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Report on Sweet Revolution chocolates:

What a delight to come across a beautiful chocolate that is unique, beneficial, and caringly made with organic ingredients. This chocolate is handmade by a lady who has studied naturapathic nutrition in-depth, and is concerned to deliver the best possible.

This is a popular, quality product and as a registered nutritionist myself, I am extremely pleased to find this chocolate on the market. Here is a chocolate I can recommend to others, and to other practitioners.

The problem with "chocoholics" is that a craving develops due to endorphins released by the combination of fats and sugars. This can result in binge-eating of chocolate, with potential health risks such as obesity and diabetes.

As we know, usual confectionary is made up of fats, refined sugars, dairy products etc, and all professional nutritionists and medics will tell you that this raises the blood sugar and can cause quite severe imbalances, leading to many unhappy disorders e.g., mood swings, lower resistance to infection, headaches, hyperactivity, hypoglycaemic issues. This also makes ordinary confectionary quite unsuitable for diabetics.

Sweet Revolution, on the other hand, is free of refined sugar, and combines quality raw cacao butter and cacao powder. The result is a highly quality dark chocolate with a strong sweet taste that is instantly satisfying. A small piece - as advocated by health professionals - is all that is needed to satisfy the craving for something sweet.

We are now actually being advised that this type of chocolate can indeed lower blood pressure and raise low moods - apart from satisfying the sweet tooth. In using low GI agave nectar in replacement to refined sugars is resolving this health problem.

This type of chocolate also inherently contains high levels of magnesium, due to the organic cacao powder. Magnesium is a marvellous muscle relaxant, that we require to keep our body and mind functioning well.

Neurotransmitters are often blocked from circulation in the brain due to magnesium deficiency, resulting in low feelings, exacerbated in the winter.

People with sleep issues are often advised to supplement their diet with plenty of magnesium. What a perfect way to do this! Magnesium is also referred to as an energy mineral, and if low, is part of the difficulty of PMT, a very common continuous health problem for women.

This recipe therefore contains the essential elements of chocolate, but being of highest quality deliver a high quality product. As an additional benefit, the cacao used in Sweet Revolution is organic and helps the 3rd World by being sourced responsibly.

Clients who have enjoyed this product have remarked how happy they are to find Sweet Revolution: *"I have finally found a chocolate my diabetic husband can happily eat, in flavours he loves. It's a real treat for him. He only needs a little at a time to feel he has satisfied his chocolate craving. And I love it too, it's so chocolatey, smooth and tasteful."*

Another lady tells me - *"The whole family loves this chocolate. It's not only tasty, we know we have the best of ingredients because it doesn't leave that oversweet tacky feeling in your mouth, and I don't get headaches after eating it. My daughter is a coeliac, can eat this product safely, and I am on a diet, so it helps me because it's not full of processed sugars."*

Anne Russell

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