

Christopher Hyslop

Registered Homoeopath

11 Hylands Close, Furnace Green, Crawley, Sussex RH10 6RX

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Are you a chocoholic?

This simple test will discover why you are addicted to chocolate and hopefully help reduce your chocolate dependence.

There are several reasons why you may be addicted to chocolate, it can be caused by a fatty acid imbalance, a chromium deficiency or endorphin stimulation.

Follow these simple instructions.

1. Avoid chocolate all day until you have got a strong desire for some chocolate.
2. Make a drink containing real cocoa power, an artificial sweetener and full skimmed milk (be generous with the cocoa).
3. Drink wait 20 mins.

Has your craving disappeared? (If yes, see cause 1 below) If not:-

1. Make a drink as above but this time, instead of using the artificial sweetener use sugar.
2. Drink, wait 20 minutes.

Has your craving disappeared? (If yes, see cause 2 below, If not see cause 3 below.

Causes.

1. You are receiving an endorphin boost from the cocoa itself. Some of my patients find taking a dose of 5HTP at bedtime may relieve this. (product code 1448)
 2. Sugar relieves your craving, you are almost certainly chromium deficient. Most of my patients find that taking 100ug of chromium Picolinate per day relieves this problem. (product code 1365)
 3. Your fatty acids are imbalanced. Most of my patients find this problem is solved by taking a dose of EPA/GLA with their main meal of the day. Product code 1766.
- You will need to take your supplement for at least a month before your craving diminishes. (These products can easily be obtained on www.goodvitality.com)