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Did you know...

The modern process of “dutching” cocoa powder (to remove bitterness) results in the loss of more than 60% of the beneficial flavonoids contained in the original cocoa bean.

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The Healthy Chocolate Report

Antioxidants Fight Internal Cell Damage

In last month’s Healthy Chocolate Report, we discussed the process of oxidation that occurs in the body. The process of oxidation—just imagine the breakdown of a banana or a half-eaten apple left out on your kitchen counter—results in cell-damaging free radicals being released throughout your body.

As a matter of fact, each of the trillion cells in our body are attacked by free radicals thousands of times a day. All day, every day, non-stop.

What is the result of all of these attacks? Well, it’s like pounding on a wooden table top with a

hammer in the same spot over and over again. Eventually the table top is going to break down. Our cells are just like that table top. The effect of thousands of free radical attacks every day lead to cell degradation, and even to chronic ailments.

Dr. Steven Warren, a geriatric physician and an acknowledged expert on health and aging, is a strong believer that this oxidation process is one of the two main underlying causes of most diseases we face today.

Oxidation—and the creation of free radicals—occur in every living being; there’s no way to stop it.

Oxidation is a natural part of life, and it happens every day in the world around us. Fortunately, our bodies are equipped with some natural defenses against free radicals. (Continued on Page 4)



Unprocessed cocoa is a tremendous source of antioxidants.

Chocolate as Preventive Medicine by Dr. Steven Warren, MD DPA

As a physician, and one who deals intimately with the aging process through my clinics and work with the elderly, I am dedicated to the prospect of slowing the aging process. In my research, I have found that there are ways to slow aging. Sometimes we can even reverse conditions that are normally associated with aging.

Like all of us, I’m getting older,

but I don’t want to experience the diseases that I see in my older patients. I work with more than 10 different nursing homes, dealing with patients of all different conditions. I have patients as old as 105, and I have teenaged patients, too. If there’s one thing I have learned over the years, it’s that what we do to ourselves—what we put into our bodies—can make the biggest difference to our

long-term health.

My younger patients—the 40- and 50-year-olds—are in my nursing homes because they have been on high-fat, high-sugar diets for years, putting themselves in a diabetic state, exposed to all of the complications of diabetes.

I met a few weeks ago with a person in charge of diabetes training (Continued on Page 2)



Which would you rather eat? A bunch of pills, or three servings of chocolate?

Reality Check

80% of children overweight at age 10 will still be overweight at age 25

70% of diabetes risk in children is due to excess weight

Overweight children are nine times more likely to have high blood pressure

52% of all boys and 32% of all girls aged 14-18 drink at least 24 ounces of sugar-filled soda every day



Listening to "white noise" can help you relax when you need a time out.

Preventive Medicine (Cont'd from Page 1)

and education at a hospital in Utah. She told me that diabetes has been spreading at a faster rate than ever.

And worse, this problem is reaching down and affecting the youngest and most helpless in our society—our children.

But we can fight back against diabetes in the first place, if we practice preventive medicine. It's really a new concept. Let's not

wait and treat diseases, let's prevent them in the first place.

To my mind right now, the best preventive agent out there is chocolate. The science behind dark chocolate—actually unprocessed cocoa—shows that chocolate has amazing disease-prevention properties.

But perhaps the best thing about chocolate is that it's something that people will eat, where they

just won't take pills.

For these reasons, and the science behind it, I believe that chocolate—containing at least 75% cold-pressed cocoa powder—can play an important role in preventive medicine.

Dr. Warren is a board-certified physician in family medicine, as well as in hospice and palliative medicine. He is also a Fellow of the American Professional Wound Care Association, and the founder of the Foundation for Flavonoid Research. He is currently the Medical Director of ten different nursing homes. Dr. Warren is married with seven children.

