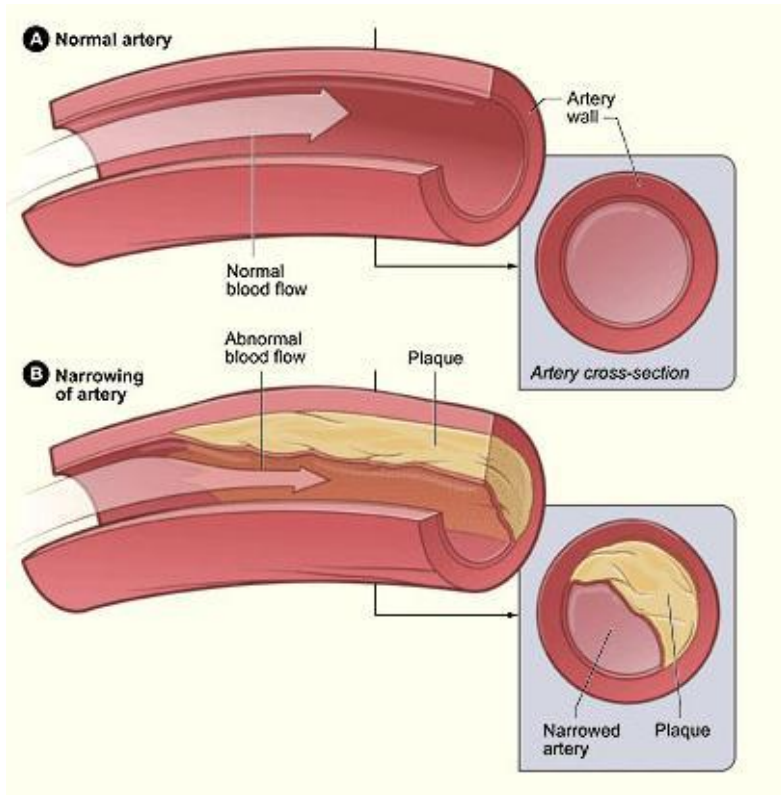
"P.S. We recommend considering a serious discussion with your doctor about this medication before imbibing."

WineDiets.Com finds Cabernet as a perfect red wine to use for your red wine diet but does not want you to feel confined to this particular red wine only. Therefore we list a few alternate choices in Chapter 10

Cholesterol and Wine - A Great Deal!

This adjunct story about cholesterol and wine is much more serious than the one above. It is not about wine per se or about dieting per se; but then again, it is!

Once in my mid to late fifties, my cholesterol was high for the times -- about 260.



About twenty or more years ago, my buddy across the street John Anstett, introduced me to a home-made red wine mix, which the Italians in NEPA labeled "Dago Red." I have my own code name for it, DGR. See Chapter 11.

The vintners in NEPA produce this wine mixture in their cellars every year in August and it is ready to bottle in November / December. Most have it ready for Thanksgiving. It is very good and very healthy with no nitrites / nitrates or any other nasty preservatives.

It is my favorite wine of all. Yes it is called "Dago Red" but those who use the term are casting no ethnic aspersions. It is what it is. There is a great article on this site about it. Just type in Dago Red in the search box and of course it is Chapter 11 in the book version.

For your information, wine may be produced for personal use in PA, which includes giving it away. That's the beauty of DGR.

Section 491(2) of the [PA] Liquor Code provides that wine may be produced by any person without a license, as long as the products are not for sale, and the total production does not exceed two hundred (200) gallons per calendar year. [47 P.S. § 4-491(2)]. While a person may not sell or offer for sale the wine he or she produces, he or she may use it at organized affairs, exhibitions, competitions, contests, tastings or judgments.

My cholesterol at the time that I became a DGR connoisseur was between 240 and 260. Most of the time it was closer to 260. During my spring physical during the first year in which some might say that I was over-consuming DGR--though my weight was up a bit--my cholesterol had gone down to 202. My doctor was amazed.

I was not. I figured it out pretty quickly. The wine had brought my cholesterol down from 260 to just about 200. It was exactly 202. This is very much like the major premise of the great Pritiken Diet espoused by Nathan Pritiken for years. I listened to his tapes.

