



The “Skinny” on Chocolate: New Study Finds that Regular Intake May Keep You Lean

Chocoveda® Truffles Take Chocolate to a Higher State by Adding Even More Health Benefits



Can consuming chocolate on a regular basis *really* keep you skinny?

Quite possibly, according to a [recent study](#) reported by [NPR](#), which found that **people who eat chocolate several times a week are actually leaner than people who don't eat chocolate regularly.**

The new research suggests chocolate may favorably influence metabolism, perhaps due to specific compounds found in cocoa that fend off fat and increase the energy that cells make.

But believe it or not, **an even higher state of chocolate exists – one that's health benefits go beyond cocoa.**

Enter [Chocoveda](#): award-winning, all-natural vegan truffles that of course incorporate **antioxidant-rich 72% dark chocolate**, but also contain a host of other fine ingredients that bring big health benefits.

Available in several flavors, from wild strawberry to Meyer lemon, the handmade sumptuous sweets **incorporate the Ayurvedic healing herb ashwagandha, or “Indian Ginseng,” known to ease stress, and extra virgin coconut oil, which has been linked to weight loss, heart disease prevention, improved digestion and more.**

A delightfully healthy gift for yourself or for loved ones, Chocoveda truffles feature beautiful, artful designs and are available in three distinct collections: the [Chakra Box](#), the [Garden Box](#) and the [Goddess Box](#). MSRP: \$30-\$35

Chocoveda products can be purchased online at www.chocoveda.com and at Nieman Marcus and other retail boutiques. For more information or a sample, editorial media can contact Holly at holly@thepressroom.com or (805) 773-1000.

