

Questions and answers to Dr Warren on the subject of “Healthy Chocolate”

Q: Dear Dr. Warren

My husband suffers from Peripheral Neuropathy, mostly in his legs, which causes him severe pain and weakness. His neurologist has nothing to offer him other than an antidepressant used for diabetics with the same type of neuropathy. Have you heard of the dark chocolate helping this condition?

Thanks.

A: Dark cocoa may help this situation by stabilizing the nerve roots and repairing the nerves, resulting in improved neuropathy and a decrease in pain. It might take a while, but it may help.

Dr Steve

Q: Can healthy chocolate lower triglycerides levels?

A: Yes it can. Cocoa is great for triglycerides and will lower them in addition to cholesterol.

Dr. Steve

Q: How does insulin use improve by eating healthy chocolate?

A: The cocoa epicatechins and procyanidins make the insulin work better. It increases insulin sensitivity and forces the blood sugars faster in the cells. It makes the sugars burn faster and helps stabilize the overall blood sugars.

Dr. Steve

Q: What is done during the manufacturing process to insure that the cocoa isn't contaminated by the lead that may be in the shell? I read that for children, lead can cause permanent neurodevelopmental deficits including impaired IQ. Thank you.

A: The manufacturer tests all the batches for lead before the process starts. There has been no lead in the products.

Dr. Steve

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.

Dr. Steve

Q: I have recently been diagnosed with failing adrenals and have also been told I am not producing enough insulin. The symptom that took me to my holistic doctor was complete exhaustion to the point that sometimes, while driving, I would have to pull over for fear of falling asleep at the wheel. My BP has always been good (110/70) and remains so. I am an otherwise extremely healthy, 50-year-old woman. After just a few days on the healthy chocolate nuggets and healthy chocolate drink, I am no longer experiencing the frequent exhaustion. I occasionally feel tired, but it passes quickly. Am I imagining things?

A: I am very excited about your response to the chocolate. It is truly amazing what the right type of cocoa can do for you in a short period of time. The different chemicals - theobromine, serotonin, MAO inhibitors, PEA, etc. - do give you the added energy. The cocoa also stabilizes blood sugar and makes you feel stronger quickly.

Q: My friend is allergic to refined flour, refined sugar, and milk. Is it safe for her to try healthy chocolate nuggets?

A: There is no refined flour, sugar, or any true milk proteins. It will be safe and help her feel better. Let me know how things progress.

Q: I know a very over weight man that is diabetic and also taking four different medications for high blood pressure and other health issues. He is reluctant to take the chocolate due to diabetes. We suggested the healthy chocolate drink, but he claims he see no difference in the ingredients in the healthy chocolate drink and the healthy chocolate nuggets. I do not know what medications he is on. Can you shed a little light on this, especially if the healthy chocolate drink is OK, and why is it OK?

A: The healthy chocolate drink is 100% unprocessed cocoa with minimal fat and no sugar. It is the best for diabetics. The healthy chocolate nuggets have some sugars in them, so you have to be more careful with the healthy chocolate nuggets and diabetes.

Q: Is this gluten free?

A: Yes!

Q: Is this good for spastic colon?

A: It is great for spastic colon, Crohn's, and ulcerative colitis. It helps a lot.

Q: The question keeps coming up about good fats and bad fats and the fat content of the healthy chocolate products. Could you please help clarify this matter? Thank you!

A: Please look at the booklets and the Omega 3 CD at healthychocolatetools.com about the fats. Remember, cocoa butter is neutral and does not increase cholesterol or put weight on you. It is a special type of saturated fat. The unsaturated fats are from omega 6s and 3s, which are good fats and are essential for your health. You need these types of fats in your diet to feel better. Dr Steve

Q: I have a caffeine sensitivity and have not had any caffeine (including chocolate) for years. Do healthy chocolate products contain caffeine?

A: Pure cocoa beans without the fiber and husk have zero to a very, very small amount of caffeine. The Canadian government tested the healthy chocolate bar and found no caffeine in it.

Q: We have a potential client who had a liver transplant three years ago. He is on a potassium restricted diet, and does not want immune boosters, so are there any reasons for him not to take healthy chocolate products?

Also, we know someone whose grandson has ADHD and cannot take anything with Casein in it. Will he be okay with the healthy chocolate?

A: It is okay to take with the liver transplant and will help him feel better. A healthy chocolate bar is perfect for the grandson, and it will help with ADHD. It contains no casein. -Dr Steve

Q: Do you have any research on how chocolate might help people diagnosed as being bipolar?

A: Cocoa contains bioactive chemicals which will help the bipolar disease. Healthy chocolate that contains omega 3 definitely helps bipolar patients.

Q: How does healthy chocolate affect fibromyalgia?

A: It is wonderful for fibromyalgia, and even the fibromyalgia association wanted information on it.

Q: My dentist was doing an implant for me, and had originally told me that he would probably have to do a bone graft. Well, he was so excited, I am a text book case of bone growing back and he will be using my xrays in talks. What I want to know is did the chocolate help the bone to grow? Or do you think it was my multi vitamin. I am 60.

A: It is a combination of both. I have had a lot of associates with reports of no cavities and great gums from cocoa. Cocoa will also help bones grow.

Q: I have a friend who has been taken off all chocolate because of a hiatal hernia and damage to her esophagus. What would be in chocolate that would hurt her esophagus? Can she eat healthy chocolate? I would like to have her try healthy chocolate but do not want to cause her a problem by going against her doctor's orders. Thanks for your help.