He talks about drinking vinegar to lower his cholesterol and to reduce artery plaque that made it difficult for him to walk around the house. I learned that red wine does almost the same thing or so it seems. My cholesterol is now under 190. For me, that is very good.

According to an article published in "Seminars in Thrombosis and Hemostasis" in 2010, the conclusion is that drinking one to two glasses of red wine per day may help lower your bad cholesterol while increasing your good cholesterol. Actually, I credit the red wine 100% for my changes as at the time, I had not changed other aspects of my diet whatsoever.

We all know that it is no secret what God can do, and it is no secret that high LDL cholesterol puts people at greater risk for cardiovascular disease. The excess sticks to the walls of your

arteries forming plaque, which often causes those arteries to harden and narrow (atherosclerosis).

You can see this in the great diagram above which is available on the Internet. Think about how something so hard as an egg shell can be produced within the body of a chicken or duck or turkey, and then ask what your hardened arteries might really contain

Can hardened arteries be somewhat like having eggshell material in your system? Eggshells, though brittle are surely harder than fat sludge. If a blood clot forms and blocks an artery, you know that you could suffer from a heart attack or stroke. The more clear your arteries the better for a healthy and long life for sure.

We all know how brittle egg shells are. We crack them to get at the goodies inside or sometimes they crack themselves before we get a chance. How far can you throw an egg in an egg-toss contest before you cannot stop the shell it from breaking?

The brittleness of this material in the bloodstream signals danger. A preponderance of evidence suggests an explanation of heart attacks that is very compelling while also being simple and elegant. The facts show that areas of blood vessels that are covered in fatty plaques do become brittle, like egg shells, losing their normal elasticity of the artery's walls. Just like egg shells, these regions crack and split when the vessel is stretched.

How can a vessel be stretched? When the blood pressure climbs naturally in the morning or rises in response to emotional stress, there may be some cracking. Tiny crevices may even erupt many times a day, exposing a substance called collagen lying deep in the blood vessel wall. The body notices the problem and sends an army of tiny platelets to the damaged wall, filling the crevice with their globular bodies. This is the beginning of the production of a clot. Clots are not good.

Hardening of the Arteries

Emedicinehealth.com is the source for the below information in this paragraph about hardening of the arteries. This is the technical side of the opinion I just gave above. Since I am not a doctor, please verify this with your physician to be sure this whole idea works for you.

Hardening of the arteries is technically called atherosclerosis. It is a disorder in which arteries (blood vessels that carry oxygenated blood from the heart to other parts of the body) become narrowed because fat, which in this case are cholesterol deposits called atherosclerosis, is first deposited on the inside walls of the arteries, then hardened by fibrous tissue and calcification. This whole process is called arteriosclerosis.

As this plaque grows, it narrows the lumen of the artery, which is the space in the artery tubes. This then reduces both the oxygen and blood supply to the affected organ such as the heart, eyes, kidney, legs, gut, or the brain. The plaque may eventually severely block the artery, causing death of the tissue supplied by the artery. It is serious stuff and not to be taken lightly.

Attribution to eHealth for the above.

Research continues on hardening of the arteries and the results are not always 100% the same as even the recent past. Over the last few years, the medical community for example, has learned that it is not cholesterol per se, that's the culprit. Rather, the problem occurs when LDL cholesterol becomes oxidized, or inflamed. If the body were made from iron, this oxidation would be called "rust."

The grapes from which wine is made contain powerful antioxidant compounds known as polyphenols—specifically anthocyanins, catechin and resveratrol – that possess antioxidation properties. It would be easy for us to fully comprehend if wine were called Rustoleum for the heart.

When these compounds enter the body, in most cases, they help the situation. Well, they help it lots if the wine is red, and not so much—but a little—if the wine is white. For more information, check out the white wine and red wine diets as well as the blush diet and the grape juice diet on the menus on this site or in various chapters of the book.

The fact is that I must say that I am sorry to white wine lovers because you lose on these particular health parts of the diet, but white wine and champagne do have many other health attributes. If you lose weight, this is pretty healthy unto itself.

