

Taking Chocolate To Heart For Pleasure And Health Nca

From the bestselling author of *Shred* *The Take-Control Diet* aims to make you the expert on your body. Dr. Ian Smith delivers the final word on dieting for the fad-weary reader who wants the truth about permanent weight loss. *The Take-Control Diet* explains the real science of how your body manages energy, why crash diets and trendy programs sabotage your chances of success, and how you can get off the yo-yo ride forever. Dr. Smith offers a diet and exercise program that allows you to eat without feeling deprived, or adopting an entirely specialized diet, and that helps you use both anaerobic and aerobic exercise for maximum weight loss results. He explains how to calculate your own individual food-and-exercise equation in order to lose the ideal amount of weight per week. *The Take-Control Diet* equips you with the facts so that you can approach your health and fitness goals psychologically fortified for the task. Understanding common myths about dieting will give you the knowledge you need to resolve your weight issues for good. Did you know that, contrary to the recommendations of many popular diets, eating too much protein could seriously damage your health? That it is impossible to convert fat to muscle? That starving yourself slows your metabolism and causes your body to store energy as fat? That no foods appreciably increase your metabolism? That chronic, yo-yo dieting makes weight loss increasingly difficult? Dr. Smith explains the causes of overweight, the health concerns of dieting, how metabolism and genetics factor in to weight control, and what you can do to work with, rather than against, your body's processes. Many diets dictate a program that might work—if it works at all—only as long as you can adhere to radical and unnatural habits. *The Take-Control Diet*, instead, equips you to design your own eating and exercise plan—one that accommodates your preferences, your daily routine, and your particular weight loss hurdles. Losing weight will not only help you look your best but also reduce your risk of heart disease, diabetes, and cancer—in addition to improving your overall energy level and ability to fight illness. Dr. Smith offers a plan, based on extensive research and his personal work with patients, that respects your intelligence and empowers you to win the battle with overweight. *The Take-Control Diet* is one hundred percent free of unrealistic promises, poor science, and far-fetched gimmicks—and one hundred percent yours for life.

Nicole Michelin avoids airplanes, motorcycles, and most of all, Japan, where her parents once were missionaries. Something happened in Japan...something that sent Nicole and her father back to America alone...something of which Nicole knows only bits and pieces. But she is content with life in little Mount Olive, North Carolina, with her quirky relatives, tank of lively fish, and plenty of homemade pineapple chutney. Through her online column for the *Pretty Fishy Web* site, she meets Harrison Michaels, who, much to her dismay, lives in Japan. She attempts to avoid him, but his e-mails tug at her heart. Then Harrison reveals that he knew her as a child in Japan. In fact, he knows more about her childhood than she does...

Aventurine is a brave young dragon ready to explore the world outside of her family's mountain cave . . . if only they'd let her leave it. Her family thinks she's too young to fly on her own, but she's determined to prove them wrong by capturing the most dangerous prey of all: a human. But when that human tricks her into drinking enchanted hot chocolate, she's transformed into a puny human without any sharp teeth, fire breath, or claws. Still, she's the fiercest creature in these mountains--and now she's found her true passion: chocolate. All she has to do is get to the human city to find herself an apprenticeship (whatever that is) in a chocolate house (which sounds delicious), and she'll be conquering new territory in no time . . . won't she? A classic fantasy with terrific girl power, perfect for fans of Shannon Hale and Jessica Day George. Praise for *Kat*, *Incorrigible* *Bank Street Best Books of 2012* *A Spring 2011 Kids' Indie Next pick* *A 2012 ALA/ALSC Notable Children's Book* *A Top 40 Pick for the Pennsylvania School Librarians Association*

