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Introduction of Julie Pech

Our speaker today believes that

The only difference between guilt-ridden and guilt-free chocolate enjoyment is simply education!

Sales of luxury and gourmet chocolates are rapidly increasing as people embrace the news that chocolate is good for you, but how do you know *what to eat, how much, or which kinds are best?*

Julie's book, *The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate* helps readers discover the answer to these questions and many others about chocolate.

Julie has made it her personal mission to change the chocolate-loving world as we know it, one convert at a time. She speaks up to 20 times a month to various groups about chocolate and health, teaches chocolate & wine and chocolate & tea pairing classes, hosts fund raisers and charity events and even travels internationally on cruise ships as a guest lecturer—speaking about chocolate, of course.

Now on to sharing the love of chocolate - please help me welcome our speaker today, Julie Pech.