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As a naturopathic physician I am exposed to many different people with various ailments and diagnoses. The roots of naturopathic philosophy reach back thousands of years and to many traditions. The blending of practices of the past with cutting edge laboratory testing and technology of today defines naturopathic medicine. There is a distinct philosophy unique to holistic doctors that I use every time I see a patient. It includes

establishing a healthy regime and stimulating the healing process. I believe the first step is what we put in our mouth. **Food is medicine**; sage advice for anyone interested in wellness and optimal living. But where to begin?

We all have been told to eat our fruits and vegetables, and to eat the rainbow of colors. Ever wonder why? It is because the more colorful and vibrant the fruit or vegetable is the more nutrients, in

particular the more **antioxidants**, it has. Close your eyes and try to imagine a fruit or vegetable more dark, richer in color than...CHOCOLATE. That's right chocolate, unprocessed and unadulterated, is the world's number one source of antioxidants.

Now take the world's most consumable and most nutritious food, use cutting edge technology to take the bitterness out and leave the nutrition in, and give it to a world that is sick, overfed and malnourished with calorie-dense, nutrient-deficient foods and what can you get? Health.

Healing occurs when you give the body the food/fuel it needs to function optimally. Healthy chocolate does just this. In fact, I have never seen one product impact more people with so many different issues than this one. I often refer to healthy chocolate as "a broad spectrum super-food." People are able to establish a healthy regime and stimulate the healing process all by eating delicious healthy chocolate three to five times a day.