

Healthy, HEALTHY CHOCOLATE

This is NOT Candy, It's Chocolate!

Mint Nib Chip (Large Batch – for Mama Bear)

1 cup Cacao powder – roasted – Source: Mountain Rose Herbs. (It is pronounced Ka-Cow)

3 TBS – Cacao nibs – roasted - Source: Mountain Rose Herbs

½ scant cup raw honey –make sure honey has not crystalize but free flowing – you may need to warm it up.

1 TBS Maca powder - Source: Mountain Rose Herbs (optional – but tastes good and great for your adrenal glands)

½ cup Cacao butter – melted - Source: Mountain Rose Herbs

10-12 drops – peppermint essential oil – Source: Butterfly Express

Stir until thoroughly mixed

Spoon into bite-size chocolate molds or smooth on to parchment paper on a cookie sheet. Chill. Remove from molds or cut into squares or bars.

OPTIONS: - you may replace peppermint with any of the following:

- 1/2 tsp – Cinnamon powder – Source: Mountain Rose Herbs
- 1/2 tsp chipotle or cayenne powder
- 1 tsp coarse ground sea salt
- 1/2 tsp orange essential oil
- 10-12 drops vanilla essential oil (not liquid extract)

Store in Refrigerator or a Cool Area.



Cacao Cinnamon Bar (Medium Batch – for Papa Bear)

1/2 cup Cacao powder – roasted – Mountain Rose herbs

1 heaping TBS – Cacao nibs – roasted - Mountain Rose herbs

1/4 cup raw honey –make sure honey has not crystalize but free flowing – you may need to warm it up.

1 tsp Maca powder - Mountain Rose herbs (optional – but tastes good and great for your adrenal glands)

1/4 cup Cacao butter – melted - Mountain Rose herbs

¼ tsp – Cinnamon powder – Mountain Rose Herbs

Stir until thoroughly mixed

Spoon into bite-size chocolate molds or smooth on to parchment paper on a cookie sheet. Chill. Remove from molds or cut into squares or bars.

OPTIONS: You may replace cinnamon with any of the following

- 6-8 drops peppermint essential oil
- 1/4 tsp chipotle or cayenne powder
- ¼ - 1/2 tsp coarse ground sea salt
- 1/4 tsp orange essential oil
- 5-6 drops vanilla essential oil (not liquid extract)

Why Chocolate!

So, I'm reading a book on High Blood Pressure. (I know, I know, that is kind of nerdy, but hey, I'm a doctor - that's the kind of thing we read before going to bed). One of the problems associated with high blood pressure is low magnesium in the body. In fact, studies have shown that 80% of the population has depleted magnesium levels in the blood. (Mostly because of too much sugar consumption). Medical treatment for high blood pressure is often diuretic drugs. The reasoning for a diuretic prescription is that if we can decrease the amount of fluid/blood that is pushing against the walls of the arteries, the blood pressure should go down. However, far too often, the diuretic depletes even further the magnesium (and potassium), which caused the high blood pressure in the first place. Studies have shown that the greater the intake of magnesium, the lower of risk of high blood pressure and heart disease. For many, simply getting enough magnesium in your diet (400-600mg/day) can eliminate high blood pressure.

Chocolate is very high in magnesium (3 oz of dark chocolate contains 176 - 420mg. of magnesium depending on the percentage of cocoa). Please understand, I am NOT talking about candy. I am talking about chocolate, cocoa, cacao (pronounced Ka-KOW). Real chocolate made from fresh whole natural ingredients. Hersheys, Nestles, M&M's, Kit-Kat bars ARE candy, weighing in with about 10% cocoa. This is candy and candy is unhealthy - not because of the chocolate content but with the sugar and plethora of other chemicals that are put into the candy. Chocolate, real chocolate made from cacao beans (pronounced Ka-KOW), then roasted to become cocoa (pronounced Ko-Ko) is the real stuff. The raw ingredient Cacao (Ka-KOW) is combined with a sweetener (ideally a healthy one such as honey, maple syrup or raw cane sugar), cocoa butter and perhaps a few spices is truly a healthy food. Dark chocolate measuring in at 60-90% cacao is truly a healthy food that has many positive medicinal qualities. Here are some of the benefits that research as demonstrated with dark chocolate. Real chocolate, NOT candy!

- **Heart & Vascular Health.** Dark Chocolate is high in the amino acid Arginine, which increases Nitric Oxide. Nitric Oxide in the blood relaxes and dilates the blood vessel muscles and keeps plaque from forming on the artery walls thereby lowering high blood pressure. Arginine also keeps the blood thin by keeping platelet from clumping together abnormally. Dark Chocolate leaves arteries more soft and supple.
- **Inflammation.** A 2008 study showed that small amounts, one or two squares, of dark chocolate reduced inflammation, which is implicated in heart disease, arthritis and a host of other ailments.
- **Dementia and Alzheimers.** The polyphenols in dark chocolate will very likely delay and prevent Alzheimers and dementia according to one recent study. Interestingly: Knitting & Crocheting also reduce these diseases.
- **Appetite Suppression.** Dark chocolate is highly satisfying to the appetite and can actually help you to lose weight. Researchers in Copenhagen showed that men who first consumed dark chocolate later consumed 15% less pizza, which adds up to a lot of calories
- **Skin.** Consumption of 2 tablespoons of high-flavanoid cacao for 12 weeks resulted in skin that was smoother and more moist, which is important for a more youthful look.
- **Heart Failure Protection.** One 2010 study (of women) showed substantial protection against heart failure hospitalization or death in those who ate just an ounce of chocolate - not necessarily dark in this case - once or twice per week.