Yet, I did include a white wine and blush wine diet in the book and the web site and it may work for you to help you lose weight. Again, check out the menus on the site. As many suspect, red wine is much more efficient than white in inhibiting cholesterol oxidation – from my research it is 50 times more efficient to be more precise.

That should not make those looking for cholesterol relief from white wine very happy, but it should not affect the power of any wine on losing weight in the prescribed diets. In other words, white wine lovers may not benefit health wise as much as red wine lovers do but, it sure seems they can become just as thin. For example, ounce for ounce, white wine has less calories than red.

To get white wine drinkers more upset, according to a study which I observed, the authors concluded that “No 7-ketocholesterol was detected in 48 hours of oxidation for white wines at a 1:10 ratio and for red wines at a 1:500 ratio in the emulsion.” That, my friends is the heart of the fifty to one advantage that red has over white. Again, sorry!

To say it differently, one portion of the red wine could significantly protect 500 portions of the emulsion having a cholesterol level equivalent to the normal human bloodstream from free radical oxidation stress for 48 hours, while one portion of the white wine only protected 10 portions.

Whatever all of that means, for me, if I were a white wine lover, all other things being equal, it would mean that my cholesterol would have been reduced from 260 to perhaps just about 258 instead of to 200. The good news is that if the consumer drank as much white as I consume of red, and they were willing to consume just 98% of that quantity in red wine, they too could receive the same results as I.

The problem is that one would be well over the legal limit for alcohol if the objective was to drink white wine for its cholesterol benefits. Moreover the raw consumption of 50X the white than red would add to a weight problem, not resolve it. So, do not drink white if your objective is to reduce cholesterol. Instead, drink red or blush.

So, what's behind the disparity between red and white wines?

Yes, I feel good about all of that and I credit red wine for better health and for losing weight in moderation. I do consume some white wine, but only because it tastes good, not because I find that it has major health properties.

As we have learned it would work somewhat (2%) on cholesterol. Without even knowing the actual scientific proof, I had my own proof. Red wine definitely reduces cholesterol from my own experience. Since I did not drink white wine regularly during this period, and I substantially reduced my cholesterol, I credit red wine.

Pritiken and Vinegar

According to his audio tape lectures, which in his heyday became pretty popular, Nathan Pritiken achieved his original cholesterol reduction. This took him from very unhealthy to functioning normally. He did it by drinking and eating vinegar in many forms. Pritiken did not necessarily get his boost from grapes. I listened to his tapes over thirty years ago. They were very informative and

from the heart. Pritiken's tapes described the program he had used to successfully treat his own heart disease.

If anybody would like to listen to the eight tapes which comprise Pritiken's discussion of diet and his own use of vinegar in the diet that brought him back to health, the tapes are preserved on this web site:

<https://www.drmcDougall.com/health/education/podcast/nathan-pritikin/>.

You may listen to them for free. They are extremely interesting. It is for you and your doctor to determine their relevancy in your life.

Nathan Pritiken was a millionaire layman who I admit I was convinced was a medical doctor. He actually lectured at conferences which were attended mostly by medical doctors. And, so, his theories were not off the wall and they were not readily dismissed.

On the lecture tapes that he produced for the rest of us, he says that vinegar worked for him—at least when he was trying to gain health.



NATHAN PRITIKEN

One would suspect that white or red, or blush wine would all prove to have great benefits to health in similar fashion. Pritiken never said that but it stands to reason. I have no facts to share yet about the propensity of all wines to behave like Pritiken's vinegar but it seems they do not do so—at least they do not at a 100% level.

Of course, one might attribute Nathan Pritiken's comeback to life if he were drinking white wine, to the spiritual lift it provides. Pritiken unfortunately committed suicide at 69 years of age when leukemia began to win again after almost thirty years of remission.

The Pritiken Diet brought him back from the verge of death and so it is surely one that deserves a look. To an extent, on the health side, the wine diet uses many of its principles.

