



# The Cantiga Crier



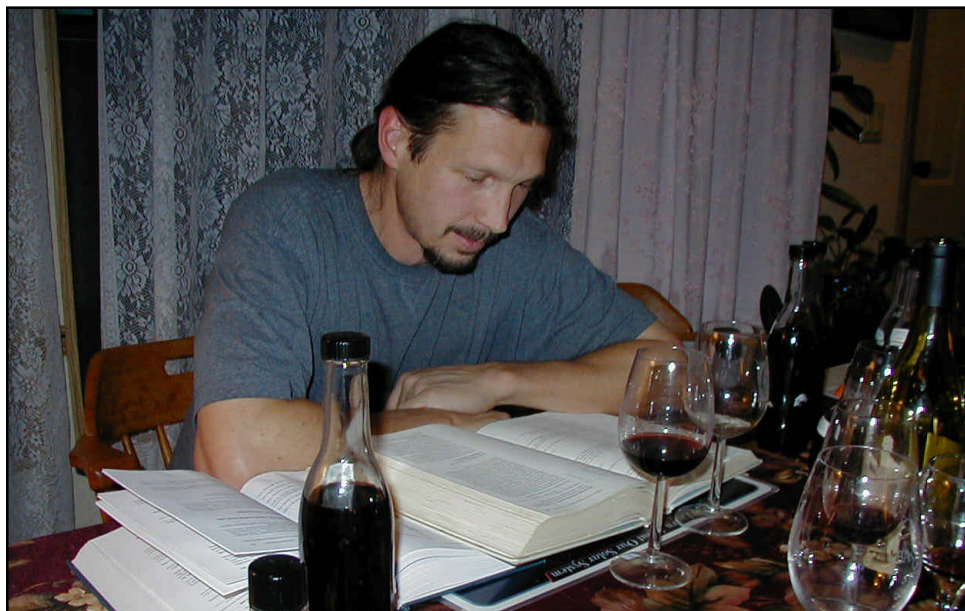
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The Official Newsletter of Cantiga Wineworks

February 2009

## WHO STOLE MY HANGOVER?

by Christine Rorden



From the outset, our goal at Cantiga Wineworks has been to make Classical-style wines for the dinner table. Non-malolactic fermentation has been our mantra because it furthers the goal of balancing acidity and keeping wines food-friendly. Age-old, minimal-intervention methods applied to small lots of wine have helped to achieve this goal. Because we respect and love nature and want to put only good things into our bodies and those of our customers, our method is very natural and pure. As you enjoy a bottle of Cantiga with your meals, we hope you feel that we have attained our objective.

As the years have passed and we continued to expound upon the merits of food and wine pairing, something else was brewing on the horizon. We started receiving at first a one or two, and then a steady trickle, of customers who had heard through the grapevine that we make a non-allergenic wine. These good folks, debilitated by adverse reactions to wine, sought a purer product and found...us.

Rich and I have had numerous discussions with many customers about wine sensitivities. Although we hesitate to make a formal claim about making "hangover free" or "non-allergenic" wine (and there are likely some people who cannot drink our wine or any wine), we do feel that we are onto something crucial. We are still trying to assess the key factors in wines that adversely affect people--and what it is about our wine that does not. We have prepared a Wine Reactions Guide--a self-assessment tool designed to aid our customers in an exploration of the side-effects of sulfites and other compounds in wine.

### CAN WINE BE HARMFUL TO OUR HEALTH?

The numerous studies published in recent years about the health benefits of moderate wine consumption--particularly in the case of red wine and heart disease--have given us reason to feel good about the drink we love and revere.

However, the wine labs send us catalogs listing an ever-increasing number of chemical "treatments" and options for doctoring wine each year, as well as new strains of yeasts and enzymes designed to bring out a wide variety of characteristics. Many winemakers succumb to the temptation of so much control.

It is therefore not surprising that a significant segment of the population has some degree of intolerance to wine.

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**Send us a Customer Testimonial for a chance to win rare library wines! (Details on Page 2.)**

## DO YOU HAVE A WINE SENSITIVITY? FIND OUT WITH OUR NEW WINE REACTIONS GUIDE!

We have prepared a brief Wine Reactions Tasting Guide to help you gauge your adverse reactions (or lack thereof) to your favorite Cantiga and non-Cantiga wines. By setting aside a little time to observe your reactions, you can have fun learning something new about yourself, and enjoy your favorite beverage in the name of science!

### Who can participate?

If you like to drink wine, this Guide is for you! Whether you experience severe reactions to wine, reactions to reds only or whites only, no reactions at all, or anywhere in between...this Guide can help inform your wine consumption decisions.

### Adverse Reactions to Wine

Have you ever wondered if you have a wine sensitivity, or if your hay fever just happens to flare up when you have a glass? Or are you wondering why you sneeze with every sip? Why is it that you get a worse hangover from a \$6 bottle of wine than a \$26 bottle? Adverse reactions can cover the gamut of allergic reactions: congestion, sneezing, sore throat, itchy eyes, headaches, migraines, rash, sleeplessness, wheezing, nausea, stomach cramps and even anaphylaxis. Reactions can be anywhere from mild to severe. Do any of these sound familiar? Want to get to the bottom of it?

### How to Participate

Merry Monks Wine Club:  
Watch for your materials in your February 2009 shipment!

Other customers: Please contact us at (530) 621-1696 or [info@cantigawine.com](mailto:info@cantigawine.com) for a copy of our Wine Reactions Guide. You may also download it at [www.cantigawine.com](http://www.cantigawine.com)



### Our customers are the best!

We are fortunate to have such loyal and enthusiastic customers and club members. Would you like to find a way to support us?

### Please send us a Customer Testimonial!

If you would share an experience, or a reason why you drink our wines, we would be grateful for the feedback and the opportunity to post it on our website. Comments can range from health issues to food compatibility, a positive tasting experience, or any other feedback you would like to share.

Please indicate whether we can publish your first name, both names, or whether we should keep it anonymous; and include your city and state.

**To show our appreciation, we will enter you into a drawing for some rare Cantiga Library Wines upon receipt of your Testimonial!**

E-mail: [info@cantigawine.com](mailto:info@cantigawine.com); Fax: (530) 621-1693

Mail: PO Box 66, Somerset, CA 95684

**DEADLINE FOR DRAWING: MAY 15, 2009**

## CAN WINE BE HARMFUL TO OUR HEALTH?

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One would hope that wine would not fall victim to the sorts of questionable practices and overuse of chemicals that one sees in the food industry. However, how many times have you had a glass of wine that tasted more like a science experiment than a natural product? Or, how many times have you awakened to congestion and headache, when you were certain you didn't overindulge the night before?

The good news is that wholesome wines can still be found. There are some organic producers that you can be sure will sell you a very safe product. And of course (need I mention?), there is Cantiga Wineworks! Although our grapes are not Certified Organic, our vineyards are farmed using environmentally responsible, sustainable techniques. And more importantly, our winemaking is essentially organic. This means no chemical manipulation, no additives, and very low sulfites! When was the last time you woke up with a headache from one of our wines? If you have, we want to hear about it. Personally, I am sensitive to additives and preservatives, and after drinking a half glass of most commercial wines, I start feeling it. However, I have never had a hangover from my own wine.

In general, we would recommend that when you shop for wine, stick with the artisan producers who make wine in small lots. The worst offenders when it comes to manipulating wine are mass producers selling low-end product—often wines that require "fixing."

### Cantiga Wineworks

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