



**CHOCOLATE**  
**Superfood of the Gods**



*Linda Woolven & Ted Snider*



**LOTUS  
PRESS**

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# Foreword

By **Michael T. Murray, N.D.**

**O**f all the foods available on planet Earth, perhaps the most magical (and fascinating) is chocolate. This delectably, seemingly addictive, food is packed full of unique compounds that exert a truly amazing constellation of effects within our body to promote health. Linda Woolven and Ted Snider have done an excellent job of detailing the magic of chocolate.

When I think of magic, I am reminded of something said by one of my all-time favorite authors, Sir Arthur Clarke. He is most famous for the novel *2001: A Space Odyssey*. Clarke made a statement that is quite relevant to the thought of chocolate and other foods being magical. He said, “Any sufficiently advanced technology is indistinguishable from magic.” I can think of no more advanced technology than nature, and food is our direct link - a gift designed to nourish and heal us throughout our lifetime. And, there is no question that chocolate is one of nature’s greatest gifts.

Though most enlightened individuals have a deep appreciation for the relationship between food and health, a new era of even greater acceptance of this undeniable link is emerging. It is an exciting time. As evident in this book, what is leading this paradigm shift to looking at food as the conduit to health as well as prescriptions to many diseases is increased scientific investigation. Science refers to the study of our environment and the greatest frontier of science is our relationship to food. It is quite an exciting time.

Would you believe me if I told you that scientists have discovered that your body has an internal medicine chest the size of a football field that is packed full of phenomenal and powerful remedies for inflammation, poor blood flow, high blood pressure, memory loss and virtually every other condition imaginable? Well, it is true, and it is chocolate’s ability to impact this medicine chest that is what makes it such a powerful promoter of health.

This internal medicine chest is the lining of cells along the

interior surface of all blood vessels. The technical term for this tissue is the endothelium and the cells that form this lining are called endothelial cells. From the heart to the smallest capillary, all vascular tissue has an endothelium. If all of the endothelial cells in the body were laid out flat, the endothelial surface area would be about the size of a football field. That is incredible to think about isn't it? Even more incredible is the way that chocolate and many other dietary factors can impact the endothelium. These effects are why chocolate has been referred to as nature's best medicine.

This book does an excellent job at reviewing these health benefits of chocolate in a truly inspiring manner. The takeaway message is that frequent consumption of chocolate or cacao, by impacting endothelial function, can go a very long way in helping to preserve vascular function, memory, and a positive mood as we age. Without question, in the right form, chocolate is a true super food. It is a perfect daily tonic for all ages, but especially baby boomers.

As you read this book, I urge you to open your imagination and be awed by what chocolate really does inspire in me – the awe and appreciation for the inherent magic of nature and the foods it creates. The more that I have learned about food and medicine, the greater my respect and appreciation for the harmony of nature has become.

This book is packed with series of observations, fascinating facts, and findings that can lead you on an amazing journey of discovery of the remarkable ways in which chocolate can impact your health. But, all of the information in the world means nothing if it does not lead to action. Through this book, my hope is that, by learning the wondrous ways in which chocolate promotes health, it will ignite or heighten your passion for focusing on foods that heal, instead of foods that harm, our health.

In good health,

*Michael T. Murray, N.D.*

Co-author, The Encyclopedia of Natural Medicine

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