From nationally-lauded San Francisco chocolate maker, Dandelion Chocolate, comes the first ever complete guide to making chocolate from scratch. From the simplest techniques and technology—like hair dryers to rolling pins—to the science and mechanics of making chocolate from bean to bar, *Making Chocolate* holds everything the founders and makers behind San Francisco's beloved chocolate factory have learned since the day they first cracked open a cocoa bean. Best known for their single origin chocolate made with only two ingredients—cocoa beans and cane sugar—Dandelion Chocolate shares all their tips and tricks to working with cocoa beans from different regions around the world. There are kitchen hacks for making chocolate at home, a deep look into the nuts, bolts, and ethics of sourcing beans and building relationships with producers along the supply chain, and for ambitious makers, tips for scaling up. Complete with 30 recipes from the chocolate factory's much-loved pastry kitchen, *Making Chocolate* is a resource for hobbyists and more ambitious makers alike, as well as anyone looking for maybe the very best chocolate chip cookie recipe in the world.

When Summer Corey takes over ownership of the Parisian restaurant where chef Luc Leroi works, their workplace clashes turn into private passions. Original.

The Mesoamerican population who lived near the indigenous cultivation sites of the "Chocolate Tree" (*Theobroma cacao*) had a multitude of documented applications of chocolate as medicine, ranging from alleviating fatigue 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.

Love chocolate? . . . Need a good laugh? Who doesn't? Find mirth and spiritual refreshment in Heavenly Humor for the Chocolate Lover's Soul, featuring devotional readings drawn from fellow chocolate fanciers. Seventy-five readings will make you laugh, chuckle, chortle, and snicker. And every reading points you to the heavenly Father who knows all about you—and loves you completely.

The bestselling phenomenon and inspiration for the award-winning film. Earthy, magical, and utterly charming, this tale of family life in turn-of-the-century Mexico blends poignant romance and bittersweet wit. This classic love story takes place on the De la Garza ranch, as the tyrannical owner, Mama Elena, chops onions at the kitchen table in her final days of pregnancy. While still in her mother's womb, her daughter to be weeps so violently she causes an early labor, and little Tita slips out amid the spices and fixings for noodle soup. This early encounter with food soon becomes a way of life, and Tita grows up to be a master chef, using cooking to express herself and sharing recipes with readers along the way.

There are two things twenty-nine-year-old Jackie Donovan asks God for: an honest, wonderful man to marry, and to own a bed-and-breakfast in the Outer Banks region. In the meantime, Jackie works for Lighthouse Views magazine, writing articles about other local business owners, and intrepidly goes on the blind dates set up by her well-meaning but oh-so-clueless relatives. There's one specific property Jackie dreams of purchasing: the Bailey Place, a fabulous old home where Jackie spent many happy childhood afternoons, a place that has now fallen into disrepair because of its outrageous price tag. When Jackie meets handsome Davis Erickson, who holds the key to the Bailey Place, Jackie is sure God has answered both her prayers. But as Jackie learns some disturbing details about Davis's past, she begins to question her own motivation. Will she risk her long-held dreams to find out the truth?

The word "chocolate" is said to be derived from the Mayan word "xocoatl." In fact, the Mayans, who occupied the Yucatan Peninsula in Mexico starting in the 3rd century, were the first people to unlock the secrets of cacao seeds to make chocolate paste. In this ebook, you'll find helpful tips on: -Master The Art Of Making Chocolate With These 6 Tips -The Secrets To Finding World Class Tools For Your Making Chocolate Quickly -The Ultimate Secret Of Making Chocolate That The Whole Family Will Love -And More

Even as you read these words, there are women just like you stepping up and making a difference in their communities, making our world a better place to live. Three such exceptional women have been selected as recipients of Harlequin's More Than Words award. To celebrate their accomplishments, three bestselling authors have written short stories inspired by these real-life heroines. Debbie Macomber touches the heart in What Amanda Wants—a young woman's story of strength and courage in the face of seemingly insurmountable odds. Brenda Novak's Small Packages shows us how the love of a very special baby boy helps two people get past their pain and embrace a hopeful future...together. Meryl Sawyer explores the importance of creating balance in our lives, stopping to smell the roses and making time to chase our dreams in Worth the Risk.

