

Giles & Posner's Luxury Fondue Chocolate, Cheaper than therapy, and you don't need an appointment!

After the January blues getting us down and the latest diet fads on the front page of every magazine, you can now turn to a chocolate to make you feel good! Giles & Posner's fondue chocolate has nutritional benefits and natural ingredients that make it a healthier alternative to most other chocolates that tend to be laced with oils and calories. Their chocolate contains no vegetable fats or hydrogenated oils, only natural flavours and colourings, so not only does it look good, but it tastes amazing.

Cocoa butter is quite expensive so it's often only high quality chocolate, such as the luxury chocolate blended by Giles & Posner, which contains high amounts of cocoa butter. Other brands will replace cocoa butter with milk fats and hydrogenated oils which are bad for your health. The chocolate has the perfect balance with nutritional benefits and the added bonus of being gluten free and suitable for vegetarians.

Giles & Posner's chocolate comes in small manageable buttons which are microwavable and melt in the bag within minutes; it can then be poured onto your chocolate fountain, creating the best results with no mess! Available in milk, dark or white, and with high nutritional benefits, specially blended; containing anti-oxidants it has to be the healthiest fondue chocolate available on the market. Teamed with healthy dipping products such as strawberries, pineapple, mango and kiwi Giles & Posner have created the healthier way to enjoy chocolate.



Recent studies show that chocolate with a high cocoa content contain heart-healthy antioxidants which aid the prevention of certain cancers, help prevent the oxidation of LDL (bad) cholesterol while raising HDL (good) cholesterol levels in the blood. As Giles & Posner's luxury fondue chocolate is specially blended with a higher cocoa butter content it brings you a deep and intense flavour, an irresistible aroma and perfect cascading effects, first time and every time.

"Chocolate causes certain endocrine glands to secrete hormones that affect your feelings and behavior by making you happy. Therefore, it counteracts depression, in turn reducing the stress of depression. Your stress-free life helps you maintain a youthful disposition, both physically and mentally. So, eat lots of chocolate!"
Elaine Sherman (Madame Chocolate's Book of Divine Indulgences).

More recently, a study of 8000 male Harvard graduates showed that chocoholics lived longer than abstainers. Their longevity may be explained by the high polyphenol * levels in chocolate. Polyphenols reduce the oxidation of low-density lipoproteins and thereby protect against heart disease. Such theories are still speculative.

Like other palatable sweet foods, consumption of chocolate triggers the release of endorphins**, the body's endogenous opiates. Enhanced endorphin-release reduces the chocolate-eater's sensitivity to pain. Endorphins probably contribute to the warm inner glow induced in susceptible chocoholics.

Giles & Posner's luxury fondue chocolate is available at high street stores across the UK including Harrods, Selfridges, Harvey Nichols and Woolworths.

Stockist number: 01727 826262 or website: www.gilesandposner.co.uk

Distributors, please email sales@gilesandposner.com for wholesale prices



For an images of the chocolate, or more information on Giles and Posner products please contact Lisa Nicholson on 01322 336 131 or email lisa@inspirationalpr.com

Notes to the editor

* <http://www.chocolate.org/polyphenols.html>

** <http://www.opioids.com/opiates.html>