



Viva Health Club

Organic Food Plan for Life



The Viva Health Club was inspired by my health and weight loss experience substituting Viva™ for other wines to enjoy the fun of wine without the Calories or alcohol.

I lost 1 pound per week for 8 weeks, felt more alert, and improved my arteries as indicated by being able to reduce my Wayferin (blood thinner) doses.

I shifted between the Viva wine varieties and had 2 to 3 glasses per day, 64 to 96 Calories, less than a glass of wine in Calories and a small fraction in alcohol.

I am on the plan for life now! No more high Calorie/High Alcohol wine for me!

This was an extension of my Food Plan, as outlined in *Never Diet Again: Your Food Plan for Life* audiobook published by Simply Magazine and available at simplymagazine.com and audible.com.

The key to a good food plan is a series of healthy substitutions: skim for regular milk, caffeine free coffee and tea, spinach-green beans-broccoli (less than 30 Calories per serving) instead of peas or corn (100 Calories per serving), plain Greek yogurt versus sugar enhanced yogurt, broiled-baked-boiled chicken and fish versus red meat, salads with low Cal or no dressings and so on and so on.

All of this made it easier to do the light exercises recommended by my doctor: a mile walk a day and some stretches. Yes, you can do more, but a little bit helps the most according to my doctor and other experts.

So we are making a special offer for people interested in the Viva Health Club. Normally a 6 bottle case can be delivered to you for \$99.00 prepaid in the Continental US or Canada (\$USD).

A monthly subscription is \$89 per month. A prepaid annual subscription is \$79 per month or \$948 total.

You select the varieties you want: Cabernet, Chardonnay or Sangria.

Welcome to the Viva Health Club to improve your health, cut down on store trips and carrying heavy wine cartons, and save money at the same time.

A trifecta of value!

[Click here to buy now!](#)



David Deaver Brown