The safe and trusted way to prevent and reverse heart disease Written in plain English and packed with tons of authoritative advice, Preventing & Reversing Heart Disease For Dummies includes the most up-to-date information on coronary heart disease and its treatment. This resource covers new ways to diagnose and treat both short- and long-term complications of heart disease, the latest medications, updated diet and exercise plans, the lowdown on recognizing the risk factors and warning signs of a heart attack, determining if you have heart disease, distinguishing between angina, heart attack, and stroke, and much more. It is projected that by the year 2020, heart disease will be the leading cause of death throughout the world. As the magnitude of cardiovascular diseases continue to accelerate globally, the pressing need for increased awareness and a stronger, more focused national and international response has become more important than ever. Preventing & Reversing Heart Disease For Dummies tackles this vital subject with compassion and authority, outlining the steps you can take to help ensure you don't become just another statistic. Helps you find the right doctor and handle a managed care plan Covers all thirteen types of heart disease and discusses the key differences that may determine their progression and treatment Illustrates how simple changes in diet may be enough to prevent heart disease Shows how you can reverse some of the effects of heart disease through exercise If you're suffering from or are at risk of heart disease—or love someone who is—Preventing & Reversing Heart Disease For Dummies empowers you to take control of heart health and get on a path to a longer, healthier life.

A deliciously illustrated historical tour of England's "chocolate city." In the nineteenth century, York was renowned for confectionery—particularly chocolate. Treats like Kit Kat, Fruit Gums, All Gold, and Butterkist were made by York companies Rowntree's, Terry's, and M.A. Craven and Son. This new book is the first to chart the history of chocolate and confectionery manufacture and marketing by York companies, from their origins in the eighteenth century through to recent takeovers by Nestle, Tangerine, and Kraft. Revolutionary new products such as Easter eggs in the 1870s and chocolate assortments in the 1890s are covered—along with such crucial turn-of-the-century developments as milk chocolate and the chocolate bar. The significance to the industry of the Quaker movement is discussed, along with an examination of the impact of the world wars and the intervening depression. Fully illustrated throughout, this book provides both an enlightening view of the chocolate industry—from production, quality control, distribution, and marketing to packaging, design, and branding—as well as a tasty morsel of British history.

Cocoa and chocolate are the subjects of much research in the fields of food chemistry, food technology, and health science. We now know that cocoa contains a remarkable number of bioactive compounds, and these are being tested in humans to verify their disease prevention characteristics. This state of the art text thoroughly explores the different aspects of the relationship between chocolate and health.

After introductory discussion of the historical background, careful attention is devoted to technological developments designed to improve the health-giving qualities of chocolate and biochemical and clinical trials of cocoa and its components. Various health impacts of cocoa and chocolate are thoroughly evaluated, including acute vascular effects and effects on blood pressure, blood lipids, and platelets.

Psychological drivers of chocolate consumption and craving are also considered. Readers will find this book to be a rich source of essential information on cocoa and chocolate, their purported health-giving qualities, and the advances that are being made in this area.

For most Americans, candy is an uneasy pleasure, eaten with side helpings of guilt and worry. Yet candy accounts for only 6 percent of the added sugar in the American diet. And at least it's honest about what it is—a processed food, eaten for pleasure, with no particular nutritional benefit. So why is candy considered especially harmful, when it's not so different from the other processed foods, from sports bars to fruit snacks, that line supermarket shelves? How did our definitions of food and candy come to be so muddled? And how did candy come to be the scapegoat for our fears about the dangers of food? In

