

[This is a sidebar for a magalog for BottomLine Personal]

ANOTHER DELICIOUS REASON TO EAT MORE **DARK CHOCOLATE:**

CHOCOLATE can protect against illnesses associated with diabetes

The Good News: Studies show chocolate actually protects insulin-producing beta cells, helping to reduce the negative side effects of diabetes, including:

- Blindness
- Heart disease
- Kidney Failure

Chocolate-eaters are also less likely to be diagnosed with diabetes in the first place.

The Bad news: the sugar and fats in most candy bars can still be harmful. So, is this another 'bacon is healthy' switcheroo? You really can't eat dark chocolate?

Not at all. Dark chocolate IS healthy, and helps fight lots of nasty conditions like Chronic Fatigue Syndrome, skin cancer, and memory loss. But, you might not want to get your dark chocolate in the form of a Hershey bar.

Page 7 of the FREE special issue of Bottom Line Personal 2015 has a much better suggestion for how to have your chocolate and your health!