

# Can't Lose Weight? Don't Wine



*By Ana-Marija Dolaskie — October 5, 2016*

Can't lose weight? A new study reveals two glasses of wine before bedtime could help you shed some pounds. But resveratrol, the chemical in question that some have boasted as a miracle compound, is basically just part of a fad. But if someone hands us a glass of vino, who are we to complain?

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