- **Brain and Vision.** High flavanol dark chocolate was found to significantly increase short-term cognitive and visual brain functions. For example, it improved choice reaction time, spatial memory, visual contrast sensitivity and motion detection for starters. In other words, chocolate is a brain booster.
- **Medicine.** Yes, researchers have actually suggested that dark chocolate could be used as medicine! As I always say, "Food is medicine" and dark chocolate is a perfect example of this. Researchers studied people with high blood pressure (hypertension) and Metabolic Syndrome and found that dark chocolate actually saved lives and decreased mortality. The researchers emphasized that it needs to be 1) dark chocolate with 2) at least 60-70% cocoa.
- **Brain Booster.** The studies keep rolling in showing that cocoa is a brain builder. For example, a 2012 study in the journal Hypertension, shows that older people with mild cognitive impairment were significantly helped by consuming high-flavonol cocoa. It is important to note that this study showed the benefit ONLY occurring with the higher flavanol cocoas, so your dark chocolate must be of high quality and low processing.
- **Insulin Sensitivity.** One of the huge battles for most men (over the age of about 40) is managing their blood glucose and insulin levels. Of course, pre-diabetes and often Metabolic Syndrome occur when men lose their insulin sensitivity. (This can be triggered by Inflammation.) Again, high quality cocoa can come to the rescue as one study found that it increased insulin sensitivity.
- **Serotonin.** Chocolate also contains significant amounts of both serotonin and tryptophan, which are important in the production of serotonin. They believe this explains the calming effect of chocolate on many people. (Magnesium actually helps convert tryptophan into serotonin.)

Craving for Chocolate? It could be that you are deficient in Magnesium (most likely), or in need of L-Arginine, Serotonin or Tryptophan. But Please, Please, remember it is chocolate you need, NOT candy. High Quality, low processed chocolate. Do not rationalize yourself into believe that poor quality "chocolate -flavored" candy will be of any benefit. And please don't confuse a sugar addiction with eating real honest-to-goodness chocolate.

I don't know about you, but including ingredients to make our own Healthy Chocolate can be found in our Storage supplies.

Blessings,

Dr. Kyle Christensen, DC, ND, MH

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Hot Choco-Latte

This morning drink will **reduce inflammation**, increase **mental clarity** and **satisfy hunger**.

It is the best “hot chocolate” we have ever had. Drink two cups for breakfast (7am) and you will be satisfied and not hungry until after noon (12pm).

RECIPE

2 cups Hot - Roasted Barley Tea, Pero, Roma, Postum –
we get barley tea bags at the Asian Market
(you can use whatever you like) or Just plain hot water
2 TBS Butter – grassfed (KeriGold brand is best – Best prices at Winco)
2 TBS Coconut oil (or MCT oil)
1 TBS – Cacao powder – heaping – We like Mountain Rose Herbs
1-2 packets Stevia in the Raw or Honey to taste

Options: 1 tsp Vanilla powder – or ¼ tsp of Vanilla extract
2 drops peppermint essential oil
¼ tsp cinnamon or nutmeg powder
1 tsp of Maca root powder – to balance hormonal issues – Adrenal, Estrogen or Testosterone
½ -1 tsp Turmeric powder
½ - 1 tsp wheat grass juice (fresh or powdered)
1-1/2 tsp of Gelatin (leftover Hot Choco-Latte refrigerated makes pudding)

Measure out your HOT tea, Pero, Roma or water into a blender. Add the cocoa, water, butter and oil and any other ingredients together in a blender, and blend it until frothy. The result is a hot and frothy cocoa beverage with a nice, airy and creamy. Optionally you may add stevia sweetener or honey to taste (chocolate isn't naturally sweet). To us, it's delicious with or without sweetener.

How it works

By ingesting healthy lipids or fats instead of carbohydrates (sugars), you get your body to run on fats, which apparently are much better fuel for your mind and body than just simple carbohydrates. When you consume ingredients from pure, organic and unadulterated sources, and you won't be putting into your body many the neurotoxic elements that create so many problems people experience today.

The main flavor or component to this drink is the cacao (pronounced Ka-Cow). Cacao contains the substance nutrient theobromine, which has been aptly referred to as the “food of the gods.” The molecule theobromine is structurally similar to caffeine, save for 1 carbon and two hydrogen atoms, which does not appear to be a big difference at first. However, compared to caffeine, the difference in effects are profound:

- Stimulating in effect, but not a central nervous (adrenal) stimulant
- Relaxes smooth muscle tissues
- Has a half-life is almost twice that of caffeine, meaning it lasts longer in the body

Cacao is very high in Anti-oxidants and creates a nice euphoric feeling. You should feel powerful and energized with it. But most importantly, you will not experience a hard crash when the energy effects wear off, instead it gently tapers away into relaxation. Like caffeine, as long as you don't overdo it you should be fine. We recommend this as a morning drink.

