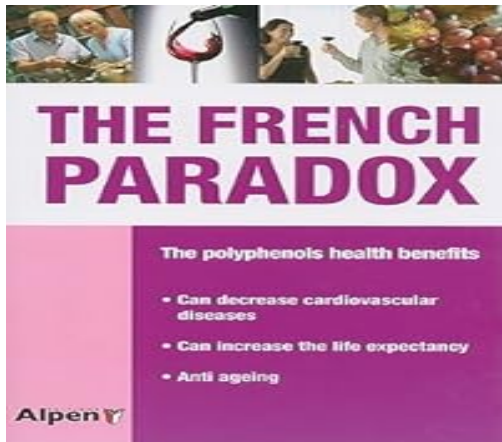


The French Paradox By Isabelle Brette Many studies have shown that there is a correlation between the quantity of wine (mainly red) that they drink every day and the rate of cardiovascular events, **The french paradox diet** Drunk on a daily basis it may have an anti-aging power that slows the process of skin aging[1]



One of the keys to French diet is wine. This is the famous French paradox. Over time wine has revealed other health benefits. The French Paradox.