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Hello and Happy Valentine's Day!

Who thought a holiday could be HEALTHY? Valentine's Day – the Chocolate Holiday!

Remember the antioxidant benefits of dark chocolate. The darker the better, 73% cacao if you have the taste buds for it.

A recovering carbo addict like me prefers milk chocolate with the higher sugar content. However, the higher sugar content causes a higher insulin spike, which "programs" the body to store everything as fat. It also produces more acid in the mouth, which is not good for teeth or gums. That acid promotes tooth decay and gum disease -- which we don't want!

Making the switch has been an adjustment, but I find that the desire for something chocolate gets satisfied much more quickly with dark chocolate. So that means fewer calories and a lot less sugar (less insulin spike, less acid production), especially by having some almonds or walnuts with it.

So, whether you'll be enjoying the Holiday with antioxidant-rich dark chocolate, or taking a "vacation" from "being good" and going for the milk chocolate, I'd like to thank you for your interest in this short newsletter and in my practice. It's a privilege to be part of your health solutions! Would you be my valentine?

Vicky Flint, RDH

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Health. . .it starts in your mouth!

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