

Healthy Chocolate FREE Report

Here is the report you requested:

TAKE THE TIME TO PRINT THIS NOW!

Who Said Chocolate is Bad For You? Think Again!

By: Richard van Beek

The highest Anti-oxidant food in the WORLD is pure Chocolate!

**Centuries of RUINING this MIRACLE food have been ERASED!
We're bringing back the SECRET health food that has been
around for THOUSANDS of Years....**

In this report, I will share with you many vital elements that are absolutely beneficial when it comes down on chocolate.

So what made you request this report? I'm sure you have several different reasons. If you're anything like me, you're a fairly skeptical person. Hopefully, you requested this report for some (maybe all) of the following very honest reasons:

1. You don't believe that chocolate is really healthy.
2. You're in a some kind of weightloss program and you heard down the road that chocolate might help control appetite and can aid in losing weight.
3. You've some problems with sleeping and hopefully it improves sleep and sense of well-being.
4. You don't believe that's loaded with antioxidants that fight free radicals!
5. You don't believe that it helps supporting cardiovascular health!
6. I'll be so forward here as to say that maybe your only purpose of requesting this information is to prove that I'm just b.s.ing when I talk about how chocolate really is.

Let me start off by saying that I can't blame you for being skeptical. If you're like me, you've heard it all. You've heard all the hype and over-bloated claims...everyone has some magical answer, and yet...you're probably not impressed. If a total stranger told me that chocolate was one of the best antioxidants on the planet, I probably wouldn't believe them either. I'm here to tell you that not only is it healthy, but **it is changing lives every single day!** In this report, I will share with you some extremely powerful insights that are tightly guarded in this product, and share some of the most vital ingredients that one must understand when eating chocolate...**unprocessed dark chocolate.**

Healthy Chocolate FREE Report

Within This Report, Discover An All Natural Product That Can Literally Add Years To Your Life And Strengthen Your Immune System Like You Were A Child Again... And Find Out Why This Known Treasure Has Been Attracting So Much Attention From The Health and Wellness Industry...

Good Chocolate vs. Bad Chocolate

Over the centuries, chocolate has come full circle. Most of the modern world currently views chocolate as a tasty but quite unhealthy indulgence meant for only occasional consumption. But health-conscious consumers are now learning that dark chocolate, devoid of some of the unhealthful ingredients usually paired with it in confectionary products, possesses some impressive health properties.

Scientists are rediscovering what ancient Mesoamericans knew centuries ago: chocolate can be very good for you. It may have been cultivated for over two thousand years, but in the last five years science has finally begun to discover the actual health benefits of cocoa. Research is just beginning and is especially promising in the area of phytonutrients, polyphenols, and flavonoids.

However, not all chocolate is created equal. Most candy bars and chocolate foods commonly found in grocery stores are not what you're looking for. These are typically high in refined (white) sugar, milk fats, and hydrogenated oils—ingredients that replace the truly healthful nutrients found in cocoa.

It's important to remember that what makes chocolate healthy is the chocolate itself—that is, the pure cocoa that comes from the bean of the cacao plant. Studies confirm that the chocolate products with the highest levels of polyphenols and procyanidins should contain at least 70 percent pure cocoa powder. What this means is that, while it's not necessarily bad to have "milk" chocolate, which contains a higher percentage of cream or milk, the more pure cocoa the chocolate contains, the more beneficial it will be. Bitter is better.

Also, many chocolate confections are processed using a procedure known as "Dutching," which neutralizes the chocolate's acidic flavor and modifies its color by adding alkali-potash to the cocoa nibs before roasting. However, this alkalization process also removes most of the chocolate's natural polyphenols. Another process commonly used by confectioners that can damage cocoa's healthy nutrients is roasting: when chocolate is prepared above 100 degrees Fahrenheit, its antioxidant compounds are destroyed.