Candy: A Century of Panic and Pleasure, Samira Kawash tells the fascinating story of how candy evolved from a luxury good to a cheap, everyday snack. After candy making was revolutionized in the early decades of mass production, it was celebrated as a new kind of food for energy and enjoyment. Riding the rise in snacking and exploiting early nutritional science, candy was the first of the panoply of "junk foods" that would take over the American diet in the decades after the Second World War—convenient and pleasurable, for eating anytime or all the time. And yet, food reformers and moral crusaders have always attacked candy, blaming it for poisoning, alcoholism, sexual depravity and fatal disease. These charges have been disproven and forgotten, but the mistrust of candy they produced has never diminished. The anxiety and confusion that most Americans have about their diets today is a legacy of the tumultuous story of candy, the most loved and loathed of processed foods. Candy is an essential, addictive read for anyone who loves lively cultural history, who cares about food, and who wouldn't mind feeling a bit better about eating a few jelly beans.

Prize-winning novelist describes her journey from Paris to Spain. She tells of her experiences as a modern pilgrim, exploring new places, relishing the food, and appreciating the scenery, architecture and company along the way. Provides detailed descriptions of many dishes with accompanying recipes. Includes a bibliography and an index to the recipes. The author's other publications include 'Eat My Words', 'Wishbone' and 'Lovers' Knots' which won the 'Age' Book of the Year Award, the ACT Book of the Year Award, the 3M Talking Book of the Year Award and the Nita B Kibble Literary Award.

Like most men today, you're probably busy trying to juggle family and job responsibilities. Maybe you are career focused or are trying to spend quality time with your children. Maybe you are trying to be a good husband or are committed to a serious relationship. Perhaps you have other interests that consume a part of your time. At the end of the day, maybe you just didn't have enough time to focus on the most important responsibility that you should be committing yourself to - your own health! If we told you that improving your heart health might help your career or strengthen your relationships or even improve your sex life would you be interested? Developing a healthy lifestyle can help you live longer and better. Take a little time to read our book. We'll teach you some simple things that maybe you didn't know that just might save your life.... Margie Latrella and Carolyn Strimike are cardiac nurse practitioners specializing in the prevention of heart disease and stroke. They have over 40 years of combined nursing experience in Cardiology. The main goal of their work is to counsel, motivate and empower people to adopt healthy lifestyle choices!

A food journalist tackles one of the world's most popular narcotics--chocolate--in search of the biological, historical, and social reasons why this substance has so tantalized humans the world over.

Children working the cocoa plantations for Americas chocolate. Would you ever dream of such abuse happening to five-year-old boys and girls, children being worked worse than animals on the cocoa plantations to get the cocoa bean, the main ingredient in chocolate, to America. The cocoa beans are covered with the blood, sweat, and tears of five-year-old children sold for slave labor to work on the cocoa plantations. Everyone has limited freedoms, even in America. We protect our children. They dont have to work on cocoa plantations like five-year-old children in Africa. What should we do about the children who are being abused? Laws are in place. The International Labor Organization, Convention laws, and the Convention of the Rights of the Child, these laws are not being enforced. American people want chocolate but are not aware of the abuse taking place on the Ivory Coast of Africa and Ghana, where 60 percent of the cocoa beans in the world are produced on the cocoa plantations. The cocoa plantations on the Ivory Coast of Africa and Ghana are noted as being the worst form of child slavery in the history of the world. Five-year-old children are working one hundred hours a week. Children are sold into slavery and will never have a childhood or education. Children working to get cocoa beans to America so the chocolate industries can produce chocolate while ignoring the laws in place. Five-year-old children are being raped, sodomized, beaten with bike chains, and possibly murdered trying to escape the cocoa plantations? Chocolate is a trillion-dollar industry. Five-year-old children are being used as child sex slaves, in sex trafficking, and organ trafficking? Why, America, why? Please help the children!

