

FUN FACTS ABOUT CHOCOLATE

01

Chocolate was first consumed as a beverage by the ancient Maya and Aztec civilizations.

02

Dark chocolate has been found to contain antioxidants that can improve heart health.

03

The word "chocolate" comes from the Aztec word "xocolatl," which means "bitter water."

04

The Swiss consume more chocolate per capita than any other country in the world.

05

Chocolate can be deadly to dogs, as it contains a substance called theobromine that dogs can't metabolize properly.



Fact Chocolate

Kathleen Armour



Fact Chocolate:

Food & Mood Elizabeth Somer, 1999-12-15 Food and Mood will help you balance your moods boost your energy level and take back your life now Why do you feel tired after eating a full meal Why do you have so much trouble concentrating Why do you crave chocolate Can diet affect depression Is there a natural cure for insomnia Nutrition expert Elizabeth Somer answers all these questions and more in this completely updated and revised second edition to her nutritional guide Food and Mood The result of research encompassing thousands of the most up to date scientific studies Somer explains how what we eat has a direct influence on how we feel think sleep look and act She addresses specific food related issues including health conditions food cravings diet struggles stress PMS winter blues energy levels depression memory and sleep patterns as well as tackling the issue of supplements and providing the real story on those you need and those you don t This entirely new edition covers the latest information on how to naturally fight fatigue and stress boost brain power and improve memory with the latest supplements fight depression with exercise and special dietary fats called omega 3 fatty acids satisfy your cravings for chocolate ice cream potato chips and steak without sacrificing your waistline sleep better naturally and much more Included is Somer s revolutionary Feeling Good Diet a program that shows you how to take control of your eating habits to benefit mood and mental functioning now

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