The LA Times paid close attention to the Pritiken suicide. After his death, the results of his autopsy in 1985 were released and reported by the Times:

"Nutrition guru Nathan Pritikin met his death by suicide in the face of two different kinds of leukemia last February with arteries like those of a child and a heart like that of a young man, according to results of his autopsy being published today for the first time."

Since Dr. Pritiken used vinegar as his personal secret ingredient to regain his lost health originally, I took the liberty to bring some information about red wine vinegar into this discussion. Pritiken, from what I could glean, used apple cider vinegar and not red wine but both provide health benefits. The following is from wondergressive.com

"Red Wine Vinegar goes well with salads and is a staple of the Mediterranean cuisine. But did you know that it can also help you lose weight and curb your appetite? It even allows you to eat the high-carb foods that usually give you a feeling of regret after the last bite."

When red wine is fermented for a long period, it transforms into red wine vinegar. Besides containing the same antioxidant called

resveratrol, the main component of red wine vinegar, and the one that gives it the sour taste, is acetic acid.

Acetic acid is also a main component of other vinegars like white vinegar and apple cider vinegar. Acetic acid helps to slow down the digestion of foods that you eat. This action helps to regulate blood sugar and prevent spikes. Blood sugar spikes are what make your pancreas secrete insulin, which tells your body to start to store fat."

The egg test

When you have a chance, take a raw egg and in the morning place it in a bowl of vinegar and watch the results. It will begin a reaction. Leave it overnight and the next morning the egg will be intact, held together by its membrane, but the shell will be completely gone. Vinegar is good for those that can stomach it.

Surprisingly for the non-chemists such as yours truly, if you leave the same egg sitting out on the table for another day-it will become hard again. You may ask why? The calcium that is left in the egg shell will get its carbon back from the carbon dioxide in the very air that we breathe. Thankfully, our arteries are not continually exposed to the "air we breathe."

Red wine vinegar 'R good!

According to Doctor Oz, just two tablespoons of red wine vinegar will give you optimal results if you want to maintain steady blood glucose and insulin levels. The main reason why it does so is because it prevents some of the carbohydrates that you consume from passing through the blood stream.

Carbohydrates are what raise your blood sugar level, insulin level, and ultimately bring your body to store more fat. It is the carbohydrates, not the fat that you eat, that is making you fat.

You can learn about how to lose weight on this site, and if you drink red wine, you can also lose bad cholesterol. Wine counts

most for cholesterol if the wine you are drinking is colored red. The darker the blush, the better for your heart. White wine is 50 to one against your heart on the cholesterol front but it is certainly a better drink choice than taking a hot dog with mustard and some spring water and mushing it all together in a blender.

As we discussed in the White Wine Diet, there are plenty of good health benefits in white wine and champagne. They are different however, from the obvious positive results that we get from red wine.

Please keep the mustard and the hot dog and the bun out of the blender. It won't help.

The best!

Chapter 14 Some Diets Do Not Work Well... If at All!



“Oh, go ahead. You just won’t eat anything else for the next year ... or two.”

Make cheating the exception

When I hear WC Fields' recorded comments about his being able to swear off strong booze, I do enjoy hearing them. Fields would say: "Don't say you can't swear off strong drink -- I've done it a thousand times!" Swearing it off is the easy part. Keeping your promise to yourself is the tough part.

All versions of the wine diet take me right to where Fields was with strong drink. "Don't say you can't lose weight—I have lost over a thousand pounds." That is still true and I know that somehow I also found them all again and more. I really do not know how they came back so fast before I met the wine diets.

As a young man, for me, dieting had always been psychological. As long as I could lose four or five pounds a week, with exercise and tough dieting -- often unhealthy, I would keep at it because the rewards were obvious. There is nothing like moving a notch on the belt in the right direction or stumbling across a pair of pants long-ago discarded and finding they fit again.

But, no matter how well the success, eventually, I would start to cheat, which back then I would call returning to a normal diet. As the cheating days mounted up, the diet was always over and soon forgotten until the belt ran out of holes or the buttons would no longer close.

Consciously or unconsciously, the rewards were there but the desire was gone. Cheating soon would become the default eating pattern. Three months on any diet was the exception.

