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June 1st 2011: Chocolate! Friend or Foe?

Millions of people, knowingly or not, self medicate with chocolate everyday to enhance their feel good chemicals and improve their moods. But can chocolate help your cardiovascular system, reducing the risk of heart attacks or strokes? Can it reduce the risk of high blood pressure or cancer? My guest this week says that after water, cocoa is the healthiest known substance you can put into your body and believes that if cocoa were consumed judiciously and regularly, it would prove the single greatest life-saving medication of all time.



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Featured Guest



Chris Kilham

Chris Kilham is a medicine hunter, author and educator. The founder of Medicine Hunter Inc., Chris has conducted medicinal plant research in over 45 countries.

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