# CHOCOLATE UNWRAPED

THE SURPRISING HEALTH BENEFITS AMERICA'S FAVORITE PASSION



ROWAN JACOBSEN

Ronald Ross Watson, Victor R. Preedy, Sherma Zibadi

The Healing Powers of Chocolate Cal Orey, 2012-03-01 Boost your immune system with antioxidants lower your risk for the flu cancer diabetes heart disease and more with ordinary everyday ingredients you can find at home and make healthy green choices in today s fast changing world From the author of The Healing Powers of Vinegar a guide to the health benefits of chocolate featuring recipes and remedies Did you know Known as Mother Nature's food of the gods the medicinal benefits of chocolate were recognized as far back as 4 000 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 Can dark chocolate boost brain power This book shows you how regular intake of antioxidant rich cacao foods is likely to do just that and more Ray Sahelian MD author of Mind Boosters **Chocolate Unwrapped** Rowan Jacobsen, 2003 Detailing the positive physical and psychological effects of chocolate this book explores its colorful history botany and chemistry Explaining the science behind chocolate common myths about chocolate that it causes acne allergies migraines and hyperactivity are dispelled and its benefits tanning in chocolate actually help prevent cavities are revealed Providing medical information relating to chocolate s high antioxidant levels and beneficial effects in terms of heart disease cancer aging stroke and Alzheimer s disease the book also includes information regarding chocolate s mental health benefits. The included recipes provide a multitude of healthy ways to eat chocolate from flourless chocolate cake to Mexican mole and a comprehensive list of resources shows chocolate lovers where to find the best quality chocolates around the world The Chocolate Therapist Julie Nygard, 2018-11-27 An updated edition to a classic book about the amazing benefits of everyone s favorite food Chocolate Dark chocolate sales are on the rise as people embrace the concept that chocolate can truly be good for them But how do they know what to eat how much and which kinds are the best The Chocolate Therapist answers these questions and more This book has everything a person needs to know to select the best chocolate for health Both informative and entertaining it includes alphabetized ailments each with a chocolate recommendation followed by supporting research as to how and why it helps the body The Chocolate Therapist also includes a collection of chocolate necessities Wine chocolate pairing section with over 40 wines and three chocolate pairings for each wine Wine aroma and chocolate flavor wheels to

help readers discovers new flavors and combinations in both the wines and the chocolates The Chocolate Bible A unique compilation of websites chocolate companies international brands and research sites AWhere Do You Hide Your Chocolate section a laugh out loud chapter for anyone who has ever hidden a piece of chocolate Over 60 alphabetized ailments from Alzheimer's to Weight Loss The Chocolate Therapist helps readers discover what author Julie Nygard has known for years The only difference between guilt ridden and guilt free chocolate enjoyment is simply education and this book has it all

The Economics of Chocolate Mara P. Squicciarini, Johan Swinnen, 2016-01-21 This book written by global experts provides a comprehensive and topical analysis on the economics of chocolate While the main approach is economic analysis there are important contributions from other disciplines including psychology history government nutrition and geography The chapters are organized around several themes including the history of cocoa and chocolate from cocoa drinks in the Maya empire to the growing sales of Belgian chocolates in China how governments have used cocoa and chocolate as a source of tax revenue and have regulated chocolate and defined it by law to protect consumers health from fraud and industries from competition how the poor cocoa producers in developing countries are linked through trade and multinational companies with rich consumers in industrialized countries and how the rise of consumption in emerging markets China India and Africa is causing a major boom in global demand and prices and a potential shortage of the world's chocolate **Medicine** Philip K Wilson, W Jeffrey Hurst, 2015-11-06 The Mesoamerican population who lived near the indigenous cultivation sites of the Chocolate Tree Theobromo cacao had a multitude of documented applications of chocolate as medicine ranging from alleviating fatique to preventing heart ailments to treating snakebite Until recently these applications have received little sound scientific scrutiny Rather it has been the reputed health claims stemming from Europe and the United States which have attracted considerable biomedical attention This book for the first time describes the centuries long quest to uncover chocolate s potential health benefits The authors explore variations in the types of evidence used to support chocolate s use as medicine as well as note the ongoing tension over categorizing chocolate as food or medicine and more recently as functional food or nutraceutical The authors Wilson an historian of science and medicine and Hurst an analytical chemist in the chocolate industry bring their collective insights to bear upon the development of ideas and practices surrounding the use of chocolate as medicine Chocolate s use in this manner is explored first among the Mesoamerican peoples then as it is transported to Europe and back into Colonial North America The authors then focus upon more recent bioscience experimental undertakings which have been aimed to ascertain both long standing and novel suggestions as to chocolate s efficacy as a medicinal and a nutritional substance Chocolate s reputation as the most craved food boosts this book s appeal to food and biomedical scientists cacao researchers ethnobotanists historians folklorists and healers of all types as well as to the general reading audience Chocolate Bliss Susie Norris, 2013-08-06 Need more chocolate in your life CHOCOLATE BLISS is a celebration of all things chocolate types and flavors health and beauty benefits