Consequently, most of my diets never lasted more than a month or two. When I was in my twenties and thirties, the diets always seemed to be successful, but after a settling period, I weighed more for the next diet than I did at the beginning of the prior one. As time went on and as the first digit of my age kept changing, I found that I could not budge the scale downward for more than a week if that. .

That's why I decided that this wine diet is special. I have been on it for over two years and most of the time, I do not realize it.

My last diet before the red wine diet was the starve three days diet also called the heart diet. On this diet, I would lose several pounds a week for a few weeks and then, it seemed I could not lose any more. I tried it a few times but those three days were too tough and when my results were small, I simply concluded I would be fat until my dying days, which, thankfully I have not reached yet...I think! I bet some of you have felt the same way about your attempted diets.

My high water mark for this book is a loss of 62 pounds. I weigh less now than I did at my 40th high school reunion. I had dieted to

get to 290 pounds so that I did not look like a massive chub-ball to my classmates. Now, the number is 281.6. The point six, I round up on the loss side now from 343, as I am a positive person engaging today on a diet that has worked for over two years. Yes, it is the red wine diet for me.



As I approached sixty years of age, several years after the infamous fortieth reunion, I had again become a big moose... bigger yet again. I had a difficult time losing a pound no matter what I did. I suspect it is later life metabolism. Over time, we older adults have less and less ability to lose weight. Those little devils in our bodies that control our metabolism seem to get sick of all

the diets we put them through and they start sounding an alarm to the body whenever they detect another one starting.

The alarm signals that the precious body that these little devils depend on to live well and prosper, are being starved by the big brain in the big head sitting on top of it all. Eventually, these little guys would step in at the beginning of any diet and not even let me lose a single pound that would stay off for any length of time.

I always wished I could speak directly to that force in my body that was making those lousy decisions. Getting older certainly makes it all the worse to lose a pound. I know you all have felt that way at one time or you would not be reading this chapter in the book or the matching article on the web site.

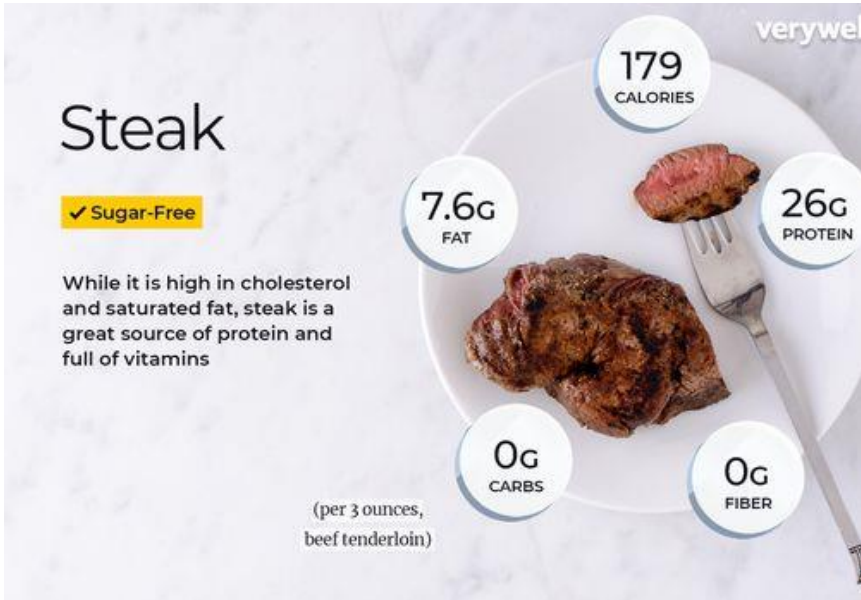
You really can learn about how to lose weight on this site and the book. That is for sure. Red wine is the best but wine makes it all better, regardless of the color.

I love repeating my personal statistics: After a little over two years on the Red Wine Diet, in December 2015, my total weight loss is 62 pounds. And, I thought I would never lose another pound!

There are no guarantees in anything we choose to do in life. Losing weight was a big surprise this time for me. After sufficient research and investigation of my life, after I began to lose weight unexpectedly, and I was not dying, I wrote down the wine diet.

