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Chocolate: Guilt Free Every Day?

Littleton Colorado author and international speaker Julie Pech (*The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate*, \$10) has a "tough" job: She teaches people about the health benefits of chocolate and how to eat chocolate to support their health. If this sounds too good to be true, you're not alone. The author herself claims she was the ultimate skeptic, scoffing at the concept that chocolate could truly be good for you. But after 18 months of research and product testing (including eating chocolate every day), she's convinced the facts speak for themselves.

Thankfully, Julie's mission is to share her research and change the chocolate eating world as we know it, one convert at a time. To get the job done, she travels internationally with a cruise line as a guest speaker promoting healthy chocolate, teaches chocolate & wine pairing classes, and regularly lectures for corporate events, business organizations, non-profits and more. She says the key to making it work is, "Finding the balance between education and entertainment. When I speak, I present statistics backed by research, but I add a twist of humor so people don't drop off in a saga of boring numbers. The book is written in the same style--it's easy to read and makes you laugh, but it also teaches you things about chocolate you never knew." Chocolate companies regularly send chocolate, and Julie says there's never less than 75 pounds of chocolate in her office at any given time. She samples every day....ongoing research, of course.

Julie has appeared on local Denver television five times and national radio over thirty times. She's been written up in numerous magazines and newspapers and has entertained hundreds of audiences with her programs. A portion of every book sold funds *The Dragyn Foundation*, a non-profit company Julie created to benefit underprivileged children throughout the world. In addition, she regularly participates in fund raisers for churches, schools and other non-profit organizations, donating a percentage of book sales back to the organization that hosts the event.

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