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The Healing Powers of Chocolate

By Cal Orey

Kensington Publishing. Paperback. Book Condition: new. BRAND NEW, The Healing Powers of Chocolate, Cal Orey, Did you know?.Known as Mother Nature's 'food of the gods', the medicinal benefits of chocolate were recognized as far back as 4000 years ago. Eating chocolate can help boost the immune system, lower the risk of heart disease, cancer, diabetes-even obesity! - and increase lifespan. A 1.5 ounce bar of quality chocolate has as much antioxidant power as a 5 ounce glass of wine-without the side effects of alcohol. Chocolate is chock-full of mood-enhancing ingredients, including phenylethylamine (the 'love drug') and serotonin. Chocolate can relieve a host of ailments, including depression, fatigue, pain and PMS, as well as rev up your sex drive! Drawing on the latest scientific research as well as interviews with medical doctors and chocolatiers, this fascinating book reveals how to live longer and healthier while indulging in one of nature's most decadent and versatile foods. Explore real chocolate (infused with fruits, herbs, and spices), Mediterranean-style, heart-healthy recipes, plus home remedies that combat everything from acne to anxiety. You'll also discover rejuvenating beauty and anti-aging spa treatments - all made with antioxidant-rich chocolate!.



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Reviews

This book is indeed gripping and interesting. It really is rally exciting through studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.

-- **Aisha Lemke**

Thorough guide! Its such a very good go through. It is really simplified but surprises in the 50 % from the ebook. You will like how the blogger write this ebook.

-- **Mr. Brandt Kihn**