Ordering Chocolate Supplies

Primary Source: Mountain Rose Herbs –
Excellent organic and fair-trade quality.

Mountain Rose offers a 25% discount if you order 25 lbs or more of herbal products.

<https://www.mountainroseherbs.com/>

• [\(800\) 879-3337](tel:8008793337) or [\(541\) 741-7307](tel:5417417307)

I recommend calling them and ordering over the phone to insure that you will get the discount. You will need to pay at the time you order with a credit card.

IMPORTANT!!!! – If you want your order in one pound bags (recommended), then you must request it. Otherwise, if you order 10 lbs of cacao it will come in one big bag. It does not cost extra to have everything put into 1 lb bags. You can order in smaller quantities (8oz or 4oz) but you will not get a discount for quantities less than one pound.

- **Cacao Powder** – This product is lightly roasted (not to the extent of making it cocoa) – the roasting brings out more flavor (think: raw peanuts vs roasted peanut as far as the taste goes)
- **Cacao Nibs**
- **Maca Root powder**
- **Cocoa Butter** – this can be purchased as a solid block or as wafers. I prefer wafers because it is easier to use. The taste of the cocoa butter from Mountain Rose is the best I have tasted. The cocoa butter does not qualify for their discount (they don't consider it an herb).

Expect to pay about \$1 per pound for shipping cost.

Here are a few other items to consider from Mountain Rose Herbs.

You've followed the prophet and got your years supply. How 'bout spicing it up?

Delicious, Organic Herbs, Spices & Seasoning Blends from Mountain Rose Herbs

Discover the difference between grocery store quality and the High Quality of Fresh Organics

All packages are 1 lb – no smaller quantities available for discount. Prices include shipping and sales tax and reflect the wholesale discounted prices when you order a minimum of 25 lbs.

- Cinnamon powder-\$5.75
- Oregano leaf - \$10.50
- Parsley flakes - \$10.50
- Paprika powder - \$8.25
- Rosemary leaf whole-\$ 8.00
- Thyme leaf - \$8.75
- Nutmeg powder - \$29.50
- Garlic granules - \$8.75
- Onion –minced - \$6.75
- Cayenne powder - \$7.50
- Basil leaf- \$13.00
- Marjoram - \$6.00
- Coriander powder - \$6.75
- Cumin powder - \$8.75
- Ginger powder - \$10.50
- Mustard powder - \$6.50
- Black Pepper – Ground \$13.00, Whole \$13.25
- Chipotle powder - \$14.50
- Clove powder - \$17.75
- Ancho Chili powder - \$10.50
- Chili Flakes 25-40K Heat -\$7.50
- Red Chili powder roasted -\$9.75
- Sea Salt, fine (5 lbs)-\$21.00 (no bulk discount)
- Cilantro flakes - \$10.50
- Dill weed - \$13.00
- Cacao powder - \$10.75
- Cacao nibs – \$13.00
- Cocoa butter wafers – \$15.00

Our Favorite BLENDS

- All Purpose Seasoning - \$10.50
- Cajun Spice - \$9.75
- Chili Powder Blend-\$11.75
- Curry - \$10.50
- Herbs de Provence-\$10.50
- Italian Seasoning - \$8.25
- Mediterranean Seasoning -\$9.75
- Mexican Seasoning-\$10.50
- Pickling Spice - \$10.50
- Pumpkin Pie Spice - \$9.00
- Thai Curry Blend - \$9.75
- West Indies Rub - \$9.00

Chocolate Molds

– I get them from Amazon.com – look up silicon chocolate molds or click on the link.

http://www.amazon.com/s/ref=nb_sb_ss_i_1_14?url=search-alias%3Daps&field-keywords=chocolate+molds+silicone&srefix=chocolate+mold%2Caps%2C307

Essential Oils

I use Butterfly Express – very good quality and fairly priced and not multi-level.

<http://butterflyexpress.net/>

There are many other good companies that sell essential oils.

Young Living, DoTerra are both multi-level marketing companies – good oils, but expect to pay 3 – 5 times more than normal retail prices.

Ameo is a new essential oil company – very high quality – because these are so concentrated and pure, you may need to use less when following my recipe. Ameo is also multi-level so expect to pay top dollar.

Herbal Remedies – Making your own potent and powerful remedies with Dr. Kyle Christensen
I will be offering In the Kitchen Workshops again in January 2016. (I haven't set the date yet – but will notify those who have signed up with me).

Thank you so much for attending my classes at Bluffdale Ready. Remember, we are all in this together. Please feel free to share what you have learned. Give away your sourdough starter, your recipes and most importantly your love, service and friendship. It is important now that we strengthen friendships and associations, the stronger our communities and bonds with each other the happier we will be. Someday we may all be camping together and won't it be fun to be gathered with already established friends.

Blessings,

*Dr. Kyle Christensen
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