Thank you for reading it, and I wish you the best in your own attempts to lose pounds over the long haul.

Chapter 15 We're All Suckers for a Great Steak!



Steaks scream out: I dare you—lose a pound!

Thank you for buying this book and / or visiting this site. It can really help you lose weight and have some fun while you are losing weight. Please see site disclaimer about depending on this site or the book for weight loss. We think you too can lose weight on this diet, but we are not willing to bet our shirts or a great steak on it.

When women are ten pounds overweight, they feel overweight. When men move several notches on their belts in the wrong direction, they think their belts are shrinking. Men get puzzled about the known shrinkage factors in leather, and we ask ourselves about whether at our last attended Happy Hour, if we may have drank up a few extra water bottles. OK—we lie to ourselves unknowingly. Yes, I have the facts to prove it.

Way back before I began my IBM career, I was twenty-one years old. My dad told me to buy Van Heusen white shirts for IBM. So, I bought five (5) sized 15 ½ neck Van Heusen 35 inch sleeve "medium" button-down white shirts. They were beautiful. There are only five days in a week and I figured on day six, I could find a laundromat.

I did all this right upon graduation from King's College. I had three weeks after graduation to get prepared for my life career. My direction was to begin with IBM but secretly I hoped never having to change. So, since my job was in New York, I embarked upon the move to Utica NY for a Systems position.

I was about to work for the "white shirt, suit and tie company, also known as the IBM Corporation. After two weeks learning about IBM in the Utica Branch Office, they sent me off to a seven week tech school in New York City, where I stayed at the famous Prince George Hotel on 14 East 28th St.

During these seven weeks in 1969, my per diem expense rate was \$7.00 per day. IBMers from the last class had received just \$6.00 per day. Wearing white shirts every day and using the washer and drier at the hotel instead of a laundromat, I was forced half way into the class to reconsider my original opinion about Van Heusen being a good name in shirts.

My dad swore by Van Heusen and he never had any quality issues. Before I completed the seven week technical class, my Van Heusen shirts became very tight. I blamed it on the shrinkage factor. The free laundromat at the Prince George Hotel offered a high heat drying factor which the shirts obviously could not withstand. And I had thought Van Heusen was the best there was.

It never crossed my mind to blame the beer and the huge Bono Brothers hoagies that I consumed every night that we chose not go to Steak and Brew. I did not blame the donuts and coffee in the AM nor did I blame the huge burgers and cheap lunches at the IBM Cafeteria on 590 Madison Avenue.

I simply knew the shirts had shrunk for whenever they came out of the hotel's drier, they always seemed to be tighter than when I had worn them last. All five of the shirts in unison had shrunk and there were no cautions on the Prince George Hotel's driers warning us about such potential damage. I knew it was Van Heusen that was the culprit. Soon, I saw the front buttons separating, showing my big white v-neck T-shirt underneath.

I am not kidding. If I was not kept so busy learning about IBM's systems and software, I would have called Van Heusen Corporate HQ to complain and hopefully get them to give me an upgrade to a shirt that could withstand the rigors of the Prince George Hotel Laundromat dryers.

It never occurred to me to check my weight at the time since for a long time preparing to graduate from King's, it had held fast at 190. I was 21 years of age, and I was in pretty good shape from having played baseball at King's in my last semester before graduation. Besides, there were no scales in New York City or none that were obvious, or so it seemed.

Regardless, in my heart, I knew Van Heusen was responsible. I held them accountable. For a short while after coming back to Utica, I kept my bad taste for Van Heusen shirts. But, not long! It was like I had brought a disease back to Utica. Everything in my Utica closet that once fit nicely seemed to be more than just a little snug.

Finally, I had to admit it. I had gained a lot of weight. For seven weeks I worked hard and played hard in New York City and it paid off in huge corporal dividends.

