



A J MORRIS, JR., PHD

VITAMINS
-
MINERALS
-
ENZYMES
-
ACIDS

WINE'S
NUTRITIONAL
POWER

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ENZYMES – ACIDS

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Did you know?
Drinking wine feeds more than
twenty-four vitamins,
twelve minerals,
nine enzyme families,
and up to thousand acid complexes
to every cell of a body.

This book is dedicated to the research scientists who have braved the powers of religion, politics, and government to restore the knowledge of the nutritional content of wine—blessed by God from the beginning of time—and to those who stood faithfully behind these wonderful qualities of wine while watching it be crushed asunder by governments and religions. To them I take my hat off!

European nations have claimed wine in their food pyramid. I encourage all, who, today, will restore wine as a food and move it to the top of the US food pyramid. Let me focus special attention and thankfulness to Agnes Fay Morgan, Professor, USDA Research Scientist, Berkley University. In 1938, she published the first official US research on the nutritional properties of wine. She is perhaps the “Founder of American Nutrition” and is an unsung American hero for the wine industry.

Professor Morgan overcame the resistance embedded within the American research community to do wine research. She conducted the first tests that brought USDA-level proof that *wine is a food loaded with vitamins and minerals*. She gave wine its first breath after the “Prohibition Rampage” that burned vineyards across America.

Last but not least, I want to thank my wife, Glenda Sue, for support, vision, and encouragement. Having spent eighteen years in a Biblical research environment, she believed wine deserved serious research and a new consideration. In 1999, we adopted wine for our health.

After much study, the proof was complete, I agree wine is the most perfect food, as Louis Pasteur told us.

Your pastors, doctors, and parents do not know what you are about to learn.

Enjoy!

A J

ACKNOWLEDGMENTS

God Almighty set up wine to be the “king of nutrition”; however, He did not use those words. He told Moses to list “wine” among the foods, including grain, oil, sheep, and cattle, that were His “blessing”, (Deuteronomy 7:13). Along with fruits and vegetables, these foods fulfill the nutritional requirements of twentieth century scientific research and form a “food pyramid”, the world’s first food pyramid.

Moses passed this knowledge and blessing on to us the “modern” descendants but just to make sure we knew the importance of wine, we had another internationally famous teacher called “Jesus Christ, the Messiah,” who reconfirmed the value of wine. He did not just teach us, but commanded us, to “remember me” every time we drank the wine, broke bread at the table or did anything and in Matthew 26:27, He said to “drink ye all of it.”

We want to acknowledge Hippocrates, the Father of Medicine worldwide, for teaching the power of wine’s nutritional benefits as “accelerated healing,” which made wine the cornerstone of his medicine. As the gladiator’s surgeon, he did hundreds of operations, including two open heart surgeries, which cleansed wounds with wine and sewed them up with certainty that the accelerated “healing” would restore them. This reinforces the most powerful lesson about wine’s nutrition in history, by Mnesitheus of Athens, and

taught again in two hundred AD by Athenaeus in his book *Deipnosophistae*. Parents ought to listen to Mnesitheus and understand “governments do not obey the Biblical teachings of wine.”

“The gods have revealed wine to mortals, to be the greatest blessing for those who use it aright, but for those who use it without measure, the reverse; it gives food to them that take it and strength in mind and body. In medicine it is most beneficial; it can be mixed with liquid and drugs and it brings aid to the wounded. In daily intercourse, to those who mix and drink it moderately, it gives good cheer, but if you overstep the bounds, it brings violence. Mix it half and half, and you get madness, unmixed, bodily collapse.”¹

INTRODUCTION

This research found startling history that explains a great deal about the world conditions of wars, diseases, medicine, and nutrition uncommonly known. All have been manipulated by men, religions, governments, and natural events that could not have been planned by men. You will be amazed to learn how the Catholic Church, the only Christian Church at the time, brought liquor into a place of high esteem after it was discovered in 1225. It became the foundation of Communion in the Church, as the history of Biblical “strong drink” and “liquor” merged to become known just as “wine”. The words “strong drink” would lose its place in purifying water of disease. If you can imagine taking Communion with 65–95% alcohol in a brandy, as the manner for remembering Christ, you have a foundation of understanding “confusion within the church”.

As a certainty the Little Ice Age of 1341 confirmed the Pope’s decision that the Church was supposed to do Communion with liquor because all the European vineyards froze out. As result of the believers being drunk, the Church justified drunkenness as a good thing “because people would trust you.” However, it would take 700 years to realize that these drunks were alcohol addicts and not the obedient servants to God, as the Church claimed. No one acknowledged how many addicts came out of this Church theology, which was ordained by the Pope, nor the great spiritual cloak that

had covered Christianity. Drunkenness confused kings, produced wars, caused poor leadership, crippled industries, and dehumanized the people.

