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The Healing Powers Of Chocolate (Paperback)

By Cal Orey

Kensington Publishing, United States, 2017. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. DISCOVER THE AMAZING POWERS OF CHOCOLATE! 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,...

Reviews

This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).

-- Scottie Schroeder DDS

Excellent e book and beneficial one. It is rally fascinating throug reading through time period. You are going to like how the author publish this ebook.

-- Prof. Triston Smitham V