

Benefits of adding Cocoa, Cinnamon and Cayenne to Energy Plus-GR

Why consume powdered Cocoa, unsweetened dark chocolate (no sugar):

Cocoa, unsweetened dark chocolate is a natural **antioxidant**, *painkiller*, **stress reliever** (**NATURAL** tranquilizer), and most important of all, it helps your body reduce LDL or “**bad cholesterol almost over-night**”. 1 teaspoon of Cocoa, unsweetened dark chocolate powder only has 0.5g Total Fat, **0g Saturated Fat**, **0mg Cholesterol**, 0mg Sodium, 3g Total Carbohydrates, 1gr Dietary Fiber, and 1gr Protein.

At a cost of \$3.00 to \$4.00 a month for Cocoa, unsweetened dark chocolate powder is very inexpensive compared to taking statins. Zocor, Lipitor, Lescol, Pravachol, Advicor and Mevacor), are statins, which cost \$50 to \$135.00 a month and must be used continuously to be effective.

Your risk of having a heart attack may drop 20-30 percent for every 10 percent drop in cholesterol. And the safest, most inexpensive way to bring down cholesterol is 3 or 4 tablespoons of Energy Plus-CoCiCa gel pudding 3 times daily before meals. For more info on Cocoa click: [CO-INFO](#)

Cinnamon has anti-inflammatory properties, helping reduce chances of both [stroke](#) and [heart disease](#). The spice also has antifungal and antibacterial properties that can help fight infections and [lice](#).

Cinnamon appears to have a positive effect on [blood sugar levels](#) and according to the USDA's [Human Nutrition Research Center](#), cinnamon seems to [make insulin more efficient](#) at taking glucose out of blood and converting it to fuel for your body.

Studies also claim [anti-viral benefits](#) for a special cinnamon extract against Avian Flu H9, the Sendai virus, [HIV](#) and Herpes Simplex 1, Newcastle disease (in chickens) and the [flu](#). The extract not only fights viruses, but it will also immunize against them. To top it all off, cinnamon is an excellent source of manganese, [dietary fiber](#), iron and calcium. There have also been reports that Cinnamon has a positive effect on erectile dysfunction for men, and positive effects on PMS problems for women.

Cinnamon can be toxic in large doses. And please note that large, doughy cinnamon buns are not an ideal source of cinnamon. For more info on benefits of cinnamon click: [CI-INFO](#)

Many herbalists believe that Cayenne Pepper is the most useful and valuable herb in the herb kingdom, not only for the entire digestive system, but also for the heart and circulatory system. It acts as a catalyst and increases the effectiveness of other herbs when used with them, and thus may help boost your body's metabolism. People with ulcers should not consume Cayenne until Energy Plus=GR or CoCi products may help cure the ulcers. For more info on benefits of Cayenne Pepper click: [Ca-info](#)