

Press Release / Health Benefits of Chocolate Presentation

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Author Julie Pech might have the best job in the world: She teaches people how to eat chocolate every day, guilt free, for the benefit of health and without gaining weight. A long time chocolate lover and nutritionist, Julie's book "The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate" is the secret to her mission.

"The timing is perfect for The Chocolate Therapist book," says Pech, a daily chocolate consumer herself. "I call it the perfect storm—the health benefits of chocolate, a renewed focus on national nutrition and the idea that healthful eating doesn't have to be a struggle, all converging into a concept that's actually good for you. How often does that happen?"

Perhaps the sweetest element of Julie's appearances is plenty of free samples. In addition, if you purchase a book it comes with a "starter kit," your choice of a handcrafted chocolate bar from her shop. "You just can't read the book without a chocolate bar in hand," says Pech with a smile. "I know. I researched for over a year while writing and it's impossible. That's why I give one away with every book."

The book is written to make learning easy as well as entertaining—over 60 alphabetized ailments with a chocolate recommendation followed by supporting evidence as to how and why chocolate helps. It also includes a never-before-published chapter on how to pair chocolate and wine. There's even a funny section called "Where Do You Hide Your Chocolate?" that includes some of the best hiding places in the world. Pech refers to her book as "the chocolate bible," because it's a condensed version of everything you'll ever need to know about chocolate. It also recipes, a history of chocolate, how it's made from bean to bar and much more.

Bio

Julie Pech is the author of "The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate." She owns The Chocolate Therapist chocolate shop in Littleton, Colorado, where they produce all natural chocolates and gourmet fresh-roasted coffee. Pech speaks up to 15 times a month about the health benefits of chocolate, teaches chocolate & wine pairing and chocolate & tea pairing classes and travels as a guest lecturer on cruise ships teaching people about chocolate. She's also a certified hypnotherapist and Nutrition Educator. She's currently working on franchising The Chocolate Therapist and taking her chocolate bar line into national grocery stores.

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