Paleo-content

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**Subject:** A Chocolate-filled Treat for Paleo People

Hey,

Remember how last time we talked about some of the common myths that keep people away from paleo lifestyle? Well, one that truly leaves a bad taste in mouth is the myth that denounces chocolate as a part of paleo diet. Now this is something that will keep all the sweet-teeth away from paleo. Fortunately, it is just a myth.

**NEWS FLASH: Dark Chocolate is as Paleo as it Gets!**

Yes, we are talking about chocolate in its pure form and not the processed one.

Cocoa beans were discovered long before humans became familiar with the concept of pleasure food and desserts. Greek mythology calls it the ‘Food for Gods’. So, if it’s good enough for gods, it has to be good enough for humans.

It actually has a lot of benefits of its own. For starters, it is a perfect anti-oxidant. Also, it contains Theobromine andPhenlethylamine – two powerful and completely safe mood enhancers that give you almost the same feeling as falling in love for the first time.

Sounds tempting?

Coupled with the rest of paleo food, chocolate is bound to keep you healthy and happy. Just make sure you are getting one that has 70 percent of more coca in it.

We will soon share a list of healthy chocolate products you can buy.

Until then, stay sweet!

Thanks,

Regards