



Steven E. Warren, M.D., D.P.A.

Dr. Warren has extensive experience in family medicine and ran a frontier medicine practice for years. He is board certified in family medicine as well as in hospice and palliative medicine. He is also a Fellow of the American Professional Wound Care Association and is involved in wound care research. He is the founder of the Foundation for Flavonoid Research and the owner of Aging Well, a nutritional supplement company. He is very interested in improving quality of life through nutrition and fitness. He hosts a national health television show, *Health Matters with Dr. Steve*, and he is a contributor to Life Made Simple TV. He has been featured in three PBS specials, and he is currently the medical director of numerous nursing homes. He is married with seven children.

Healthy Chocolate and Weight Control



References

1. Sabelli H, et al. Sustained antidepressant effect of PEA replacement. *J Neuropsychiatry Clin Neurosci*, 1996 Spr, 8:2, 168-71.
2. Matsui N, et al. Ingested cocoa can prevent high-fat diet-induced obesity by regulating the expression of genes for fatty acid metabolism. *Nutrition*. 2005 May;21(5):594-601.
3. Macht M, Mueller J. Interactive effects of emotional and restrained eating on responses to chocolate and affect. *J Nerv Ment Dis*. 2007 Dec;195(12):1024-6.
4. Macht M, Mueller J. Immediate effects of chocolate on experimentally induced mood states. *Appetite*. 2007 Nov;49(3):667-74.

soundconcepts
creative business solutions

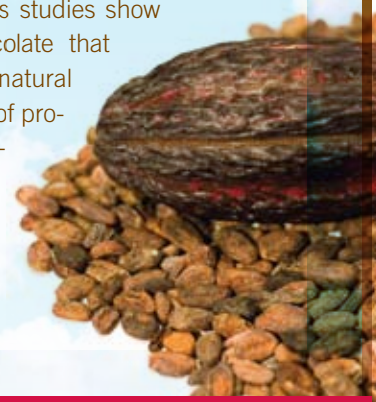
To order additional copies call 877.225.3521 or visit www.healthychocolatetools.com

© 2008 Sound Concepts. All Rights Reserved. No part of this publication may be reproduced, transmitted, or translated into any language in any form by any means without the written permission of Sound Concepts. Information herein is NOT intended to be taken as medical advice. No therapeutic or medical claims are either implied or made. DO NOT ALTER ANY MEDICAL TREATMENT, OR THE USE OF MEDICATIONS, WITHOUT THE PERMISSION OF YOUR MEDICAL CARE PROVIDER. FDA regulations prohibit the use of therapeutic or medical claims in conjunction with the sale of any product not approved by the FDA.

It's no secret that weight control is the top health concern among North Americans. We spend literally tens of millions of dollars every year on the latest diets, exercise gadgets and pills. The sobering truth is that despite the plethora of information and supposed "breakthrough" weight loss programs, we are simply becoming fatter and fatter.

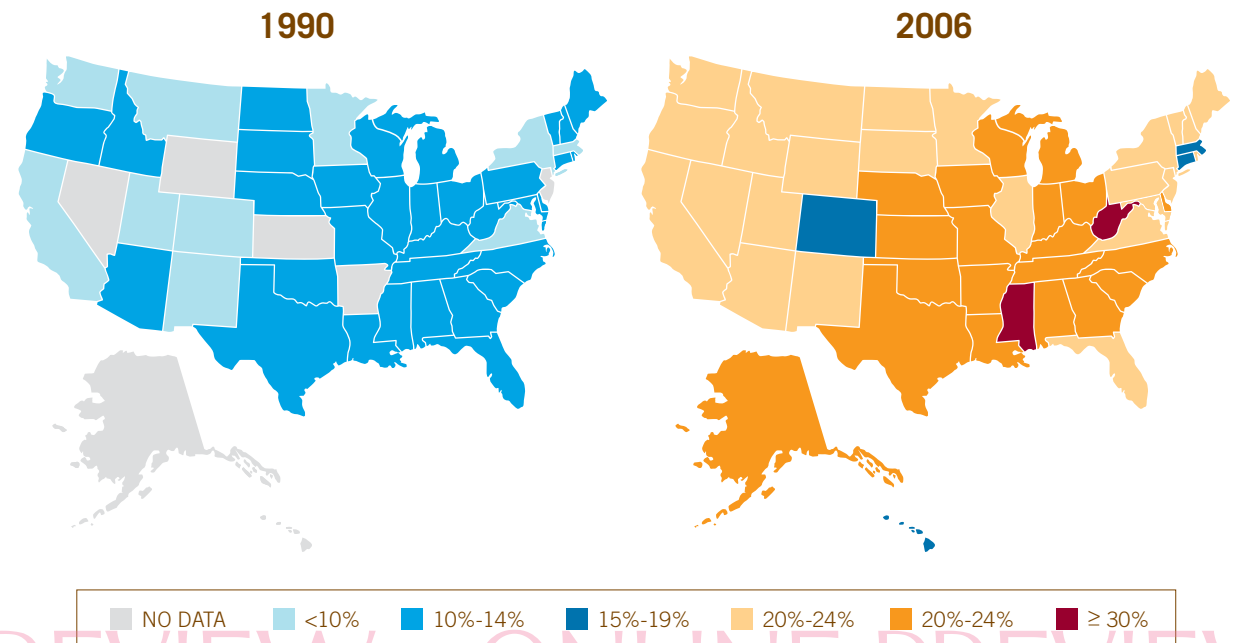
But the news isn't all bad. Over the last several years, scientists have discovered that one food, long thought of as "junk food," can actually contribute to healthy and lasting weight loss.