Clinical studies show that cardiovascular intervention does not prevent heart attacks or prolong life in stable patients with coronary artery disease . . . so why are more than 1.5 million angioplasties and coronary bypass surgeries done annually in the United States alone? In The Great American Heart Hoax, esteemed cardiologist Michael Ozner, author of The Miami Mediterranean Diet, reveals groundbreaking truths about what actually helps prevent and reverse heart disease and what isn't worth the money or risk. Discover disturbing realities from a cardiologist about the billion-dollar cardiovascular intervention industry. While a minority of patients may benefit from surgery, Ozner uncovers that the majority can employ much simpler methods, such as diet, exercise and medical therapy, to achieve better results—without stents or surgery. Most important, The Great American Heart Hoax provides a 10-step program to improve your heart health and reduce your risk of heart disease.

Equipping you to go deeper into God's Word, The Study Bible for Women is the most comprehensive study Bible ever prepared for women and by women. In this one-volume library of resources, authors trained in biblical studies and the original languages of Scripture provide an incomparable study experience to reveal the meaning, context and applications for the text of Scripture.

Aventurine is the fiercest, bravest kind of dragon, and she's ready to prove it to her family by leaving the safety of their mountain cave and capturing the most dangerous prey of all: a human. But when the human she captures tricks her into drinking enchanted hot chocolate, she finds herself transformed into a puny human girl with tiny blunt teeth, no fire, and not one single claw. She's still the fiercest creature in these mountains though – and now she's found her true passion: chocolate! All she has to do is walk on two feet to the human city, find herself an apprenticeship (whatever that is) in a chocolate house (which sounds delicious), and she'll be conquering new territory in no time ... won't she? Wild and reckless young Aventurine will bring havoc to the human city – but what she doesn't expect is that she'll find real friendship there too, along with betrayal, deception, scrumptious chocolate and a startling new understanding of what it means to be a human (and a dragon). A pinch of Ella Enchanted, a sprinkling of How to Train your Dragon and a generous helping of Eva Ibbotsen –The Dragon with a Chocolate Heart is entirely delicious.

This is the first encyclopedia to help the general reader understand the myriad components of what sustains us: the food and drink industries.

Packed with 150 of the world's tastiest chocolate experiences, from South America to Europe to Australia, this globetrotting guide features master chocolatiers and artisan producers, exotic cocoa plantations and must-visit shops, plus illustrated spreads on the history, production and science of chocolate making.

Treat yourself to 77 true stories that celebrate life and capture the essence of what it means to be a woman. Like chocolate, these stories soothe, satisfy, and delight -- better yet, they're good for you! Written by and for women, here are heartfelt insights on commitment, compassion, work, marriage, friendship, motherhood, love, courage, spirituality, passion, and dozens of other topics. Contributors share their most personal experiences -- funny, poignant, powerful, and uplifting -- as they inspire you to jump-start your own life, discover your talents and vocations, overcome old fears, find love, and let your dreams take flight. Like a box of chocolates, this book can be enjoyed in one sitting, or you can pick out treats at random and savor them one at a time. Whether you want a good laugh or need a good cry, the perfect "chocolate story" is right here, waiting for you!

Updated with new chapters on the environmental and geopolitical impact of cacao production and the latest health findings, a visual reference incorporates new photography and 30 original or revised recipes for chocolate foods ranging from the sweet to the savory.

Eat Chocolate, Lose Weight is a game-changing look at the world's most surprising (and luscious) health food: chocolate. Based on new groundbreaking research and the amazing results of his clients, who have lost more than 100 pounds, nutritionist and neuroscientist Dr. Will Clower dispels the myth that chocolate is just a "junk food" by revealing how this succulent food contains healthy antioxidants that can actually help you lose weight. All you have to do is take the Chocolate Challenge: an 8-week plan that reveals which type of chocolate is the healthiest and exactly how you should be eating it to maximize all of its surprising health benefits, including: - Weight loss of up to 20 pounds in 8 weeks - Reduced food cravings and appetite - Prevention and reversal of diabetes - Improved dental health - Significant improvement in blood pressure - Enhanced energy levels (up to 50%!) - Increased skin moisture and UV protection - And more! With Eat Chocolate, Lose Weight, Dr. Clower is finally bringing his incredibly successful-and delicious-plan to chocolate lovers everywhere!

