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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

Absolutely essential read publication. it absolutely was written very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Thorough guide for book enthusiasts. I am quite late in start reading this one, but better then never. Your lifestyle span will be transform when you total reading this article book.

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