origins baking secrets ecological influences and gifting delights With must have recipes like Fudgey Hearts of Darkness antioxidant rich offerings like Blueberry Cocoa Nib Crumble and luxurious indulgences like Salty Chocolate Body Scrub there s no reason not to treat yourself and your friends to the chocolate life Food and Culture in Contemporary American Fiction Lorna Piatti-Farnell, 2011-07-13 Establishing an interdisciplinary connection between Food Studies and American literary scholarship Piatti Farnell investigates the significances of food and eating in American fiction from 1980 to the present day She argues that culturally coded representations of the culinary illuminate contemporary American anxieties about class gender race tradition immigration nationhood and history As she offers a critical analysis of major works of contemporary fiction Piatti Farnell unveils contrasting modes of culinary nostalgia disillusionment and progress that pervasively address the cultural disintegration of local and familiar culinary values in favor of globalized economies of consumption In identifying different incarnations of the American culinary Piatti Farnell covers the depiction of food in specific categories of American fiction and explores how the cultural separation that molds food preferences inevitably challenges the existence of a homogenous American identity The study treads on new grounds since it not only provides the first comprehensive study of food and consumption in contemporary American fiction but also aims to expose interrelated politics of consumption in a variety of authors from different ethnic cultural racial and social backgrounds within the United **Edible Ideologies** Kathleen LeBesco, Peter Naccarato, 2012-08-13 Edible Ideologies argues that representations States of food in literature and popular fiction cookbooks and travel guides war propaganda women s magazines television and print advertisements are not just about nourishment or pleasure Contributors explore how these various modes of representation reflecting prevailing attitudes and assumptions about food and food practices function instead to circulate and transgress dominant cultural ideologies Addressing guestions concerning whose interests are served by a particular food practice or habit and what political ends are fulfilled by the historical changes that lead from one practice to another in Western culture the essays offer a rich historical narrative that moves from the construction of the nineteenth century English gentleman to the creation of two of today s iconic figures in food culture Julia Child and Martha Stewart Along the way readers will encounter World War I propaganda holocaust and Sephardic cookbooks the Rosenbergs German tour guides fast food advertising food packaging and chocolate and will find food for thought on the meanings of everything from camembert to Velveeta from salads to burgers and from tikka masala to Campbell's soup Chocolate in Health and Nutrition Ronald Ross Watson, Victor R. Preedy, Sherma Zibadi, 2012-08-04 Chocolate in Health and Nutrition represents the first comprehensive compilation of the newest data on the actions of the flavonoids and microorganisms associated with the beneficial effects of chocolate This unique text provides practical data driven resources based upon the totality of the evidence to help the reader understand the basics treatments and preventive strategies that are involved in the understanding of the role chocolate may play in healthy individuals as well as those with cardiovascular disease diabetes or neurocognitive declines Of equal

importance critical issues that involve patient concerns such as dental caries and food preferences in children potential effects on weight gain addiction and withdrawal are included in well referenced informative chapters. The latest research on the role of chocolate in normal health areas including mood pain and weight management cardiovascular disease and related conditions are presented Chocolate in Health and Nutrition provides health professionals in many areas of research and practice with the most up to date well referenced and comprehensive volume on the current state of the science and medical American Book Publishing Record, 2004 **Library Journal** Melvil Dewey, Richard Rogers uses of chocolate Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately Chocolate: Healthfood of the Gods Phillip Minton, 2011-06-02 A few years ago the mounting scientific evidence attesting to the health benefits of pure chocolate began to be made known to the general public Books magazine articles and television guest appearances by experts on chocolate science have steadily convinced us that chocolate can be healthy This book details the lore legend and medical truths now known to science as seen from the perspective of a physician revealing how and why pure chocolate is wholesome and healthy It reviews the many and often surprising health benefits of eating chocolate It augments the facts with references to the scientific research for each major topic This practical guide to the uses of chocolate as a health food will serve a valuable resource for everyone who wants to have their cake and eat it too who wish to enjoy the seemingly sinful pleasures of dining on chocolate while simultaneously improving their health and well being **Chocolate - A Healthy Passion** Shara Aaron, 2010-04-06 Luscious photography and enticing recipes bring the appreciation for chocolate to a new level Aaron and Bearden are leading nutritionists who were among the first to communicate the exciting news that dark chocolate may enhance health

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