Obesity Is an Epidemic Among our Children

It's not baby fat. It's not cute. Childhood obesity is on the rise in the United States, and it's a trend that is reaching epidemic levels. Today, one out of every three children is overweight, a statistic that has doubled in the past thirty years, and is likely to double again much more rapidly.

The social and economic impact of obesity in our children is poten-

tially devastating to economies and health care systems; and the blame will lie squarely on the shoulders of the adults who should have known better.

Fortunately, there is still time to help our kids learn better habits, and here are just a few suggestions:

Replace sugar-filled highly proc-

essed breakfast cereals with whole-grain alternatives. Introduce more balance into your family diet.

Start a habit of exercising daily... even a 20-minute walk around the neighborhood helps. Spend more time in family activities and turn off the TV, reduce trips to the fast-food chains.

White Noise Is Like a Day Spa for the Ears

Having a hard time concentrating in the office? Trying to finally read that novel at home, but the kids are making a racket? Need something (other than a good stiff drink) to relax before you nod off to sleep?

Maybe you need to crank up the noise. What we're talking about is called "white noise."

If you've ever listened to white noise, you know it sounds a lot like ocean waves, rain, or even rustling forest leaves. In fact, many people use fans or portable air conditioners as a substitute for more expensive white noise machines sold in retail stores.

White noise has been credited with many beneficial effects, including relaxation, better concentration, quicker and deeper rest,

and even as a means to alleviate symptoms of migraines or tinnitus. The following are a few places where you can get some white noise of your own:

Simplynoise.com
Noiserelief.com
iSerenity.com
BabyWhiteNoise.com
WhiteNoise app for the iPhone

Chocolate: Sugar High or Self-Medication?

Nine out ten people like it; four out of ten people crave it. In fact, in the time it takes you to read this article, more than 200,000 people will have eaten chocolate somewhere in the world.

What is it about chocolate that makes people rave, crave, and be a slave to it? Some will blame it on the caffeine that chocolate is reported to contain. Others will blame it on the high sugar content. But few people realize that chocolate—real chocolate—is a

complex whole food that contains more than 300 different chemicals, many of which have been proven scientifically to have a beneficial effect on mood.

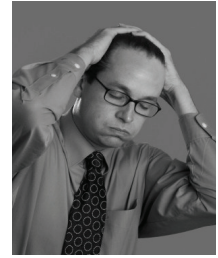
Chocolate contains phenylethylamine (PEA) and anandamide, both known to enhance mood and induce euphoria in the brain.

Despite the positive effects of chocolate, most nutritionists caution against making the sweet a

staple of your diet—or a prescription against depression.

If you are going to eat chocolate regularly, make sure it is a dark chocolate that is high in cocoa content. Also check to be sure your chocolate doesn't contain highly processed sugars.

'Bitter is better' as the saying goes, but even dark chocolate is a sweet treat when you're feeling blue.



A study published in the *British Journal of Psychiatry* noted that almost half of people suffering from depression had cravings for chocolate; most of those said that chocolate improved their mood, and made them less anxious and irritable.

Eat More (Often) to Lose Weight

Anyone can tell you that the keys to weight loss are eating less and exercising more. There's no magic pill.

Successful calorie reduction lies in curbing hunger pangs and cravings, while keeping blood sugar levels as stable as possible throughout the day. Once you eat highly processed flours or sugars, your blood sugar levels spike, followed

by the inevitable sugar "crash" and even stronger cravings. It's a difficult cycle to break.

Over the years, nutrition experts have found that eating five or six small meals throughout the day provides several benefits.

More frequent meals reduce cravings, keep blood sugar levels more stable, and even tend to boost the

body's metabolism—an added bonus.

Just remember that we're talking about eating small meals more frequently. Be careful your overall calorie count remains optimal for your weight loss plan.

Book Review—Eating Well for Optimal Health

Eating Well for Optimal Health
by Andrew Weil, MD

Hippocrates is known for saying, "Let food be your medicine, and let medicine be your food." In modern society, it seems we have twisted this wisdom into, "let medicine try and fix you after you've eating too much of the wrong kinds of food."