So when looking for a healthy chocolate product, look for a dark chocolate product with the following properties:

- Has not been alkalized.
- Has been dried and cool-pressed rather than roasted.
- Consists of at least 70 percent pure cocoa.
- Contains cocoa butter instead of milk fats or hydrogenated oils.
- Contains natural, low-glycemic sweeteners—such as raw cane—rather than refined sugar.

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Healthy Chocolate FREE Report

"Discover A Product That Can Boost Your Immune System To Levels That You Haven't Experienced Since High School..."

How do we know if we are getting enough antioxidants to meet our body's needs? Science is just in its infancy in determining what types of antioxidants are needed and in what amounts. There are many claims of one product having a higher antioxidant number than another product, but how do we know? There are several types of scientific test available to measure the quantity of antioxidants in a product. The main tests are known as the ORAC (oxygen radical absorbance capacity). These tests measure a given food's antioxidant content. The values determined by these tests help scientist rate different products based on their antioxidant properties.

Dark healthy chocolate has very high antioxidant levels in terms of ORAC. The FDA has recommended that we digest a minimum of 4000-5000 ORAC a day. There is no maximum amount, but it is important to remember that each antioxidant is different and works at different sites in the body and at different times. A wide variety of antioxidants are needed to meet the body's need. Dark chocolate and the Açai-Berry contain numerous types of high-quality antioxidants in large amounts. Cocoa can provide an excellent source of antioxidants, vitamins, minerals, and fiber to meet the daily needs of our bodies.

It has been estimated that less than 1% of Americans get enough antioxidants a day to meet their needs. The consumption of fruits and vegetables is very low in our country. The oxidative stress we face daily needs to be countered with a high-quality functional food. Healthy chocolate is a simple and very effective way of adding antioxidants to our diet.

Darker is better with any antioxidant food. Dark cocoa has a bitter taste because it is very high in antioxidants. Dark fruits like blueberries and Açai berries also have a very high antioxidant content.

ORAC* Values of Top Antioxidant Foods (per 100 grams)	
Unprocessed Cocoa Powder	26,000
Açai Berry	18,500*
Dark Chocolate	13,120
Prunes	5,770
Raisins	2,830
Blueberries	2,400
Blackberries	2,036
Strawberries	1,540
Spinach, Raw	1,260
Broccoli Florets	890
Red Grapes	739
Cherries	670

Source: Data from U.S. Department of Agriculture and the Journal of the American Chemical Society.
* Source: Brunswick Laboratories

Incorporate these antioxidant-rich functional foods into your diet to boost your body's ability to counter oxidative stress and the many illnesses that can be associated with that stress.

Healthy Chocolate FREE Report

“Millions Of People Have Discovered The Truth About Nutritional Supplements And Getting Older Is A Fact Of Life We All Have To Face But Here Is Something You Can Do To Help Keep You Young And Healthier Longer!”

In order to understand how we can limit the damage from chronic illnesses and aging, we need to understand how some of the chronic illnesses develop. As our population ages, we are facing more chronic illnesses than ever before. Aging itself is not a disease, but we are seeing more aging-related diseases than ever before. Coronary artery disease, hypertension, diabetes mellitus, obesity, strokes, certain cancers, respiratory problems, arthritis, depression, dementia, and dental problems are growing at rapid rates. It has been reported that more than three-fourths of all deaths in patients over 65 years of age are due to heart problems, diabetes, and certain cancers. It has been estimated that over 80% of elderly people have one chronic illness and more than 50% have at least two. All of these chronic illnesses are impacted by our nutritional habits. Our nutrition impacts the quality of our lives and can impact the quantity of years.

Cardiovascular or heart disease is a leading cause of death in our society. Everyone has some degree of blood vessel disease or damage. The vessels which bring blood to heart muscles become damaged when fat from our diet becomes hard and blocks the blood flow (atherosclerosis or arteriosclerosis). Blindness, arthritis, kidney disease, cardiovascular disease, diabetes, arthritis, dementia and even physical aging can result from free-radical damage.