So what food is it? Chocolate — that's right, chocolate. Of course, not just any chocolate will do the trick (in fact, the more common forms of "candy" chocolate are contributors to the obesity epidemic). But findings from numerous studies show that raw, unalkalized chocolate that is cold processed, high in natural cocoa nutrients and devoid of processed sugars, hydrogenated oils and other artificial ingredients, can provide the body with a powerful weight control tool.



How Bad is the Obesity Epidemic?

Don't think we have an overweight problem? Think again. Over the past 30 years there has been a dramatic increase in overweight and obese individuals in the United States. The graphics below illustrate just how heavy we have become as a people within a very short timeframe.





12 Ways Cocoa Promotes Weight Loss

For many people, chocolate's weight control benefits extend from the suppression of appetite to the enhancement of mood. Research suggests several explanations as to how chocolate might aid in weight loss.

- Optimizes Nutrition.** Much of today's common diet is comprised of empty calories. If the body is not receiving the nutrients it needs, it produces the urge to eat more. Cocoa, on the other hand, provides the appropriate amount of vitamins and minerals the body needs, thus decreasing the urges for added "fuel."
- Balances Blood Sugar.** Cocoa and dark chocolate help stabilize blood sugar levels, reducing hypoglycemic episodes and binge-eating behaviors. They also promote healthy insulin sensitivity and proper glucose metabolism, which minimizes the conversion of glucose into fat.
- Normalizes Appetite.** One of cocoa's active compounds—anandamide, also called the "bliss chemical"—helps block the brain's appetite center. Anandamide "tricks" the mind into believing something sweet has been consumed, which satisfies cravings without the added food intake.
- Fights Depression.** Cocoa stimulates the dopamine and norepinephrine pathways in the brain, which lessen depression and are associated with decreased appetite and weight loss.
- Delivers Phenylethylamine (PEA).** This chemical produces effects similar to those of amphetamine, which makes one feel giddy, euphoric and excited. Researchers also believe that PEA stimulates the production of dopamine in the brain's pleasure center. Such emotions counter the depression typically associated with dieting and restrictive dietary intake.
- Increases Fiber.** Surprisingly, cocoa is an excellent source of fiber, which helps block fat absorption, creates a feeling of fullness when eating, and is associated with decreased weight.
- Boosts Endorphins.** Cocoa increases the body's endorphin levels, which naturally decreases the need to eat high-sugar, high-fat foods. The "high" one gets from the dark chocolate supersedes any enjoyment one might get from eating, so the focus shifts to eating for nutrition rather than pleasure.
- Increases Serotonin.** This calming neurotransmitter helps promote a balanced mood. Carbohydrates like chocolate help stimulate its production, and the alkaloids found in cocoa also help raise serotonin levels.
- Relieves Inflammation.** Cocoa's primary compounds help relieve low-grade inflammation. Chronic inflammation is associated with low leptin levels, which increases appetite.
- Delivers Theobromine.** Similar to caffeine (though not as strong), theobromine may produce a mild, pleasant stimulatory effect.
- Substitutes Good for Bad.** Instead of consuming high-calorie chocolates loaded with sugars, bad fats and other harmful ingredients, look for chocolate products that are high in cold-processed cocoa, provide high levels of cocoa's flavanols and other nutrients, and are sweetened with natural sweeteners. This substitution will decrease bad fat, bad sugar and calorie intake and increase consumption of nutrients essential to the body.
- Increases Energy.** An added benefit of cocoa's accumulative effects seems to be added energy, which can improve one's ability to exercise and lessens the desire to seek out unhealthy foods as an energy source.



The Brain: Key to Weight Loss

Chocolate's benefits are tied largely to the brain. While many fad diets and programs simply target fat cells or the fat content of foods, we know that the brain is intimately linked to the body's desire for and metabolism of detrimental foods.

For instance, we know that when we are experiencing stress, the body produces more of certain hormones that work closely with the brain and nervous system. Cortisol, one such hormone, signals the body to consume more carbohydrates so that they can be stored in case of future stressful situations. The result? Old-fashioned cravings.

The good news is that several of cocoa's primary constituents—including phenylethylamine (PEA) and tryptophan—are able to positively affect the brain and its influence on fat and weight gain. Cocoa also helps stimulate the production of other compounds—such as serotonin—that contribute to the "feel-good" emotions associated with chocolate consumption. In simple terms, cocoa can help the brain enhance mood and mental outlook, which is extremely important for those trying to lose weight.

A recent study from Japanese researchers supports the idea of chocolate being a weight control tool, finding that regular consumption of cocoa was able to prevent obesity and weight gain in animal subjects. The study showed that the body weight and blood-lipid levels were significantly lower in the cocoa-fed group than in the control group. Analysis also showed that in the cocoa-diet group, storage of fats was restricted and the fat burning mechanism was increased.