



[For immediate release: December 10, 2011]

Raw-Cocoa, High-Antioxidant Diet Produces Significant Weight Loss

Meal-replacement product helps produce average drop of 31 lbs.

Reno, NV - A recent study has found that overweight or obese individuals who consumed an antioxidant-rich, raw-cocoa based meal-replacement shake over a twelve-week span were able to lose significant weight. The study is the first of its kind to comprehensively show that a high-antioxidant diet, particularly one featuring unprocessed cocoa, can effectively help promote healthy weight loss.

The study was published in the December, 2011 issue (vol. 26, no. 2) of the *American Journal of Bariatric Medicine*.

"Few studies have specifically investigated the association of high-antioxidant foods such as raw cocoa with safe and effective weight control. Our study is the first to truly examine this relationship, and its findings were very pronounced," said Machiel N. Kennedy, MD, the study's lead author.

Dr. Kennedy is a licensed Medical Doctor who is board certified in Family Practice and Bariatric medicine (Weight loss). He is a Diplomat of the American Board of Family Practice and a Diplomat of the American Board of Bariatric Medicine. Dr. Kennedy is the author of two books entitled *Scientifically Slim* and *Radically Free*.

The prevalence of obesity has risen markedly since 1976, now exceeding 30% among US adults. Obesity has well-known associations with morbidity and disability, resulting in unhealthy life-years and increased health care costs. Currently in the US 68% of the population is either overweight or obese. Obesity also contributes to a long list of other public health problems, including coronary heart disease, type 2 diabetes, cancers (endometrial, breast and colon), hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, and gynecological problems (abnormal menses, infertility, polycystic ovaries, and so forth).

Fifty people, in the age range of 26-73 years, were chosen from over 250 applicants.

The participants were either overweight or obese measured by BMI criteria set by the World Health Organization. The participants were to consume a high antioxidant meal replacement shake and at least three pieces of high-antioxidant healthy chocolate pieces made from raw unprocessed cocoa by MXI Corporation. The shake had an ORACfn score of

56,500 with 1,128 mg of flavonoids (certified by Brunswick Laboratories). One serving protected over five primary radicals, which was four times the USDA fruits/ vegetables average. The shake was 190 kcal with 21 grams of whey isolate protein, 8 grams of fiber, 3 grams of fat from chia, and 0.5 grams of sugar. Each participant consumed two shakes a day for 12 weeks.

In addition, the participants were encouraged to adopt healthy lifestyle changes, including exercise, a minimum of 7.5 hours of sleep nightly, increased water intake, and the participation in support groups with the keeping of a food journal and consultation with the study authors once a week.



Among the findings:

- ▶ The average weight loss per participant was 31.3 pounds.
- ▶ The average decrease in waist circumference was 5.8 inches.
- ▶ None of the participants experienced any ill health from the program.
- ▶ None of the 50 participants who started the study dropped out of the program.

Kennedy also notes that a high antioxidant diet also minimizes inflammation in the body, a condition linked to obesity as well as dozens of other conditions. While no formal measurements of inflammatory markers were taken during this study, other previous testing of the raw cocoa found positive changes in inflammatory markers. For instance, a single serving of the high-antioxidant meal replacement shake stimulates the helpful SIRT1 enzyme by approximately 15%, and inhibits the pro-inflammatory NF-kB by 34%.

“The powerful antioxidant and anti-inflammatory effects of high-antioxidant meal-replacement shake clearly played a significant role in the weight loss benefits seen by the study participants,” said Kennedy. “The results were very impressive, and perhaps enhance our understanding of the wide ranging health benefits of cocoa.”

Jeanette Brooks, founder of MXI Corp., the company that donated the high-antioxidant meal-replacement shake and healthy chocolate pieces, stated, “It has been a dream come true to help people everywhere improve their health, lose weight, and keep it off.”

The results of this study confirm anecdotal evidence from thousands of consumers that suggests a weight loss correlation with the high-antioxidant healthy chocolate.

The American Journal of Bariatric Medicine is published by the American Society of Bariatric Physicians.

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