

# Healthy Chocolate...

## Indulge *Guilt-Free* in the "Food of the Gods"

For centuries chocolate has received adoring attention. The plant's botanical name, *Theobroma cacao*, literally means "food of the gods" and many people would agree! It has provided pleasure, health and wealth in the Rainforest regions for millennia.

Chocolate has a history as rich as it's taste! It is a pleasure of the earth, an experience like nothing else, a total delight! Science shows us that the flavor is a natural elixir of 1,200 different substances where none dominates but rather synergistically create the original and unduplicated taste proving that *medicine doesn't have to be unpalatable to be good for you.*

So, is chocolate healthy? According to *healthcentral.com*, high quality organic dark chocolate may indeed have solid physiological benefits. The polyphenols, procyanidins and catechins appear to have antioxidant properties that may reduce the risk of heart attacks, strokes and cancer. UC Davis scientists report, "Regular intake of cocoa may contribute to a lower thrombotic (blood clot) risk." Consumption of quality cocoa, rich in flavonoid, may be associated with the modulation of nitric oxide, a compound critical for supporting healthy blood pressure, opening up the arteries to increase blood flow, maintaining elasticity and preventing platelets from adhering to artery walls. (1)

In addition, chocolate may reduce oxidation of dangerous LDL cholesterol. In moderation it has been shown to increase longevity (2) and we all know the active mood-altering effects of this favorite treat. It acts as a mild aphrodisiac as well as helps fight depression. Scientists at the Neurosciences Institute in San Diego discovered that biologically active ingredients of chocolate also target a substance in the brain known to produce "internal bliss," one of the most common reasons for eating chocolate. (3)

And, good news for women! The high magnesium content in cocoa has been shown to help with premenstrual symptoms justifying the natural craving for chocolate at that time of the month.

NOT ALL CHOCOLATE IS CREATED EQUAL! In today's chocolate market, only 2/10ths of 1% of the chocolates are organic. Most mass processed chocolates combine refined sugar, artificial flavors and cheap high cholesterol polyunsaturated fats and hydrogenated

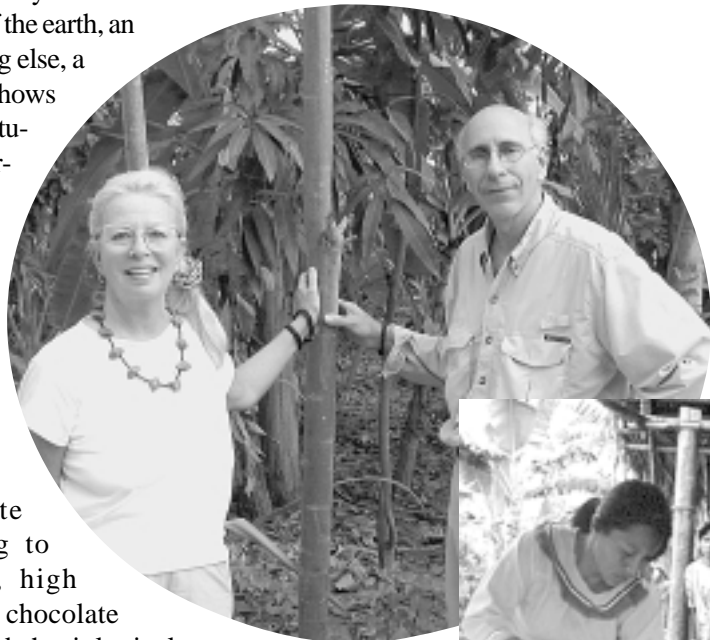
no vegetable oil, offering more healthy benefits.

Amazon Herb Company, a cutting-edge health enterprise, introduced this fabulous chocolate product, Chocamaca™ to the Jacksonville market. Fortifying organically grown dark chocolate with wild-crafted Rainforest Herbs. This tasty treat offers a healthy chocolate indulgence with natural herbs which add endocrine system support (hormone balance), blood sugar balance, athletic endurance, and immune system enhancement. Harvested in the Amazon, camu camu has more vitamin C than any other natural plant in the world known today (4) And the high-altitude grain from Peru adds additional protein and amino acids to each tasteful bite.

NOW you can enjoy the taste of chocolate, guilt-free (only 30 calories and healthy) and you can feel good about your chocolate habit because each bit contributes directly to Rainforest preservation.

Need to fulfill your chocolate fix? Try Chocamaca™ and make a profound difference in your health as well as the planet's ecology.

Further, 10% of the company's net profits are returned to the indigenous people of the



oils. Their final product is only 10 to 20% authentic and mostly "chocolate filled" which has much higher fat, calorie and unnatural, unhealthy additives.

Pure organic premium chocolate is 50 to 70% cocoa solids and contains natural sugar, and

Amazon Rainforest.

- (1) [Nutraingredients.com](http://Nutraingredients.com)
- (2) (3) [Healthcentral.com](http://Healthcentral.com)
- (4) [Well Being Journal](http://WellBeingJournal.com) (Sept./Oct.)



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### THAT MAKES A DIFFERENCE!

- **Healthy, Organic Chocolate**
- **Exotic & Delicious Amazon Tea**
- **Sweet, No-calorie Stevia**
- **Rainforest Preservation 2003 Calendar**
- **And Other Surprises!**

For more information on Chocamaca™, contact Dr.'s Mariellen and Bruce Kristol at Amazon Herbs... 739-5808.