Have you ever wondered why a chocolate bar left at room temperature never spoils? The reason is that cocoa/chocolate contains potent antioxidants. Cocoa powder is rich in the flavonoids. Cocoa is from the plant *Theobroma cacao*.

Cocoa butter accounts for 50% of the weight of the cocoa bean, with the main fatty acids (saturated fats). Even though we are taught that saturated fats are harmful to the cardiovascular system, the stearic acid fat does not elevate blood cholesterol like other saturated fatty acids.

The cocoa bean also has some insoluble fiber and soluble fiber, which helps lower cholesterol levels. Fiber has been shown to be extremely beneficial in lowering colon cancer rates, improving sugar metabolism, and preventing constipation. The cocoa bean contains several minerals and vitamins which are useful. Dark chocolate contains magnesium, which is necessary for muscle relaxation, nerve conduction, energy production, and bone and teeth development and health. Magnesium deficiencies make PMS (premenstrual syndrome) worse. Copper is involved in many of the chemical processes in the body and dark cocoa is a rich source of copper. Potassium is vital for cardiovascular health and dark cocoa contains a high level of potassium.

Healthy Chocolate FREE Report

“A Simple Addition To Your Daily Diet Can Give Your Body The Ability To Heal Itself And Rid Your Body Of Free Radicals... And You Can Take It Guilt FREE...”

Chocolate on a per-weight basis has the highest concentration of these flavonoids of any food. Cocoa is loaded with a variety of phytonutrients, making it very high in antioxidants. There is a scientific test which helps rate the level of antioxidant properties. The test is the ORAC, or oxygen radical absorbance capacity. Cocoa rates as one of the highest on the ORAC scale. It is even higher than green tea and red wine, which have been shown to very effective antioxidants.

Cocoa can stop the oxidation of the ‘bad’ cholesterol, resulting in reduced cardiovascular damage. Cocoa flavonoids can also increase the production of good cholesterol (HDL), which cleans and mops up the blood vessels from the harmful fats. Cocoa flavonoids also discourage platelets from forming harmful clots and damaging heart muscle blood vessels. The flavonoids help the blood vessels dilate easier, allowing more blood flow to the heart. This same principle is applicable to insulin-stimulated blood sugar uptake resulting in improved diabetic control. Cocoa has been found to have anti-inflammatory properties, stopping the inflammatory process from damaging the body.

In several studies, dark chocolate has been shown to decrease blood pressure, which in turn decreases the damage to heart vessels. There have also been studies showing that dark cocoa can help reduce dental cavities, decrease the plaque on teeth, and prevent gum disease.

Dark chocolate improves the body’s ability to use insulin and stops the resistance problem that can lead to diabetes. Cocoa can increase nitric oxide levels to help with insulin-stimulated uptake of blood sugars. The increase in nitric oxide also improves the health of the blood vessels, limiting the damage of diabetes on the small vessels.

Cocoa has been found to help with liver damage and can repair liver cells after long-term exposure to alcohol.

Cancer can also be impacted by the antioxidant properties of cocoa. As was pointed out before, the oxidative process can damage DNA and lead to cancerous cells. By stopping this process antioxidants can hinder the development of cancer cells.

The carbohydrates in chocolate provide an energy source. The theobromine stimulates the central nervous system and gives us additional energy. Theobromine, a cousin of theophylline, is used to open up lungs and improve breathing as well as its use as a cough medicine. Even a recent study thought that low libidos in women could be improved with chocolate.

In elderly patients cocoa has been found to be an appetite stimulant and may help in increasing their weight (not fat weight gain) and provide nutrients needed for their body to function. It may even slow down the process of aging but interfering with the free radical destruction of body cells.

Healthy Chocolate FREE Report

"How To Make The Best Choice In Dietary Supplementation For You And Your Loved Ones... Because Every Day Invested In Your Health Can Never Be Returned..."

