


Xocolat  
  
Amante

# *Raving Xocolat*

## *Volume 4, May 2008*

Hi chocolate lovers,

Feeling glum with all this wet cool weather? Don't. Just order some chocolates from [www.xocolatamante.com.au](http://www.xocolatamante.com.au) and give your tastebuds a world tour without leaving the cosy comfort of the lounge.

Welcome to this fourth edition of our website newsletter where we share some tales from the world of chocolate, and continue to offer some great specials and gifts in the lead up to Mothers day.

Yours sincerely,  
Andrew, Julie & Stuart

### Beat your winter colds with chocolate

Did you know coughing is the most common complaint for which medical attention is sought? Now, rather than choking away on some unpalatable cough syrup, researchers at the National Heart and Lung Institute in London offer a much more appealing solution.

Usami et al (2004) conducted a study examining the efficacy of theobromine as a cough suppressant in guinea pigs and humans. Theobromine is the primary alkaloid found in cocoa and chocolate, and is one of the causes for chocolate's mood-elevating effects. It's a mild stimulant belonging to the methylxanthine family (which also includes caffeine).

When given to human volunteers in a randomized double-blind study, Usami et al found it inhibited induced cough in 10 human volunteers, without any adverse cardiovascular or central nervous system effects.

So next time you are feeling ill, enjoy some medicinal chocolate; reach for the dark bars as they contain higher levels of theobromine. [Michel Cluizel Infini 99%](#) is particularly High.

## Spreading the word on Single Origin

In February, Xocolat Amante joined forces with a fabulous new Spanish restaurant in the heart of the city (**Subsolo**) to successfully promote single origin chocolates. In addition, we continue to host chocolate tasting events for groups and businesses, and have also been approached by chocolate outlets seeking advice on what single origin products are available and what makes them special.

If you know anyone who would like to get acquainted with the joy of single origin products through hosting promotions like these, don't hesitate to refer them to us at [admin@xocolatamante.com.au](mailto:admin@xocolatamante.com.au)



## Expectant mums: Chocolate reduces pregnancy complications

New research out of Yale University, published in *Epidemiology*, suggests dark chocolate could help ward off pre-eclampsia in pregnant women. Pre-eclampsia is a condition characterized by high blood pressure and the presence of protein in the urine which can develop in mid to late pregnancy. Pre-eclampsia and other hypertensive disorders of pregnancy are a leading global cause of maternal and infant illness and death.

Theobromine, the primary alkaloid found in chocolate, stimulates the heart, relaxes smooth muscles and dilates blood vessels. In their study of over 2000 women, Dr Triche et al found women who consumed the most chocolate and whose infants had the highest concentration of theobromine in their cord blood were the least likely to develop pre-eclampsia. Women who ate five or more servings of chocolate each week during the third trimester were 40% less likely to develop pre-eclampsia.

## Mother's Day Specials

Everyone likes to teach their mother a lesson; why not use Mother's day as an excuse to educate her on the world of single origin chocolate? The following products continue to be offered at 20% discount (while stocks last):

- Valrhona Grand Cru Caraibe (66%) - single origin dark chocolate made from Caribbean cacao.
- Valrhona Grand Cru Jivara Lait (40%) - single origin milk chocolate made from the finest blend of cacao in South America.
- Valrhona Cao Grande Noir (70%) - blended dark organic chocolate.
- Michel Cluizel Mangaro Lait (50%) – single origin milk chocolate made with cacao from Madagascar.

See **Sale Items** in the Chocolate Shop for more information and to make purchases. In addition, some unique gift products from Michel Cluizel continue to be available online under **Mother's Day Gifts**