A: The sugars and fats in the chocolate cause the problem, but healthy chocolate does not cause any problem and is good for reflux.

Q: Is it possible for a person to get toxic levels of chocolate by consuming 4 or 5 healthy chocolate nuggets at a time, for a total of 12-15 per day?

A: Probably not, but I do not know the upper limit, and I preach moderation. Some can tolerate it while others would have problems. Listen to your body.

Q: I read your "Chocolate Desk Reference". In it you state three times that you should not eat too much of it. Others have told me that a person can't take too much. Who is correct? What happens if you take too much? I don't want to give people incorrect information.

A: I preach moderation in all things, so up to four times the amount is okay, but too much could cause problems in some people while some could eat a lot more and have no reaction.

Q: Any studies on Parkinsons Disease???

A: Look at the desk reference at healthychocolatetools.com. There is evidence that cocoa will help Parkinson's with the increase in dopamine and increase in energy levels. Flavonoids, especially cocoa, have been found to help, and, although observational study shows some benefits, no true cross over studies have been conducted.

Q: Can I stop medications when I start this product?

A: You must always check with your physician and work with them in making any changes in your medication. You can take information about the product to your physician and ask for their help in any decision you make.

Q: I am taking coumadin. What will this product change?

A: As with anyone on coumadin – a blood thinner – you must always check with your physician and have your PT-INR followed closely. This is very important since many products can change your results. This product may increase the PT-INR and require a reduction in your coumadin levels.

Q: Are there any other drug-product interactions?

A: At this time there are no other drug-product interactions but we will monitor closely any reports of changes.

Q: I am getting diarrhea after starting this product.

A: This product contains 2 grams of fiber per serving and an increase in fiber intake for most people will cause diarrhea for the first few days until the body adjusts to the fiber. This natural soluble and insoluble fiber is healthy for the body and will help you feel better.

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: Where does this product fall on the pH scale?

A: Acid and alkaline foods are neither good nor bad. The pH of a product is not that important to the body's overall pH balance. Many fruits are acidic in nature but tend to leave an alkaline residue in the body. The question should be not is the product acidic but whether it is acid-forming. The pH of this product is acidic in order to maintain an environment which prevents the growth of harmful microorganisms. Overall this product doesn't increase the acid load on the body.

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 insomnia.

Q: Does dark chocolate affect intake of calcium?

A: There is no evidence that dark chocolate will interfere with the metabolism of calcium. There is some calcium in the product so you always need to have your physician monitor your calcium levels.

Q: What vitamins and minerals are in healthy chocolate?

A: Actual percentages change from batch to batch. There is some literature which outlines the main nutrients found in the components of healthy chocolate:

Raw cocoa contains calcium, phosphorus, iron, thiamine (vit B1), riboflavin (vit B2), niacin, nicotinamide (vit B3), pantothenic acid (vit B5), pyridoxine (vit B6), ascorbic acid (vit C), magnesium, copper, zinc, manganese, and vitamin E.

RIBOFLAVIN

It is a vitamin helps with energy production. It is what makes your urine very yellow.

PYRIDOXINE HYDROCHLORIDE

It is a form of vitamin B6. It is a very important vitamin in more than 100 body reactions. It is important in protein metabolism, red blood cell formation, carbohydrate and fat metabolism, neurotransmitter formation, hormone production, and immune function.

ASCORBIC ACID

This is a form of vitamin C. Vitamin C is needed for collagen formation, antioxidant, iron absorption, immune function, and formation of some hormones. Vitamin C needs to be obtained from our diet and cannot be synthesized.

THIAMINE MONONITRATE

It is a form of the vitamin thiamin, which is useful in the metabolism of carbohydrates and BCAAs for energy. It is important for the transmission of nerve impulses and formation of neurotransmitters.

ZINC

It is a mineral required for many body reactions. It stabilizes many cell walls and is involved in many body reactions. It is important for the immune system.

MAGNESIUM OXIDE

Magnesium is vital in building protein, bone metabolism, enzyme actions, muscle contractions, nerve conductions, maintenance of teeth, and helping the heart rhythm.

COPPER

Copper is a helper in many body functions. It helps form collagen and helps repair

connective tissues. It is an anti-inflammatory and helps form myelin around nerves. It is an antioxidant along with zinc, SOD (superoxide dismutase), and ceruloplasmin.

PANTOTHENIC ACID

It helps with many body chemical reactions and is very important in the cellular metabolism of carbohydrates and fats to release energy. It is the “antistress” vitamin. It supports the adrenal glands to increase production of cortisone and other adrenal hormones to help counteract stress. It is thought to prevent aging and wrinkles.

MANGANESE

Manganese is used in many body reactions, especially carbohydrate metabolism.

VITAMIN E

It is a fat-soluble antioxidant

CALCIUM

Provides bone and tooth structure, blood clotting, nerve conduction, and is necessary for muscle function.

NIACINAMIDE

It is an active form of the vitamin niacin which helps in many body reactions and is especially important in the metabolism of glucose, amino acids, and fatty acids.

Q: What antioxidants or polyphenols are contained in healthy chocolate?

A: Cocoa contains large amounts of flavonoids – flavanols (epicatechins and catechins), anthocyanins and proanthocyanidins.