

May 2009

Did you know...

The cocoa bean contains over 300 different chemicals, combined into one of the world's greatest whole-food sources of antioxidants and flavonoids? Over 150 medical uses for the cocoa bean have been documented in ancient Meso-american records.

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The Healthy Chocolate Report

This is Your Brain on Chocolate

OK, so you probably know that fish (especially wild salmon) is “brain food”—food associated with scientifically-proven health benefits for your noggin. Some other “brain foods” out there include blueberries, nuts, avocados...oh, and chocolate.

Yes, you heard right, *chocolate* is brain food.

It turns out that chocolate is rich in flavonoids, which are known in scientific circles to be beneficial for brain health and function.

Chocolate—specifically dark chocolate with at least 70% cocoa powder—has been proven to increase

blood flow to the brain. Research conducted at Wheeling Jesuit University in 2006 associated this increased blood flow from chocolate to boosted memory, attention span, reaction time, and problem-solving skills.

A team from Oxford (as in the prestigious Oxford University in England) conducted research together with a group of scientists in Norway, testing the effect of certain foods on brain function in 2,031 older people (aged between 70 and 74) in that country. The research showed that people who regularly consumed chocolate, wine or tea (all very high in flavonoids) did much better in cog-

nitive tests than those who didn't eat any of those food items.

Need more proof? Researchers from the University of Nottingham (England) concluded from their study of chocolate that, (cont'd on Page 4)



Chocolate can increase blood flow to the brain, potentially contributing to a reduced risk of Alzheimer's and dementia.

Five Secrets to Aging Well by Dr. Steven Warren, MD DPA

I have been a geriatric physician for more than 20 years, now. I work with several nursing homes in the Salt Lake City area, and I consult with facilities all over the world.

Mainly, I deal with patients who are at the end of their life. My oldest patient right now is 108—the oldest in the state of Utah. She was even featured recently in

a local newspaper article.

My oldest patient ever was aged 110, and I have maybe 15 patients right now who are over 100 years.

So, I have a bunch of 80 and 90 year old patients in my nursing homes, but I also have a bunch of 40 and 50 year olds in my nursing homes. In fact, I even have 20 year olds in my nursing home. My

youngest patient right now is aged seven.

But, I am willing to bet good money that in the last few weeks, I've had more 40 and 50 year olds in my nursing homes than I've had the 80 and 90 year olds.

And it's not because of a lack of patients; it's because the 40 and 50 year olds are the worst off health-wise. (cont'd on Page 2)



One secret to aging well? Spending time with family and loved ones.

“Just because you’re getting older, [doesn’t mean] you have to get diseases...”

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



Portion control and the “right” whole foods are keys to healthy—and permanent—weight loss.

Five Secrets to Aging Well (cont'd from Page 1)

I ask my older patients, “What’s your secret to being 90 or 100 years of age?” Well, it gets down to five facts.

One: They ate a lot of fruits and vegetables all their life.

Two: They worked hard.

Three: They spent a lot of time with their family.

Four: They are on very few medications.

Five: They don’t eat fast food.

My older patients who are still healthy have taken care of themselves. They have reached a ripe age of 80 and 90, yet my 40 and 50 year olds are dying of heart attacks and strokes because of diabetes and obesity, abuse of alcohol, drugs, and so forth.

Health is what you get as a result of what you do to yourself. Good health is no accident.

My philosophy is that aging is not a disease. Just because you’re getting older, you don’t have to have diseases. Well, you might slow down a little bit, but the bottom line is you don’t have to have a lot of diseases if you take care of yourself.

Dr. Warren is a board-certified physician in family medicine, as well as in hospice and palliative medicine. He is also a Fellow of the American Professional Wound Care Association, and the founder of the Foundation for Flavonoid Research. He is currently the Medical Director of ten different nursing homes. Dr. Warren is married with seven children.

Free Radicals are not Tree-Hugging Flower Children

Doctors tell us that we can trace most illnesses back to one of two root causes: oxidation or inflammation.

Every cell in our body—all 1 trillion of them—is like a tiny little factory, using sugar (or glucose) and oxygen to create energy. And just like a factory, our cells give off waste products in the process.

This process is called **oxidation**, and these waste products are called **free radicals**. Kind of like our own personal smog.

These free radicals are chemicals that are missing an electron—they’re unstable. So they attack our bodies trying to “steal” electrons to neutralize themselves.

The body has some natural defenses against free radicals, but modern life is creating more than we can handle by ourselves.

Our bodies need help to fight off free radicals—help from something called antioxidants. We’ll talk more about antioxidants and where we can get them in next month’s issue of The Healthy Chocolate Report.

The Next Big Diet Fad...Food!

Recently, the United States government sponsored a study of the “low” diets. Low-fat, low-carb, low-this, low-that.

The study found that the only common factor among people who successfully lost weight wasn’t anything more or less than reducing the amount of calories consumed. As a matter of fact, these “low-something” diets can really

end up taking the place of certain types of foods that your body really needs to function properly.

