

## About the Author

**Dr. Henry M Hess** received his PhD in Organic Chemistry under Professor Herbert C Brown, the 1979 Nobel



Laureate in Chemistry and under the mentorship of Professor Eichi Negishi, the 2010 Nobel Laureate in Chemistry. After several years as a research chemist, Dr. Hess entered medical school and received his M.D. degree, and then completed the residency in Obstetrics and Gynecology at the University of

Rochester School of Medicine where he is currently Professor of Obstetrics and Gynecology. Dr. Hess has been in clinical practice for over 30 years, and is nationally recognized as an expert in menopause. His book *The Perfect Menopause: 7 Steps to the Best Time of Your Life* - is a national bestseller.

Dr. Hess is board certified in Obstetrics and Gynecology, a Nationally Certified Menopause Practitioner, certified in Hypnotherapy and Mindful Meditation, and an acknowledged expert in natural therapies.

Dr. Hess is also a Master Winemaker, and has had a long interest in the chemistry as well as social and health aspects of wine. Recognizing that there are tremendous health benefits to the enjoyment of wine by women, there are also some health risks when not taken correctly.

In this – his latest book, *A 5 oz Glass: The Health Secrets of Red Wine for Women*, Dr. Hess has used his outstanding wealth of knowledge and years of experience in both chemistry and medicine to clarify for all women – exactly how to enjoy wine and reap the tremendous health benefits of red wine, while avoiding the health risks!

### *About Jan Payne*

**Jan Payne** is the author of two books. One is a BEST SELLER titled, *Victim or Victor - You Always Have a Choice*. It is endorsed by these icons: Brian Tracy, Jack Zufelt and Noah St. John. (Her next book, *Success Radiates! 58 Facets to Brilliance* is coming soon!)



She was the top success coach for the famous Nightingale-Conant Corporation for over a decade. She has trained people from all walks of life including presidents of corporations, top financial experts and medical doctors.