What food we put into our bodies markedly determines how we feel and function. The increase in fat intake, decrease intake of fruits and vegetables, lack of exercise, exposure to smoking, and environmental hazards are contributing to chronic illnesses and aging. We can change or at least slow down wrinkling, mental confusion, dental decay, elevated blood pressures, cholesterol levels, arthritis, and perhaps aging with the right foods. Functional foods—foods which promote health and fight disease—need to be consumed in order to battle this rising epidemic of chronic illnesses...

- ✓ A decrease in cardiovascular disease by stopping bad cholesterol from forming on vessel walls and narrowing the passage, as well as lowering cholesterol levels.
- ✓ Prevention of the formation of blood clots that can lead to heart attacks and strokes.
- ✓ Increased flexibility of blood vessels, resulting in lower blood pressure and decreased stress on the heart.
- ✓ Better utilization of sugars, thus preventing diabetes as well as decreasing the complications of diabetes—vision problems, amputations, and kidney problems.
- ✓ Fewer dental cavities and reduced incidence of gum disease.
- ✓ Improved memory and slowing of dementia.
- ✓ Fewer breathing problems.
- ✓ Improvement in the quality of one's skin.
- ✓ Decreased inflammation associated with arthritis, fibromyalgia, or any inflammatory disease.
- ✓ Decreased prostate size and prevention of urinary tract infections.
- ✓ Increased energy.
- ✓ Improved liver function.
- ✓ Improvement of depression.
- ✓ Curbed appetite and help with weight loss.

Healthy Chocolate FREE Report

“Enjoy The Benefits Of Improved Sleep, Restored Blood Flow And Anti-Aging With Healthy Chocolate. That Is The Key To Lifelong Vitality...”

So, there you have it. The most important ingredients about healthy chocolate every one, including yourself must know to guarantee your health. The most important ingredients that can empower you to boost your personal health so fast it is only a matter of time before this report will be banned. So, now what? Is your doctor teaching you how to benefit from these ingredients into your health? More importantly, are they providing you information on how to take these products? I doubt it.

The silly part is they should. But you know, this report is about prevention and as a doctor he is trained and taught to cure. And there is absolutely nothing wrong about that, but they should invest more time in preventing then in curing.

So who is Richard van Beek and what makes him think he has all the answers?

That's a good question. The last thing I want to do here is to boast or brag, but it's paramount that you know you're dealing with a health specialist who has a deep understanding of nutrition and health. I want you to feel fully comfortable and 100% confident that you're working with a reputable person – one that you can trust with a topic this important. **Your health.**

Here are just a few of my accomplishments so you know you're dealing with a reputable person who knows every facet of the health and wellness industry.

1. For over 15 years I have helped others regain their confidence of their health – even when others told them 'that can't be done'.
2. For over 10 years I have worked DIRECTLY with the European Health Authorities.
3. I've assisted more than 40,000 others just like yourself improve the quality of their health.
4. My pharmaceutical and fitness background has given me a tremendous understanding of how the body works, functions and repairs.

Look, I'm not trying to boast or be arrogant. This list could go on for days and days. That's not my intention here. I only say these things for one purpose and one purpose only – so you know without doubt, you're working with a reputable person who knows every aspect of nutrition and health.

Healthy Chocolate FREE Report

“To Keep The Body In Good Health Is A Duty... Otherwise We Shall Not Be Able To Keep Our Mind Strong And Clear...”

Buddha

But you have to understand, I can't help everyone. We work with people live, not through books and tapes. For this reason, we severely limit how many people we work with on a monthly basis. Hopefully, this report has given you some direction, if you wait too long to respond and we no longer have time available. I don't know when you requested this report, but if you haven't had it more than 3-4 days there could still be time. I have figured out how to limit requests electronically so people don't have to wait months and months to reserve an appointment. At the end of this report you will find my contact information, use it. It will be the best decision you make all year. I will meet with you personally, over the phone, to help you determine if what I have will help you.

