



What's Better Than Chocolate? Chocolate on SALE!

Who would have thought that chocolate would be so beneficial to our health? Yet studies continue to prove it's true...chocolate is good for the body, the heart, and the soul. And (here's the best part), wonderful *Endangered Species Chocolate* is on SALE at the **Health Food Mart!**

"It's the first time in several years that we've offered this fine chocolate on sale," says Steve Syrokosz, store manager. "*Endangered Species'* all-natural chocolate bars are ethically traded, shade-grown, milk and dark chocolate. They contain no additives like chemical preservatives or artificial coloring and flavoring...and, for every bar sold, 10% of the net profits are donated to help support species, habitat, and humanity. Each chocolate bar wrapper features artwork of an at-risk species with educational information about the animal on the inside of the wrapper.

"The 3oz. bars range from 48% cocoa content(milk chocolate)to 88%(extreme dark chocolate). The darker and purer the chocolate, the more powerful the antioxidants. Dark chocolate with 70% cocoa, or higher, contains more antioxidant power than green tea, red wine or blueberries. Antioxidants help protect the body against free radicals that cause cell and tissue damage.

"Chocolate also contains beneficial vitamins and minerals and contrary to popular belief, minimal caffeine...a fraction of that in a cup of coffee. For the heart, the antioxidants in dark chocolate can inhibit plaque formation in the arteries and improve the flexibility of blood vessels. *Endangered Species Chocolate* also has bars containing other heart-friendly foods like berries and nuts. For the soul...eating chocolate releases endorphins, the body's natural 'feel good' chemical. Chocolate is known as an antidepressant and an aphrodisiac. It contains phenyl ethylamine, which can cause feelings similar to 'being in love.' Perhaps that's why in an economic decline, sales of chocolate are still up (as recently reported in the *Topeka Capital Journal*)."

Craving some "medicinal" chocolate? Enjoy it guilt-free...on sale now at **Health Food Mart**
1507 SW 21ST ST. TOPEKA, KS 66604-3172 Phone (785)235-9710 (800)828-5121
E-mail:thehfm@gmail.com Hours: Mon.-Thurs 9:30-8:00 Fri. & Sat 9:30-5:45,
<http://www.thehealthfoodmart.com/>

-An article from *Topeka Today!*

Hope to see you soon.

Bobbie, Teresa, Dave, Leonard, Ralph, and Steve