

Shafer *Line on Wine*



1) An extract of red wine is now being used to kill yeasts, molds and fungi that shorten the life of your favorite what?

Fruit

2) Research shows that drinking wine combats a bacterium called H. pylori, which translates into fewer cases of what?

Ulcers

3) You can take this drug or you can drink wine regularly to get heart-protecting anti-clotting in the bloodstream.

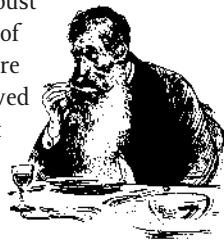
Aspirin

4) Alcohol, such as that in wine, raises and lowers what?



It increases HDL, "good" cholesterol, and reduces LDL, "bad" cholesterol

5) The robust red wines of Sardinia are now believed to account for that island's unusual number of what's?



Residents over the age of 100

6) Chardonnay will soon perform double duty as a drink and a what if microbiologists have their way?

A disinfectant spray



7) Moderate drinking (one to two glasses per day) can be as good for the heart as doing what for an hour a day?

Exercising

8) Spanish researchers say that men who drink red wine have to worry less about cancer where?

The prostate

9) A new study tell us that moderate wine drinking can protect your brain from what age-related malady?



Dementia

SOURCES: 1) *New Scientist*, January 4, 2003. 2) *Wine Spectator.com*, January 16, 2003. 3) *Newsweek*, January 20, 2003. 4) *Better Nutrition*, January 1, 2003. 5) *The Financial Times*, November 2, 2002.

6) *Decanter.com*, October 22, 2002. 7) *The New York Times*, December 31, 2002. 8) *Wine Spectator.com*, July 24, 2002. 9) *Newsday*, January 9, 2003. ©2003 SHAFER VINEYARDS