



Eat Chocolate, Lose Weight: New Science Proves You Should Eat Chocolate Every Day

By Will Clower PhD

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Eat Chocolate, Lose Weight is a game-changing look at the world's most surprising (and luscious) health food: chocolate.

Based on new groundbreaking research and the amazing results of his clients, who have lost more than 100 pounds, nutritionist and neuroscientist Dr. Will Clower dispels the myth that chocolate is just a "junk food" by revealing how this succulent food contains healthy antioxidants that can actually help you lose weight.

All you have to do is take the Chocolate Challenge: an 8-week plan that reveals *which* type of chocolate is the healthiest and exactly *how* you should be eating it to maximize all of its surprising health benefits, including:

- Weight loss of up to 20 pounds in 8 weeks
- Reduced food cravings and appetite
- Prevention and reversal of diabetes
- Improved dental health
- Significant improvement in blood pressure
- Enhanced energy levels (up to 50% !)
- Increased skin moisture and UV protection
- And more!

With *Eat Chocolate, Lose Weight*, Dr. Clower is finally bringing his incredibly successful-and delicious-plan to chocolate lovers everywhere!

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Editorial Review

About the Author

WILL CLOWER, PhD, is an award-winning neurophysiologist, neuroscientist, nutritionist, and founder of Mediterranean Wellness, Inc., which administers the PATH Healthy Eating and Weight-Loss Curriculum adopted by corporate clients across the United States. Dr. Clower's breakthrough work has been featured on *The View*, *Fox News*, *MSNBC*, *CBS*, *USA Today*, and *Dr. Oz*. He is the author of *The Fat Fallacy* and *The French Don't Diet Plan*. He lives in Pittsburgh.

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