***WARNING:* THE WORST THING YOU CAN DO FOR YOU AND YOUR FAMILY IS TO ALLOW YOUR SKEPTICISM TO STAND IN YOUR WAY IN MAKING A SOUND, LOGICAL DECISION. WHAT IS THE WORST THING THAT COULD HAPPEN?**

I'm sure you have heard it all, seen it all and bought most of the t-shirts. But that is exactly my point. You are exactly who we want to talk to because, please don't take this as cocky, the most skeptical person makes the greatest success story. Call it ego, call it stupidity but we have always gotten more fired up about the greatest challenges. So, if you make an appointment within 48 hours I will actually show you how I can take your skepticism away but I know your time has value too. I recognize that and respect you as much as I wish to be respected and have no intention of wasting your time. It's the right thing to do.

“If You Contact Me, Give Us 1% Of Your Trust And Confidence, Make An Appointment And Spend Some Of Your Time And Let Us Share Information About Health And Healthy Chocolate...”

Anyway, I want to thank you for reading this report. I hope you do with it what was intended. Use it to analyze your own health. Evaluate it and see if it is poised for success. Examine what I'm talking about, take it to your family, send it to the President if you want. Take it out in the driveway and kick the tires, pour water on it and see if it holds up. But, use it. Don't believe it just because it is written. Remember that's chocolate I am talking about. I am not telling you to take any pills or tablets or some healthy juice. Of course that's not bad, but a nugget or bar of chocolate is very easy to take and delicious (and I know it, because I was too very skeptical about dark bitter chocolate).

Once in a while I do a little test. I go out and ask a person which hand they will choose if I have a healthy chocolate bar in one hand and in the other a multivitamin. 9/10 people are choosing the bar, I cannot make it easier than that.

Make an appointment that will change your life. Believe it or not, my success depends on your success in fact... I guarantee it.

Healthy Chocolate FREE Report

To your health,

Richard van Beek

P.S. Don't forget, our schedule fills up pretty quickly so please do something just for you, you deserve it. Take the time to right now and contact us by email. Please make sure you include your phone number so we may call you because I can't stand cyber pen pals. We promise your information will be held in confidence as if it was my own.

P.S.S. As only one person and with only so many hours in a day, it becomes a matter of strategic priority and structured communication systems to personally contact all of the people who so desperately need help and understanding of important alternative systems for self-improvement.

We intend for people to help get the word out and partner with us in our mission, helping them to restore their own health, and in turn potentially work with people across the world who share the same passion for wellness and restoration of health as a society.

We will hopefully get the message to many more that have not yet fallen to disease and reactionary medicine, to try to maintain their health.

I wish you all the best and hope to talk to you in the near future about building a partnership with each other and share our passion and the best way to overcome skepticism is to try the products. Then you can decide for yourself whether chocolate is that good as its statements mentioned in this report or not. You can speak with me personally, send an email to rvbtopteam@gmail.com, or if you want one-on-one attention, call me at my home office: (928) 257-1448. I look forward to speaking with you personally, and again, please don't forget to include your contact number and the best time to talk. Thanks for taking the time to get some of the facts about dark healthy chocolate, and I look forward to providing you with more honest information in the near future.

Healthy Chocolate FREE Report

Author: Kelley M.

For the past year and a half I had not been able to sleep through the night. It was affecting my health and even my mental state. I spent most days walking around in a daze. After one week on healthy chocolate, I started sleeping through the night! I can't tell you how great it is to get a full night of rest! I tell everyone I know about this wonderful healthy chocolate!

Author: JD M.

When I was 16, I went on a horseback trip in the Uintah mountains. The horse got spooked and I was bucked off and landed on a rock, shattering portions of my vertebra. We were 26 miles in with no chance to get other help, so the other members of the group made a travois and drug me out on it. It took three days. I haven't slept a full night through since then, and that was ten years ago. I started taking five ounces daily of a chocolate antioxidant beverage with acai and within four days slept the whole night through! In fact, I was late to work for my first time in five years. I don't have an alarm because I always wake up long before it is time to leave because I can't sleep. I have since had to buy an alarm, because I sleep every night, all night.