"You'll understand when you grow up." "Just wait until you have kids." "Well, when I was a kid..." "Just do as I say." "You're going to thank me for this someday." Gap: a space between two people or things; a hole or space where something is missing. (Merriam-Webster) Generation Gap: the difference in opinions, values, etc. between young and older people. (Merriam-Webster) Generation gaps are timeless. The first one was probably between Adam and Eve and their sons Cain and Abel. Occasionally, this gap is used to transmit wisdom from one generation to the next as it was intended. Solomon, possibly the wisest man who ever lived, gave us a whole book of the Bible called Proverbs for the purpose of bridging the wisdom gap between his generation and the next. But even after writing 9,921 profound words, the next generation ended up a divided nation and eventually were conquered. So apparently, a lot of wise words from a really smart guy is no guarantee that one generation will listen and learn from their predecessors. But that didn't stop this author from trying. Instead of just shaking his head and saying, "Kids today!" Larry has consolidated his thoughts and observations of life into a set of "ramblings," sometimes "tongue in cheek," often humorously, but always with the intent to "pass on" practical insights and attitudes to his offspring. Larry admits his error in realizing his duty to "pass on" vital life or death truths came late in his life, but better late than never. This plain, ordinary old dad extols readers to learn from him and to determine to begin their own set of "ramblings." Our original Father even commands us to "pass it on" in Deuteronomy 6:6. Who knows, there may be some people still willing to listen to "an old codger." "Tidings of Joy: Moving to Sweetwater will mean a fresh start for Chance Taylor. Falling for his landlord, Tanya Bolton, can't be part of that new beginning. Not with the secret he holds heavy in his heart. But as Chance helps the hardworking single mother and her special-needs daughter find joy during the holiday season, he just may get the gift of a lifetime"--Page 4 of cover.

With the mission to "lay naked before the world the true meaning of chocolate," David Wolfe and Shazzie present a spirited and unconventional history, materia medica, and recipe book for the world's most pleasurable food: chocolate. This book describes the wonders of cacao--where it comes from, how it is processed, its three varieties, and its origins and role in pre-Columbian cultures of the Americas. It explains the scientific properties and health benefits of chocolate, and elaborates how you will lose weight, soothe your heart, double your joy, increase your sensuality, nourish your intellect, and attract prosperity by eating it! In contrast to most books about chocolate, this one focuses on the raw cacao bean, or "naked" chocolate. Of course, this chocolate manual wouldn't be complete without a step-by-step guide on what to do with the cacao beans, and over sixty original and mouthwatering chocolate recipes guaranteed to enhance your life.

Cupid's Little Helpers UNEXPECTED GUARDIAN... Alexandra Reynolds thought Willie was the most adorable male to come into her agency in years. And when the towheaded tyke's mother suddenly disappeared, Alex found herself his unexpected guardian. But then Chase Mainwaring showed up to claim his long-lost nephew and barged right into Alex's life. The ruggedly handsome man had the most amazing eyes—and more charm than was legal. Alex wasn't sure if Chase was Prince Charming or the devil in disguise! But Willie liked him, and soon the little matchmaker had Alex convinced she had lost her heart...and Chase had found it! CUPID'S LITTLE HELPERS... These matchmaking kids come with a happily-ever-after guarantee.

Hot chocolate is not just a children's drink anymore: In recent years it has become a connoisseur's beverage served in trendy coffeehouses and appearing on upscale restaurant dessert menus. What many people think of as hot chocolate, however, is really hot cocoa - a little chocolate flavor with a lot of hot milk. In Hot Chocolate, Fred Thompson offers

50 recipes for serious hot chocolate, made with high-quality milk, dark, or white chocolate; whole milk, skim milk, cream, water, or milk alternatives; and a variety of flavorings, such as peppermint, orange, cinnamon, coffee, liqueurs, peanut butter, and raspberry - even chai tea! The book provides a fascinating history of hot chocolate and lots of useful tips on how to make fabulous hot chocolate, which kinds of chocolate to use, and how to garnish the drinks, plus bonus recipes for homemade marshmallows and perfect whipped cream. There is also a chapter on preparing high-quality homemade hot chocolate mixes that can be given as gifts. With stylish full-color photos showcasing sumptuous variety, the IACP award-nominated Hot Chocolate is a great gift for anyone who loves chocolate.

