



22 Reasons

To eat & drink Dark Chocolate & Açai Daily AGING SUCCESSFULLY

22 Ways to Build, Strengthen, Repair and
Protect Your Body's 75 Trillion Cells

www.juliancoffeetree.com

1 More Nutritious

Unprocessed dark chocolate manufactured for potency and purity is an excellent replacement for other candies.

2 Contains Fiber

Fiber aids the body's digestive system, carrying proper nutrients and eliminating wastes. . Also this chocolate has no trans fatty acids.

3 Balances Cholesterol

It may help balance good and bad cholesterol. These nuggets of health have no cholesterol.

4 Assists Weight Loss

Chocolate suppresses appetite. It also helps prevent the body from taking the fat in our diets and putting it in fatty cells.

5 Full of Antioxidants

Chocolate, Açai berry and blueberry are loaded with free radical scavengers—or antioxidants. A nugget has an impressive ORAC reading of 3,120. Açai contains 25 times that of grapes.

6. Builds Cells

It's loaded with protein.

7 Reduces Blood Pressure

Dark chocolate might lower your blood pressure.

8 Lowers bad Cholesterol

9 Strengthens blood vessels

10 Improves Insulin Levels

11 Supplies the body with crucial minerals

"A high magnesium intake lowers blood pressure and reduces risk of heart attacks, stroke, diabetes and osteoporosis."

12 Scavenges Free Radicals

"Mother Nature has provided us with some very impressive defense compounds called antioxidants, which have the capability to protect us from the perils of oxidants or free radicals as they are so called."

13 Restores Antioxidant Power

Repairs weakened antioxidants in the system.

14 Fights Back. Açai's phytonutrients slow down oxidative stress.

15 Rich in Fiber and Iron

Açai is recommended.

16 Cleanses & Detoxifies

Açai berry qualities.

17 Helps Fight Cancer the flavonoids are anti-mutagenic helping the immune system.

18 Fights Cellular Mutation

Protecting the DNA.

19 Strengthens Memory

A long list of diseases are now associated with free radicals, none more insidious than those that cause Dementia, Alzheimer's, Parkinson's disease, etc. Good cells die from lack of proper nutrition. The grouping of phytonutrients helps in this battle. It also helps with mental clarity and cognition.

20 Filled with Essential Oils

Oils are an array of incredibly small particles which bind with other nutrients and transport them through membranes.

21 Strengthens the Heart and Inhibits Platelet Formation.

Many of these phytochemicals strengthen the heart muscles, strengthen blood vessel walls and inhibit platelet formation, helping prevent edema, strokes and heart failure.

22 Boosts Sense of Well Being.

Xanthines found in chocolate create a sense of well-being. Theobromine opens the lungs and increases flow in blood vessels. It calms nerves and has a stimulatory effect.