



PENDARVES

Premium Wines from the Wine Doctor

Doctors Wine & Health Quotes

"Wine is the thinking person's health drink" Dr Philip Norrie

"Wine is fit for man in a wonderful way, provided that it is taken with good sense by the sick, as well as the healthy" Hippocrates (460-377BC), Greek Physician

"People who drink wine in moderation have the lowest death rates from all causes" Dr Philip Norrie

"Drink a glass of wine with your soup and steal a rouble from your doctor" Russian Proverb

"In vino sanitas, In wine there is health" Pliny the Elder (AD 23-79), Roman soldier, scientist and historian

"Unless there is a contra-indication, drinking wine in moderation is the single most important preventative health measure one can do, apart from not smoking" Dr Philip Norrie

"God gave the grape, the wine to make to please both great and small. But little fools then drink too much and big ones not at all" Anon

"Australia's doctors are up to their stethoscopes in grapes and wine, either as consumers, prescribers or producers" Dr Philip Norrie

"Wine is the most healthful and hygienic of beverages" Louis Pasteur (1822-1895), French scientist

"Wine is man's oldest medicine having been used as such for over 5,000 years" Dr Philip Norrie

"Wine is the milk of the elderly" Maimanides (1135-1204) Jewish physician and philosopher

"Being an abstainer from consuming wine is a major risk factor in the pathogenesis of vascular disease" Dr Philip Norrie

"Whether wine is a nourishment, medicine or poison, is a matter of dosage" Paracelsus (1493-1541), a German physician and father of modern pharmacology. Also, the doctor who gave us the word 'alcohol'.

"Wine is a cholesterol and fat free source of carbohydrates, protein, vitamins and minerals" Dr Philip Norrie

"No nation is drunken where wine is cheap" Thomas Jefferson (1743-1826), American President, Statesman and intellectual

"Wine in Moderation raises good cholesterol (HDL) and lowers bad cholesterol (LDL)" Dr Philip Norrie

International Sales Office
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"Nothing is more useful than wine for strengthening the body and also more detrimental to our pleasures if moderation be lacking" Pliny the Elder (AD 23-79), Roman soldier, scientist and historian

"Enjoying wine in moderation enhances both quality and quantity of life" Dr Philip Norrie

"When we allow for age, smoking and other known risk factors, the moderate drinkers have the lowest total death rates and the lowest rates for vascular disease" Sir Richard Doll, Emeritus Regius Professor of Medicine, Oxford University

"Wine taken in moderation thins the blood and reduces clotting" Dr Philip Norrie

"Low to moderate intake of wine is associated with lower mortality (up to 50%) from cardiovascular and cerebrovascular disease and other causes. Similar intake of spirits implied an increased risk (up to 34%) while beer drinking did not affect mortality" Dr Morten Gronbaek, Research Fellow, Danish Epidemiology Science Centre, 1995

"Antioxidants in wine are 5 times stronger than the standard benchmark antioxidants vitamins C and E" Dr Philip Norrie

"Alcohol intake in the Dubbo elderly appears to be independently associated with a significant increase in life expectancy, with up to 51% decrease in the death rate" Professor Leon Simons, Alcohol Intake and Survival in the Elderly: A 77-month follow up of the Dubbo Study, 1996

"People who drink wine have the lowest death from all causes rate" Dr Philip Norrie

"I consider the temperate use of wine a valuable support to healthy man in this thorny path of life" Dr Thomas Fiaschi (1853-1927), born in Italy, Australian Physician and Vigneron

"It does not matter which colour wine is to gain health benefits, because both red and wine contain alcohol and enough antioxidants" Dr Philip Norrie

"There are two liquids that are especially agreeable to the human body, wine inside and oil outside" Pliny the Elder (AD 23-79), Roman soldier, scientist and historian

"The correct combination of wine and food is the most important criteria by which one chooses a wine - not just because it is a red" Dr Philip Norrie

"Wherever wine is lacking medicines become necessary" The Talmud

"Antioxidants in wine stimulate a nerve enzyme (MAP kinase) which stimulates nerve cells and helps them regenerate "By daily reinforcing these contacts we can prevent neurodegeneration" (such as dementia and Parkinson's disease)" Dr Alberto Bertelli, University of Milan

"Wine in moderation can be referred to as "brain food" or "brain friendly" as it prevents stroke and nerve cell degeneration" Dr Philip Norrie

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"Wine from the beginning of history has been mans adequate companion to bread" Dr Salvatore P. Lucia (1901-1984), American physician and writer

"Antioxidants in wine inhibit the body's waste products called free radicals; which cause biochemical havoc leading to degeneration of the body, aging and cancer" Dr Philip Norrie

"If penicillin can cure those who are ill, Spanish sherry can bring the dead back to life" Sir Alexander Fleming (1881-1955), Discoverer of penicillin

"Wine is to be enjoyed with food and not taken too seriously" Dr Philip Norrie

"Wine is constant proof that God loves to see us happy" Benjamin Franklin (1706-1790), American philosopher

"Wine should be part of a healthy lifestyle and the ultimate health drink" Dr Philip Norrie

"If God forbade drinking wine, would he have made it so good?" Cardinal Richelieu (1585-1642), French Statesman

"I am preaching preventative medicine with wine to give people the maximum quality and quantity of life" Dr Philip Norrie

"Wine warms the body, is digestible, increases the appetite, helps sleep and has reviving properties" Dioscorides (AD40-90), Physician to Nero's Army

"Consuming wine in moderation daily will help people to die young as late as possible" Dr Philip Norrie

"Wine is the best medicine when it has the best moderation to direct it" Saint John Chrysostom (347-407), Religious Scholar

"Consuming wine should not be restricted to special events, it should be a daily health drink" Dr Philip Norrie

"Wines extended use will carry health and comfort to a much enlarged circle" Thomas Jefferson

"Health is not just being disease free but the ability to enjoy life physically, mentally and environmentally with wine" Dr Philip Norrie

"I think a tax on wine, is a tax on the health of our citizens" Thomas Jefferson

"Medicine should be changing its emphasis from treating disease to preventing disease; especially with wine" Dr Philip Norrie

"Preserving or recovering health, the work of a doctor or vinter is almost the same" Thomas Willis, from his 'Oxford Casebook'

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"Consuming wine in moderation can reduce macular degeneration (an incurable form of blindness) by up to 20%" Dr Philip Norrie

"Wine as a medicine is most beneficial and brings aid to the wounded" Athanaeus (170-230), Roman Physician

"Consuming wine in moderation can reduce (D.V.T) deep vein thrombosis or clotting in the leg by up to 50%" Dr Philip Norrie

"Grapes from whence strong drink is derived, is healing for mankind" The Koran

"When asked what was his favourite wine Dr Norrie replied "First tell me what food it will accompany"

"In the parable of the Good Samaritan, the Good Samaritan bound the wounds of the traveller, who had been robbed, pouring on olive oil and wine - which is still sold today in the Middle East and is known as "Samaritan balm"

"Remember, when all else fails, life is a fatal sexually transmitted condition, so enjoy it while you can" Dr Philip Norrie

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