Q: I met a lady who is unable to take NSAIDs for some reason. Since cocoa is a natural anti-inflammatory, do you know whether it would be a problem or a benefit for her to consume the healthy chocolate?

A: The cocoa is an antihistamine which stops acid production in the stomach and it works on COX 2 pathways which does not effect the stomach. She will do well with the cocoa.

Q: If you consume the recommended amount of dark chocolate a day would you need additional fruits and vegetables?

A: This product contains a significant amount of antioxidants and other phytonutrients, but there are other benefits of fresh fruits and vegetables. You should use this product as part of a well-balanced diet along with an active lifestyle.

Q: Is it safe during pregnancy and also for children?

A: As always you need to check with your healthcare provider. This product can be used as part of an overall balanced diet during pregnancy. A recent study showed that mothers who consumed chocolate during their pregnancy had happier and more content children at 6 months than the group that didn't use chocolate. Children can use this product but in smaller amounts because they do not have the elevated free-radical load.

Q: Does chocolate increase migraine headaches, acne or cysts, and insomnia?

A: Dark chocolate in its natural form doesn't increase headaches. It is the sugar and fat added to chocolate products which triggers headaches and causes increase in skin blemishes. There is no natural caffeine in chocolate, so it does not cause

Healthy Chocolate FREE Report

Article about the benefits of healthy Chocolate for Diabetics

When you suffer from diabetes, one of the hardest things to do is stick to that restrictive diet. You see other people eating whatever they want... whenever they want it. You would like a little luxury, too. It's so hard to give up those wonderful foods.

Here's where Xocai healthy chocolate comes in. You can eat it without feeling guilty and without feeling like you're cheating on your restrictive diet. In fact, Xocai healthy chocolate is scientifically formulated to be good for everyone. It contains the antioxidant-packed nutrition of unprocessed cacao and acai berries, which we've all been hearing so much about lately. The sugar in Xocai healthy chocolate isn't highly processed white sugar. It's sweetened with natural versus artificial ingredients, so you don't have to worry as much about blood sugar crashes as you do with processed sugars.

Xocai healthy chocolate is a natural appetite suppressant, so no more starving between meals. You can get the same antioxidant health benefits from other dietary supplements, but none of those taste nearly as good. If you're used to taking a vitamin pill with a glass of water, this is not the same! Weird shakes or powdered concoctions are not nearly as exciting as Xocai.

Xocai healthy chocolate is not the same as other kinds of chocolate. You don't get the same health benefits from those other highly processed chocolates packed with high-glycemic sugars. They might contain chocolate, but they don't contain Xocai healthy chocolate. This product is made of minimally processed cacao with other minimally processed, natural ingredients. Make sure you read all labels and look for Xocai healthy chocolate.

Some other benefits of Xocai healthy chocolate for diabetics include improved mood, decreased inflammation due to arthritis or fibromyalgia, improved breathing, and improved memory. Xocai healthy chocolate helps your body utilize sugars, decreasing the likelihood of other complications of diabetes such as vision problems, kidney problems, and amputations.

You may have heard that that the benefits of Xocai healthy chocolate for diabetics are minimal, and that eating it could actually damage your efforts to control diabetes. Keep in mind that there are always people who will eat too much of even a good thing. Xocai healthy chocolate must be consumed in moderation, just like everything else. It's part of a balanced diet. Don't overdo it, and you won't ruin your diet.

European experts say that eating a moderate amount of dark healthy Xocai chocolate could help control diabetes. Part of the reason this happens is because dark Xocai chocolate helps you control your cravings and blood sugar levels between meals. The antioxidant effects are a super-sized bonus that can help every major organ in your body. Sounds delicious, doesn't it?

Healthy Chocolate FREE Report

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