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Chocolate: Guilt Free Every Day?

After writing [The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate](#), I realized I had “tough” job ahead: To teach people about the health benefits of chocolate and how to eat the right chocolate for health. Granted, in the beginning, I scoffed at the concept that chocolate could truly be good for you. But after 23 months of research and product testing, including eating chocolate every day, I'm convinced that the facts speak for themselves.

I've decided to make it my mission to share my research and end guilt-ridden chocolate indulgences for all. I travel as an international guest speaker with Norwegian Cruise Lines promoting chocolate, teach a *Chocolate Lover's Paradise* class at the Colorado Free University and regularly host chocolate and wine pairings for various groups. When I speak, I always try to find the balance between education and entertainment. I present statistics backed by research from very formidable resources, but I add a twist of humor so people don't drop off in their soup in a saga of boring numbers. The book is written in the same style--it's easy to read and makes you laugh, but it also teaches you things about chocolate you've never known.

I've appeared on local Denver television and national radio over 30 times. A portion of every book sold funds *The Dragyn Foundation*, a non-profit company I created to benefit underprivileged children throughout the world. I also regularly host fund raisers for churches and schools, donating a percentage of book sales back to the organization that hosts the event.

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