



RAW VEGAN ORGANIC HEALTHY CHOCOLATE

Contact:

Vanessa Barg
3310 Crescent Street 3E
Astoria, NY 11106
Telephone: 646 688 5549

email: vanessa@gnosischocolate.com
website: www.gnosischocolate.com
twitter: www.twitter.com/gnosischocolate

Dear Sir/Madam,

We are grateful for these few minutes of your attention.

We ask only that you remember - as you read inside about Gnosis Chocolate - that Gnosis:

- * Is the World's Most Nutritious Chocolate because it is diabetic-friendly, soy-free, gluten-free, and infused with medicinal herbs and superfoods like no other chocolate bar on Earth
- * Is a raw chocolate company only three years old that creates the country's best selling truly raw chocolate bar, including in Whole Foods' North East Region
- * Was founded by a 23 year-old health counselor and has grown 100% by word of mouth with no advertising or funding
- * Has grown by word of mouth to sales in 200 stores and 13 countries in just three years
- * Represents the larger movement towards higher quality food, a more sustainable model for food production, and a highly conscious approach to corporate social responsibility.

Thank you for allowing us to share our passion and purpose with you. I hope your interest and imagination will be ignited by these materials, and that we will speak in the near future about how to collaborate in bringing the Gnosis story and message to more people who care about our planet and its people.

Warmly,

Vanessa Barg
Founder and Owner



OVERVIEW

“Gnosis means ‘intuitive, experiential knowledge of the heart.’ We are more than a chocolate company; our products are vehicles for educating consumers about health, environmental sustainability, and social responsibility, and how their daily choices have a deep impact on the supply chain. Chocolate is a key that opens doors; Gnosis is a healthy indulgence people are truly excited to vote with their dollars for – it’s an edible representation of a shift in the marketplace.”

Founder, Vanessa Barg

COMPANY DESCRIPTION

- Founded in 2008 by Vanessa Barg, board certified holistic health professional;
- The first and best-selling organic raw chocolate bar to market;
- Distributed online and through brick and mortar locations to the natural foods and fine chocolate markets. Retailers include; Whole Foods, Bristol Farms, independent grocery and gift stores, doctors’ offices, and health spas, Amazon.com, Chocolate.com, and many others;
- Growth completely funded by sales (no investors or startup capital, and little paid advertising) paralleled the growth of other companies with far greater resources;
- Ingredients and packaging sourced directly with uncompromising specifications verified by supply chain visits and active collaboration with country of origin.
- Sponsors like-minded charitable organizations and community efforts, including The Fruit Tree Planting Foundation, The Institute for Integrative Nutrition, The Urban Zen Foundation, The Wayuu Taya Foundation, and many others.

PRODUCT DESCRIPTION

- Product line includes over 40 products including chocolate bars, truffles, spreads, trail mixes, and gift items packaged with sustainable materials;
- Certified organic (CCOF), Kosher (IKC), Vegan (Vegan Action);
- Sweetened with low glycemic sweeteners, thus diabetic-friendly;
- Gluten-free, Soy-free, Peanut-Free;
- Made with raw ingredients (heated under 118 degrees Fahrenheit) to maintain nutritional integrity and minimal processing;
- Functional Chocolate: infused with superfoods including goji berries, acai, pomegranate, and herbs used in Chinese, South American, and Ayurvedic traditions.

COMPANY MISSION & VISION

Gnosis Chocolate’s Mission is to raise global awareness of health, well-being, and environmental sustainability through the ethical business practices in sourcing, manufacturing, and sale of high integrity, superfood-infused, organic chocolate and other products.

Gnosis’s Vision is to be a worldwide brand recognized for creating the healthiest chocolate - without sacrificing flavor - with an uncompromising commitment to social responsibility, sustainability, and the welfare of our planet and all its inhabitants. Using consumer education as our marketing strategy, we empower consumers to affect meaningful change with their purchases.

Advisors & Industry Associates:

- Frederick Schilling: Founder, Dagoba Organic Chocolate – US company sold to Hershey; Co-CEO, Big Tree Farms - Indonesia (supplier to Gnosis); Co-Founder, Amma Chocolate – Brazil
- Joan Steuer: Chocolate Marketing
- Mary Jo Stojaks: Founder, Fine Chocolate Industry Association;
- Mott Green: Founder, Grenada Chocolate Company;
- Francois Pralus: Owner, Pralus Chocolat;
- Joshua Rosenthal, Founder, Institute for Integrative Nutrition;
- Dr. Alejandro Junger: Founder, Clean Program;
- Clay Gordon, Author, Discover Chocolate; Founder, TheChocolateLife.com;
- Doug Evans: CEO, