

Re: Eat dark chocolate

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2006-08/msg00129.html>

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In article <1155249476.334234.165660@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>, "blackdog" <cljlk@xxxxxxxxxx> wrote:

Many people suggest that eat dark chocolate to raise HDL.
Does dark chocolate need to contain fat? How about chocolate power without fat, does it help?
Thanks

Take a peak here.

Bill

http://groups.google.co.uk/group/sci.med.cardiology/search?group=sci.med.cardiology&q=cocoa&qt_g=1&searchnow=Search+this+group

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