In *Eating Well for Optimum Health*,

"America's best-known doctor" and wellness guru Dr. Andrew Weil states the case that healthy eating not only makes sense, it can also be an enjoyable part of life.

One of Dr. Weil's basic propositions, in fact, is that healthy food and pleasurable food are not mutually exclusive. In his book, Dr. Weil evaluates several different types of popular diet plans from

both a nutritional and practical perspectives. In other words, if a diet isn't enjoyable, chances are it isn't sustainable, either.

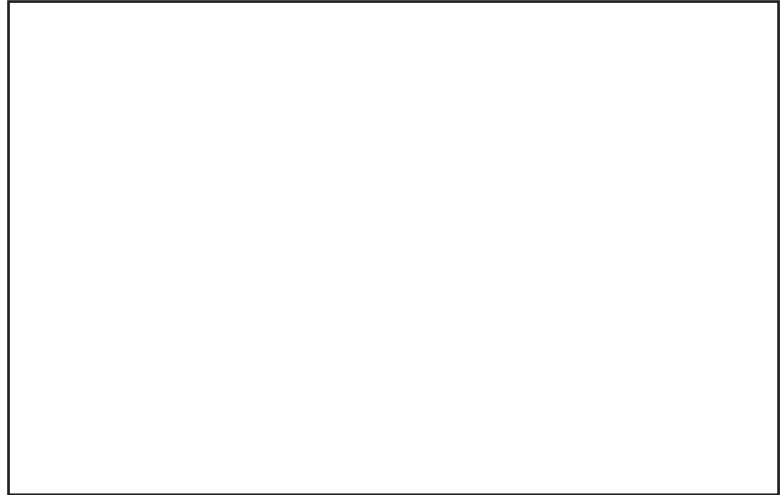
Eating Well for Optimum Health is certainly not a weight-loss book, but it does offer a rational argument for adopting a healthy, sustainable approach to food and wellness.



Dr. Weil recommends the Mediterranean diet as one that best matches an optimal eating plan.

"Eating dark chocolate can help reduce weight. According to studies at the Department of Human Nutrition at LIFE University of Copenhagen, dark chocolate lowers the cravings for sweet and fatty foods."

The Healthy Chocolate Report is brought to you by:



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The Healthy Chocolate Report is for information and entertainment purposes only. These statements have not been evaluated by the FDA, and should not be construed as individual medical advice. Always counsel with your personal physician before making any changes to prescription medications, diet or exercise regime.



Modern life contributes to even greater stress on the immune system. Antioxidants in cocoa can keep us healthy.

Antioxidants... (Cont'd from Page 1)

The problem is that in today's society, we are exposed to more influences that cause free-radical creation than at any time in history. Pollution, financial stress, emotional stress, poor diet, noise, and more. The end result is that we have more free radicals running through our bodies than our natural defenses can handle.

We need help. And that's where antioxidants come into the picture.

Antioxidants are chemicals that effectively neutralize free radicals in the body.

Statistics show that even a modest intake of antioxidants can substantially reduce the risk of numerous health conditions.

So, where can we find antioxidants? The answer to that question is as close as the fresh produce section of your grocery store: fruits, berries, vegetables and nuts are all great sources of antioxidants.

Surprisingly, dark chocolate—mainly in the form of unprocessed cocoa—is one of the greatest sources of antioxidants found anywhere on Earth.

Dr. Chang Y. Lee, chairman of the Department of Food Sciences and Technology at Cornell University, reported that his research team discovered cocoa provides twice the level of antioxidants as red wine, and three times the amount of green tea.

“Chocolate is a terrific antioxidant,” says Steven ‘Dr. Chocolate’ Warren MD, “but be sure to avoid milk chocolate. Eat dark chocolate with a high cocoa content and as little processed sugar as possible.”