

# Talking Health newsletter

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How can this be healthy?

## New Era: Chocolate Therapy

The ancient Mayan and Aztec people believed that chocolate increased wisdom, energy, vitality, and sexual power, but in the intervening centuries it has been re categorised as an unhealthy indulgence.

Now the world's biggest industrial chocolate maker, Barry Callebaut, is rediscovering the medicinal properties of the cocoa bean and using them to produce "healthy chocolate".

"The cocoa bean has more than 600 components; 230 of those have potential health benefits," says spokesperson for Barry Callebaut. These health benefits stem from polyphenols, which are naturally found at a higher level in the cocoa bean than in broccoli or even green tea. These chemical compounds act as antioxidants, which protect cells from damage; traditional chocolate production usually destroys most of those compounds.

By preserving those healthier compounds, a functional chocolate can be preserves and chocoholics can actually benefit from their vice.

A new production process developed by the chocolate giant, known as "Acticoa", ensures that a high level of polyphenols are maintained during manufacturing, allowing the Swiss chocolate maker to produce "healthy chocolate" without altering the taste.

Clinical tests by several research institutes have shown that polyphenols improve cardio-vascular health and mental function. They also help prevent cancer and counteract the effects of aging. SOURCE: Reuters.

## **Chocolate Truffles** Extract from Chocolate Recipes For Chocolate Lovers

½ Cup unsalted butter

2 1/3 Cup confectioner's sugar

½ Cup cocoa

1/4 cup heavy or whipping cream 1 1/2 teaspoon vanilla

Centers: pecan, walnuts, whole almonds or after-dinner mints

Coatings: coconut, crushed nuts, confectioners sugar

Makes about 3 dozen truffles

Cream butter in large mixer bowl. Combine 2 1/2 cups confectioners' sugar and the cocoa; add alternately with cream and vanilla to butter. Blend well. Chill until firm. Shape small amount of mixture around desired center; roll into 1 inch balls. Drop into desired coating and turn until well covered. Chill until firm.

## [Green Tea updates Did you know ?????](#)

Fruits and green tea could help prevent cancer!

Green Tea Continues to Get the Thumbs-up

Green tea could fight autoimmune disorders

Green Tea Fights Fat

Green tea fights prostate cancer

Green tea reduces allergies

Green Tea Linked To Skin Cell Rejuvenation

Green tea may help fight against leukaemia

Green tea may help stroke victims  
Green tea may prevent prostate cancer  
Green tea 'may protect the heart'  
Green Tea Polyphenols Thwart Prostate Cancer Development...

[Rosebud Tea](#) Healthnotes Newswire (December 1, 2005)—Drinking rose tea can reduce the symptoms associated with painful menstrual periods in adolescent girls, according to a study published in the Journal of Midwifery and Women's Health (2005;50:e51–7). By Maureen Williams, ND

The girls in the tea group were instructed to drink 2 cups of rose tea every day from one week before the onset of their menses until the fifth day of their menses, a total of about 12 days per month, for six cycles. Those drinking rose tea had significantly lower levels of menstrual pain, distress, anxiety, and perceived stress and higher sense of well-being than the control group after one month of treatment; well-being, pain, distress, and anxiety, continued to improve during the course of the study and were at their best after six months.

## **About ebooks -profile**

**Be Your Own Psychic** ( included in the Esoteric toolkit )

The Secrets Revealed in this program will enable you to achieve unlimited success in all aspects of your life in minutes per day.

It is truly unfortunate that most people are not taught how to contact their subconscious mind. Everyone has tremendous latent psychic ability.

If we let it, the mind can give us anything that we ask. Most people do not know about their own psychic power.

People function at one-tenth consciousness and at most one-tenth of their abilities. NOW, you can learn how to climb on top of the world and enjoy all that it has to offer you.

Claim Your Psychic Power

- Discover your own psychic ability
- Control your weight
- Eliminate bad habits
- Attract love
- Attract money
- Become clairvoyant (see moving pictures in your mind)
- Slow aging process
- Reduce, eliminate stress
- And Much Much More

The book is focused on teaching the reader basic and advanced meditative states. Contains complete instructions, learning to meditate, mantra meditation, the Master Plan (the art of attracting that which you desire) and being clairvoyant .

## **Cocoa Butter in cosmetics**

Cocoa butter is an emollient that has been used for centuries in Africa as a skin care product. It has been used to heal and moisturize skin that has been exposed to the elements. It also helps reduce the formation of stretch marks during pregnancy by keeping the skin supple. It makes a wonderful ingredient in lotion bars, lip balms, body butters, soaps and belly balms for expectant mothers. Cocoa

butter can be jarred and sold “as is.” Just rub on the skin or learn how to make delicious body products in the Aromatherapy toolkit ...  
I hope you enjoyed this newsletter  
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