The French Paradox And Beyond: Living Longer with Wine and the Mediterranean Lifestyle

by Lewis Perdue, Keith I. Marton, and Wells Shoemaker

diet, which Guérard follows to the letter. A decade ago, when the CBS television show 60 Minutes broadcast a segment on the so-called French Paradox, the show focused on the benefits of the Mediterranean diet, which is known for its role in promoting longevity.

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Mediterranean diet and the French paradox relationship

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For recent data see French data from the hotel industry: www.coachomnium.com

Beyond: Living Longer with Wine and the Mediterranean Lifestyle (Sonoma, year)

Gene Ford applied it to wine drinking in The French Paradox & Drinking for Health

Wells Shoemaker (Author of The French Paradox and Beyond)

The Mediterranean diet has been proved over and over again to be beneficial for longevity. Hand in hand with the Mediterranean diet, comes the so-called “French Paradox”. You'll live longer and...hey! The French paradox and beyond: living longer with wine.