It was not too long afterwards that I realized my dad was right. Van Heusen made good shirts. Soon, their 16 ½ large versions were my first choice. I have no idea what I did with those five medium shirts. I know that I never lost enough weight to ever go back to try them on. It was not Van Heusen's fault. Tough as it is to admit; it was all my fault. I gained 163 pounds from the time

when I bought those Van Heusen's. As good a company as Van Heusen may be, even they could not have predicted that.

It took another while just a few years ago to believe how big I had gotten. Somehow, from when I was twenty-one years of age until I was sixty four, I had no perceptible changes in my weight. Yet, when I weighed myself at the beginning of 2013, more than 40 years later, I clocked in at 243 pounds. This was more than 50 pounds more than in 1969.

I knew this number meant that I was massive so I told my dear wife, the lovely Patricia Kelly about the big 40 year weight gain, and thankfully she informed me that I was terribly wrong. My "pewh!" only lasted a few minutes as she explained why I was wrong.

She pointed out that in the "off" years, I had turned the first digit twice -- once from a 1 to a 2 and then less than ten eight years ago from a 2 to a 3. She said that I was really 343 pounds, not 243. OK, I knew but I had lied so well to myself that I was beginning to believe it.

She said with 160 pounds of new growth that I was carrying around the moral equivalent of another full-grown adult with every step I took. I felt terrible but even worse because I knew that there were times while I was on my nasty scale that it had displayed the two digits to the right at just about 43. Yes, my max weight of all time 340 pounds was really 343.

As long as I could move and as long as I had no great pains and my wife still thought I was sorta cute, and charming of course, I was never compelled to go on one of those nasty crash diets from my past ever again. All my life I had been on some type of diet and then in the last 20 years I had said no more.

Actually, as noted above in this piece, diets had stopped working for me and so I was not ready to work again for a bad diet. It seemed that I would always gain a lot of weight after I finished a "good diet." anyway... so why bother???? Anybody else ever feel

that way? So, since it was apparently hopeless. I just stopped thinking about it.

I suspect that you too have been on such diets. I never liked being a chub-ball per se. However, eventually in many ways I rationalized that God intended me to be big.

Thankfully at about 5 ft. 10" inches tall, and with reasonably broad shoulders, before God told the disks from L3 down that it was OK if they chose to shrink, I looked substantially less corpulent and much stronger than I would be if I were just "flabby." Yet, I know that I am also flabby. It just does not look as bad with the shoulders covering some up.

I felt that I had gotten almost morbidly obese. I hate that word obese, don't you? But, my wife Pat never told me or maybe it was my hearing? Hey, I was 335 to 340 when I woke up one day in 2013, without a weigh-in, and something inside of me said, I should stop the weight gain if I could.

I did not realize that a subtle change from a month or two before had already set me on a path of continual weight loss. I did not realize that I was no longer gaining weight.

Nothing happens overnight. But, as I already divulged, before our 40th class reunion, I was 290 pounds and I had been using a treadmill frequently in the cold weather and I walked a few miles by the river most days in the warmer months. I ate what I wanted for the most part in those days.

Not too long after the reunion, I was failing on keeping in shape. I had begun to skip my regular walking routine by the river and on the treadmill. After all, none of my classmates would see me for another ten years.

One day, I got back on the treadmill thinking all would be the same. It wasn't. The motor on the Nordic Trac was laboring and the speed was snail pace. The unit was still under warranty and

Sears via Nordic Trak were most gracious to send a repair person.

They Nordic Trac team came to the house and replaced the motor with no questions asked. I was the test case on the treadmill and they saw it did not move well when I mounted the unit. Post motor change, it worked better but it was not as good as it had been. Sometimes for me, it would come to a dead stop but I could lift up and it would start again.

My wife and my adult children had no problems with the repaired unit. So, after awhile I reluctantly concluded that it was me. Just like the Van Heusen shirts, I knew in my heart that something was wrong with the unit, but I was wrong again.

One day, my wife Pat, a very intelligent realist, got sick of my whining. She brought out the Nordic documentation and she asked me how much I weighed. I knew she knew something. I checked and I was about 310 by then. Nordic's maximum recommended weight for this model is 300 pounds. Until just recently, almost ten years later, I was too big for the Nordic Trac. I have now formally forgiven both Van Heusen and Nordic Trac.