The facts are quite simple: to lose one pound of body weight, you have to burn off 3,500 more calories than you consume. That’s right, 3,500 calories is the equivalent of one pound of body weight.

The only formula that works consistently for weight loss is this: increase activity and consume less calories.

Says Dr. Steven Warren, a health and nutrition expert, “There are a lot of pills and diets that seem like they help, but the truth is that people have to change their eating habits. That doesn’t happen on a pill.”

The Genius Secret to Super-Productivity

What do Albert Einstein, Mark Twain, Margaret Thatcher, Leonardo Da Vinci, Thomas Edison, and Michelangelo have in common?

All of these people were great practitioners of the fine art of the siesta.

Yes, the nap. The snooze. A quick 40 winks.

And it's a habit that you can practice for greater personal productiv-

ity, too.

Of course, you won't accomplish much by sleeping all day, but science has shown us that a brief 20-minute nap at some point during the day actually results in better alertness, creativity and productivity.

NASA conducted a study of pilot alertness and performance during flights across the Atlantic Ocean. Pilots who took a 24-minute

snooze (the co-pilot stayed awake, of course) demonstrated significantly better marks in alertness and performance than did those pilots who stayed awake during the entire flight.

Here are some of the benefits you can expect from your new napping habit:

- * Greater alertness
- * Better problem-solving capacity
- * Feel energized, yet still relaxed
- * Feel healthier
- * Be more productive during the day

The Best Sports Drink Ever, Brought to You by C.O.W.S.

Forget the Gatorade™, pass up the Powerade™; your best bet for a post-workout recovery drink might be the product of cows and cocoa beans.

A 2006 study published in the International Journal of Sport Nutrition and Exercise Metabolism caused waves when it concluded that chocolate milk was an

effective recovery aid between rigorous workouts.

The scientists found that both time to exhaustion and total work performed by the individuals in the study were significantly greater for chocolate milk as compared to the other sports drinks.

The conclusion of the study was that low-fat chocolate milk could

indeed be an effective replacement for the more popular fluid- and carb-recovery drinks on the market shelves, due to the high carb and protein content provided by chocolate milk.

You can read the actual text of the study yourself at the following URL:
http://www.milknewsroom.com/downloads/stager_chocmilk_study.pdf

Book Review—The New Wellness Revolution

The New Wellness Revolution
by Paul Zane Pilzer

In this updated version of his book, Mr. Pilzer has become even more enthusiastic about the opportunities for health and wealth in the wellness industry, predicting that this industry will be responsible for a large share of the expected 10 million new millionaires between 2006 and 2016—yes,

even despite the current economic recession.

Mr. Pilzer also added a new chapter to his book, explaining how direct sales (network marketing) will be one of the prime movers in taking wellness to \$1 billion in sales and beyond.

The author does get slightly into “tin foil hat” territory when he

speaks to the collusion between the food and medical industries.

While the book isn't a specific “how-to” manual for would-be wellness entrepreneurs, it certainly makes a convincing argument for wellness as the next growth industry in the United States and around the world.



A Harvard study showed that regular naps reduce the incidence of cardiac-related death in otherwise-healthy individuals.

Tips for effective napping:

- Keep naps between 15 and 25 minutes, anything longer will make your body think it's really bed-time
- Eliminate distractions (mobile phones, loud music)
- Use some “white noise” to help you relax (try simplynoise.com)
- Focus on your breathing (in...out...)
- Keep the room or your coverings from getting too warm
- Drink a glass of water or do some jumping jacks to help you wake up



Paul Zane Pilzer points to companies like ConsumerLab.com as examples of businesses capitalizing on wellness-related opportunities.

The Healthy Chocolate Report is brought to you by:

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Flavanol-rich chocolate contains at least 70% cocoa powder, and hasn't been "dutch processed"

This is Your Brain on Chocolate (cont'd from Page 1)

"...flavanol-rich cocoa...can increase the blood flow to gray matter, suggesting the potential of cocoa flavanols for treatment of vascular impairment, including dementia and strokes, and thus for maintaining cardiovascular health." The greater blood flow to the brain suggests that chocolate can be useful in reducing the incidence of dementia and strokes, not to mention being healthy for your heart.

So break out the Hershey's Kisses™, right?

Well...not exactly. The chocolate

used most frequently in these kinds of studies isn't the chocolate you can find on the candy aisle in your local grocery store.

Yep, the scientists cheated. They used super-chocolate. Chocolate without the "bad stuff," and as close to raw unprocessed cocoa powder as possible.

But, the good news is that there are places you can get your hands on chocolate that tastes good, while still providing the kind of brain benefits researchers have discovered under controlled conditions.

Here's what to look for in "healthy" chocolate:

1. Chocolate that has at least 70% pure cocoa content
2. Chocolate that has not been alkalized ("Dutch processed")
3. Chocolate that uses a low-glycemic sweetener (xylitol, raw cane juice crystals, agave nectar, etc.)
4. Chocolate that contains cocoa butter (a "neutral" fat) instead of milk fats or hydrogenated oils
5. Chocolate that has "cold-pressed" cocoa beans rather than roasted