Theology doctorates could not cure the addicts, nor could they call drunkenness a spiritual curse because it was blessed by the Pope. Secular churches worldwide were under the protection of the Pope. Medical doctors had no authority over addiction and turned it into a money-making machine.

John Wesley was the first Pastor to break the curse, which flooded the world with Methodist Churches full of “teetotalers.” Then the Reverend Edward H. Jewett called a debate in 1882 regarding “Good Wine” (no alcohol) vs. “Bad Wine” (alcohol) and determined churches should only serve canned grape juice for Communion. No decision was reached to free wine from the yoke of “*liquor*.” The church remained in bondage. The US would go into Prohibition, then decide it was a bad idea, and then go into controlled taxation of alcohol under a federal agency.

This research clarifies the understanding of wine “that it is a liquid food made from the nutritious fermentation of sugars from a juice.”

Its acids purify water and kill diseases. Liquor is “a distilled alcohol and has no food or nutritional value.” It does not purify water or kill diseases. Next, I encourage the wine industry to identify wine as a food, indeed the “king of nutrition,” and label wines with their nutrients printed on the label. Wine is God’s foundation for a healthy life.

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CHAPTER 1

WINE POWER

Modern research has found wine nutrients are a complete food. Perhaps this explains why God would include wine in His “food group” of blessings to the Hebrew people, which He named as “oil, wine, grain, sheep, and cattle.” According to most of the church leaders I know, not one of them would have seen any purpose for upholding wine as God’s blessing in the food plan. They have graduated from the same generation of schools. Do you know people who include wine as a daily family food, like many Italians, French, Israeli, or Greeks do? When the Bible was written, nobody had the scientific measuring tools to know what nutrients were in wine, but as you will soon see, it was indeed their daily multiple vitamin pill.

Do you suppose that when Christ told the apostles at his last supper to “drink of the cup” and to “drink ye all of it” he may have known a multipurpose of nutrition, medicine and spiritual remembrance was important? He foretold the future to his apostles but he did not tell them there was power in the wine—and it is still there! In this book of foods we are going to examine the nutritional power of wine. We are going to discover the vitamins, minerals, enzymes, acids, and foods hidden from our culture. We are the American generation that was barred from knowing why we should drink wine. Now that we know what is in wine we can see that Christ had an even greater purpose for the wine.

Christ was directing nutritional health into the lives of future believers who were not wine drinkers. He was starting a wine drinking culture among them to produce health and strength and remind the people daily of what his blood covenant is all about.

I believe he knew what he was doing and what modern research has uncovered he did. Wine was given as a blessing to God's people, later to be known as "Hebrews," "Jews," then "Christians" perhaps even before the days of Noah, since we know he planted a new vineyard, down through Abraham and Moses.

Deuteronomy 7:13:

And he will love thee, and bless thee and multiply thee: he will also bless the fruit of thy womb and the fruit of thy land, thy corn, and thy wine, and thine oil, the increase of thy kine, and the flocks of thy sheep, in the land which he sware unto thy fathers to give thee.²

In Hebrew "corn" is generic for "grain" and "kine" is generic for "cattle." We learn that these blessings of the Old Testament were carried into the New Testament through Christ—witnessed at the "Last Supper" before his death. This is reported by Paul to the Corinthians to say blessings over the bread eaten and the wine drunk and to remember Christ while doing so. He reported Christ's Last Supper regarding wine as follows:

I Corinthians 11:25:

After the same manner also he took the cup when he had supped, saying 'This cup is the new testament in my blood: this do ye, as oft as ye drink it, in remembrance of me.'³

The new "Gentile" Christians picked up the blessings of Abraham and Moses. Does this look to you like an accident or more like a big, gigantic plan? Christ's instruction has passed down through

history, but has been warped, twisted, altered, denied, and withheld from the public by governments, kings, clergy, and well-meaning seminaries. We will observe how wine has been a center of money, commerce, taxation, and power—all of which require confusing the public to “stay away from wine.” A confused, deceived public cannot benefit from the power of wine. So the benefit comes from learning that wine has *nutritional power*.

God started us out on a vitamin/mineral/acid/enzyme drink called “wine,” which had all of these properties of health that no one told us about and now startles us to learn. Our wonderful parents did not know what was in wine. They only knew it had “alcohol” and made people drunk. It would take twentieth century research to show us what is in wine. The research came after wine had been barred from a whole generation of Americans. The research verified wine is for the health of both children and adults. Let us follow a journey of what we have here.

When Christ commanded the drinking of wine “to remember him,” he introduced a new thinking among both the Gentiles and Jews. It was not a Gentile custom to ask a blessing at the table when bread was broken and wine was drunk.

The Bible does not tell us what wine does to the body for nutritional purposes. Someone had to research and write this book.

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