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Even though red wine has been associated with a lowered risk of heart disease and diabetes, diet book authors ban the drink because of a belief that it can stop your body from burning fat. A new study is aiming to change their thinking. A study that was published on March 8th shows that women wine drinkers who were at a healthy weight to begin with, gained less than non drinking women over time. For more information on this study click on the link below.

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