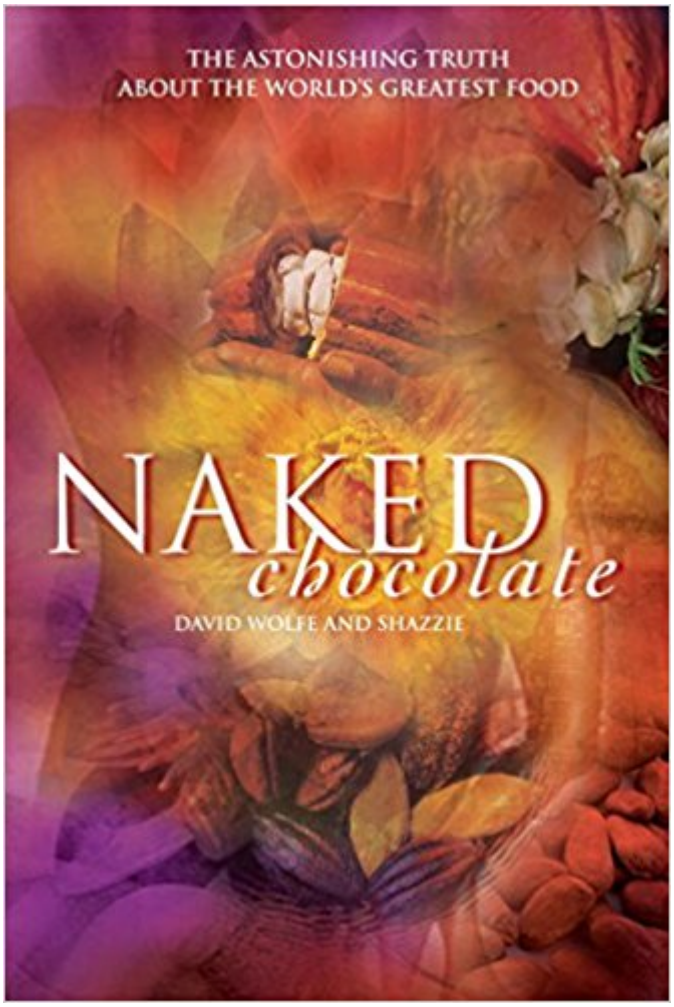
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Naked Chocolate: The Astonishing Truth About The World's Greatest Food



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Synopsis

With the mission to Ã¢â ¬Å“lay naked before the world the true meaning of chocolate,Ã¢â ¬Â• David Wolfe and Shazzie present a spirited and unconventional history, materia medica, and recipe book for the worldÃ¢â ¬â„¢s most pleasurable food: chocolate. This book describes the wonders of cacaoÃ¢â ¬â œwhere it comes from, how it is processed, its three varieties, and its origins and role in pre-Columbian cultures of the Americas. It explains the scientific properties and health benefits of chocolate, and elaborates how you will lose weight, soothe your heart, double your joy, increase your sensuality, nourish your intellect, and attract prosperity by eating it!In contrast to most books about chocolate, this one focuses on the raw cacao bean, or Ã¢â ¬Å“nakedÃ¢â ¬Â• chocolate. Of course, this chocolate manual wouldnÃ¢â ¬â„¢t be complete without a step-by-step guide on what to do with the cacao beans, and over sixty original and mouthwatering chocolate recipes guaranteed to enhance your life.

Book Information

Paperback: 256 pages

Publisher: North Atlantic Books; 1 edition (February 1, 2005)

Language: English

ISBN-10: 1556437315

ISBN-13: 978-1556437311

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 53 customer reviews

Best Sellers Rank: #725,474 in Books (See Top 100 in Books) #129 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Chocolate #277 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Raw #1841 inÃ Â Books > Cookbooks, Food & Wine > Desserts

Customer Reviews

Ã¢â ¬Å“This book will lead you on a journey into the world of chocolate. Learn the myths and legends associated with this life-giving food, what itÃ¢â ¬â„¢s really made of, and many new ways to eat, cook, and enjoy chocolate. With recipes that utilize not just chocolate but other life-giving, rich-in-nutrient foods, youÃ¢â ¬â„¢ll discover chocolate doesnÃ¢â ¬â„¢t just come in candy barsÃ¢â ¬Â¦ This book provides a comprehensive, one-of-a-kind perspective on chocolate that hasnÃ¢â ¬â„¢t been explored before.Ã¢â ¬Â• Ã¢â ¬â •HealthyNewAge.com

David Wolfe is one of the worldÃ¢â ¬â„¢s leading nutrition on raw food. He is the author of Eating for Beauty and The Sunfood Diet Success System, as well as numerous DVD and audio programs. As a health and personal success speaker, David conducts over 100 inspirational lectures and seminars and hosts six adventure retreats each year in the United States, Canada, Europe, and the South Pacific. At these events he inspires people to optimize their health and achieve their full potential by employing positive thinking, superior nutrition and, of course, by eating chocolate!Born in East Yorkshire, UK, in 1969, Shazzie had a typical northern lifestyle and diet in her formative years. As an adult, she suffered from lethargy, depression, brain-fog, bad skin, and aches and painsÃ¢â ¬â œuntil she created a detox and rejuvenation program for herself. These days she feels younger than ever before, has relentless energy, and a body that functions as it should! Shazzie spreads the secrets that sheÃ¢â ¬â„¢s uncovered to millions of people throughout the world via her web sites, books, magazine columns, workshops, and retreats. She is the author of Detox Your World and Detox Delights.

Very thorough, written with sincere and catching enthusiasm for the world’s most exciting food. Covers an interesting span of aspects--from historical uses, to personal anecdotes, to specific compounds and they way they interact in the body. Includes some exciting recipes also. I enjoyed reading about the mystical uses with the ancient Mayans and the section on "chocolate alchemy" which is just fun to say. Sometimes the "scientific" heavy parts were a little tedious to read, but overall flowed nicely and very interesting. I was enthralled by the compelling case they made that ethically farmed cacao can literally save the rainforests, even the world. There is a cause I can raise my chocolate too! That info has literally changed my actions, and that by my definition, makes a good book!I find myself quoting little known facts about cacao to my chocoholic friends and am now officially a chocolate nerd.

When you reach a point in life where you really start thinking about your health, stress and longevity potential one needs to consider a personal health revolution. I had known for years about David Wolfe and his contribution to the subject of raw foods and started with his books. He presents a thorough history of Cocoa and fun side lines that encourage you to get up and get going incorporating Raw Cocoa into you diet today! Start with the Raspberry Berret’s! You won’t regret it! Namaste!

What you don’t know about chocolate may surprise you and what this book can do to clear up any

misconceptions is no surprise. Everyone should be ingesting chocolate and you need to read the book to find out why! Well worth it, especially if it stops you from eating what you "think" to be chocolate and turns you onto one of truly one of the world’s greatest foods!

I received my book in excellent condition.

Great reading! Very informative.

Great recipes. Excellent detailed info on almost every superfood you can think of. Beautifully colored. Just a splendid book for the library and kitchen.

Good price for a book in very good condition.

Great read. Yet to follow through with the recipes.

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