Have high blood pressure? Try a square of dark chocolate. Worried about cardiovascular disease? Snack on some dark chocolate chips. From the time of the Aztec Indians, the cocoa bean has been cherished as a "food of the gods." They may have been on to something because in this book, George Rapisarda shows how dark chocolate contains powerful flavonoids that can help promote heart health. This book is filled with delicious recipes such as that are low in calories and filled with antioxidants coming from dark chocolate.

A Dark History of Chocolate looks at our long relationship with this ancient 'food of the Gods'. The book examines the impact of the cocoa bean trade on the economies of Britain and the rest of Europe, as well as its influence on health, cultural and social trends over the centuries. Renowned food historian Emma Kay takes a look behind the façade of chocolate – first as a hot drink and then as a sweet – delving into the murky and mysterious aspects of its phenomenal global growth, from a much-prized hot beverage in pre-Colombian Central America to becoming an integral part of the cultural fabric of modern life. From the seductive corridors of Versailles, serial killers, witchcraft, medicine and war to its manufacturers, the street sellers, criminal gangs, explorers and the arts, chocolate has played a significant role in some of the world's deadliest and gruesome histories. If you thought chocolate was all Easter bunnies, romance and gratuity, then you only know half the story. This most ancient of foods has a heritage rooted in exploitation, temptation and mystery. With the power to be both life-giving and ruinous.

The Lighter Side of Dark Chocolate Take it to Heart AuthorHouse

Dispelling the myth that chocolate is just a "junk food," Dr. Will Clower uses cutting-edge research to highlight the health benefits of consuming chocolate on a daily basis. Readers will learn how the antioxidants found in chocolate can boost metabolism and how, by eating chocolate in specific ways, they can pull their "sweet tooth" so they eat less sugar and control cravings. Eat Chocolate, Lose Weight features the Chocolate Challenge—an 8-week, science-based plan designed to help readers relieve stress, promote heart health, lower blood sugar, stop cravings, increase metabolism, and shed pounds. Featuring a 6-week meal plan and more than 50 delicious chocolate recipes, Eat Chocolate, Lose Weight contains meal options for days when readers can't get enough of their favorite flavor, as well as times when they may want to hide chocolate in other foods while still taking advantage of its health benefits. The book also includes information on which chocolate provides the most health benefits and weight loss and the optimal amount of daily chocolate intake. Complete with stories and tips from real people who have tried the plan and lost more than 75 pounds, readers can finally have their chocolate and eat it too!

Would you rather eat chocolate than meditate? What if you could simultaneously do both and achieve your most out-of-reach life goals? In Mindfulness for Chocolate Lovers, Diane Gehart combines wit, wisdom, and a touch of sweetness to help you uncover playful ways to transform any aspect of your life.

With the success of the Eat-Clean Diet came the demand for more recipes, and author Tosca Reno is not only a health and fitness expert, she's also an excellent cook. She's always loved cooking for friends and family, and her Clean-Eating lifestyle inspired her to create fabulous meals that everyone would love. Who better to write a cookbook that would make the whole family happy . . . both at the table and when they shop for clothes a few sizes smaller! Get:

- 150 beautiful food photographs
- Delectable low-fat beef, pork, chicken and fish dinners
- Protein-rich meat-free recipes
- Gluten-free meals
- Tips on eating clean in difficult situations
- Timesaving one-dish meals for busy moms
- Great recipes on the go
- How to prepare an elegant clean-eating event.

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