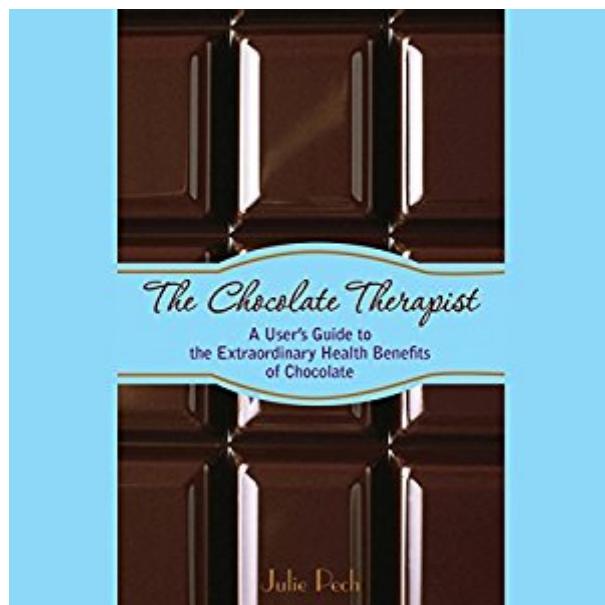


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# The Chocolate Therapist: A User's Guide To The Extraordinary Health Benefits Of Chocolate



## **Synopsis**

Take advantage of the health benefits of chocolate with this informative guide. 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 discover 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. A "Where 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 Pech has known for years. The only difference between guilt-ridden and guilt-free chocolate enjoyment is simply education, and this book has it all!

## **Book Information**

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## **Customer Reviews**

I am giving this book only two stars because I believe that if the author decides to write a book about health benefits of chocolate, she should take great care in doing research about ALL

ingredients she mentions in her book. I found her information about the actual cocoa (the origin, the species of trees, traditional preparations, etc.) to be very interesting and educational. I also enjoyed the trivia bits in the book. However, even though Ms. Pech does mostly a decent job describing the ingredients in most commonly found chocolate bars (the section where she marks ingredients as "x", "xx", etc.) and alerting the reader about the benefits as well as dangers of these ingredients, her research of some of these ingredients is not only incomplete but downright incorrect and her claims are dangerous! The more I heard (I got the audiobook version) that soy bean oil (as long as it is not partially hydrogenated), canola oil and agave syrup are OK ingredients to ingest, the less credibility I could give to the information in her book. What this author claims about these ingredients can have a colossal negative effect on someone's health and it is rather reckless, in my humble opinion, to claim (even briefly) that these ingredients are OK. I just could not give it more than two stars for this reason. In a nutshell for all those who are curious, agave syrup is NOT a healthy sweetener (and is no better than high fructose corn syrup), soybean oil (no matter whether hydrogenated, partially hydrogenated or non-hydrogenated) is NOT a healthy oil by any stretch of imagination, and canola oil should not even be considered food.

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