During the years of extreme increases in my weight, I continued to enjoy all aspects of my life—obviously more than most humans would have done. I was able to be a little league and soccer coach, and I rarely thought about weight.

I had been on so many diets over the years, I was glad my clothes seemed to wear out fitting before they had to be replaced. Or, maybe I was actually deluding myself.

I developed a penchant for red wine about twenty years ago when I moved into our current residence. Chapter 11 outlines its psychological and medicinal benefits. I inexplicably had become a Dago Red connoisseur.

This wine as highlighted in various chapters in the book and on the web site is created by the Italian Vintners of Northeastern PA. They call their recipe, "Dago Red." I liked it right from the start.

As I am thinking through my weight life, I am more and more convinced that many of my pounds came about because I had put no limits on my Dago Red consumption from November through May each year.

Maybe the cracker diet could work?

Going through all my diets would be tough but I do recall in my early twenties being on what I will call the *cracker diet*. I would place a thin amount of peanut butter or 1/4 slice of American cheese on a cracker and eat about two or three of these delicacies for supper along with a lot of water or diet soda and nothing else. I had great will power in my twenties. But, after I lost twenty to thirty pounds something always happened that caused me to violate my diet.

My diets were always five days a week because Friday was week-long celebration happy hour. So, I would still drink lots of beer on the weekends. With the Monday to Friday deal, and a reasonably active life, when focused, I would lose about 2 to 4 pounds per week. I was starving all week, and my breath was bad from not eating and it was really a tough deal to continue.

So, like clockwork, as I mentioned already, whenever I lost about 20 or 30 pounds, I somehow always stopped the diet often without realizing it.

When I started the next diet, I had put on the twenty or thirty that I had lost plus about five or ten more. I kept gaining overall in between diets. I had listened to the Pritiken tapes and I had read the books on Atkins, and I also tried the Atkins Diet. I woke up in the middle of the night one time on Atkins staring at the ceiling and craving either raw spaghetti or a glass of flour and water.

A diet that says you can have all the steak you want but don't have any baked potatoes or other carbs in practice, gave me the heebie-jeebies. I could not get to sleep easily.



I did solve this problem in my 65th year. I made a subtle adjustment to my eating and drinking habits a little more than two years ago. I did not know it would work so well.

When I went to my family doctor (Dr. Patrick Kerrigan) in October, 2013, I had already lost some weight--enough that even his once nasty scale quickly understood the metrics.

So, despite wanting to blame Van Heusen and Nordic Trak, and too many crackers, my problem has been mine all these years, simple and true. It's always been mine. For most of my life, I have been an over-consumer of all delicacies and libations from beer to wine to whiskey and with sodas as mixers. I admit that I even like foods of many caloric interpretations. In my life, if it tasted good, I would eat or drink it. I was invincible.

As time went on and God chose to keep me alive, since I like Red Wine, I have come to credit it as not only the sustainer of my longevity but also the impetus for my healthy cholesterol numbers, and now finally, my reduced weight.

The wine-diet is not a fad. It is something that we all can do subject of course to the site and book disclaimer that asks us all to check with Dr. Patrick Kerrigan, or your own doctor.

Please check out other articles on this site to find out how you too can lose more weight than you ever thought you could without having to ever go on the Atkins Diet, the Pritiken Diet, or the infamous "cracker diet."

You can learn about how to lose weight while losing bad cholesterol counts if you are drinking stuff that is colored red. Keep reading the stuff shown on the WineDiets.Com web site, and if you want to take the documentation with you, bring home the book. You may always read the web site's daily diatribes.

The best to all!

Other Books by Brian Kelly: ([amazon.com](https://www.amazon.com), and Kindle)

(Most have been originally published by Amazon.com, and Kindle)

(These books have also been published by various publishers including Xlibris, BookBaby and others.)

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315 Great Moments in Kansas City Chiefs Football 1960-2024

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 Syracuse Football Championship Seasons beginning of SU championships; goes to Dino Babers Era
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 Alabama's Championship Seasons Beginning of Football past the 2017/2018 National Championship
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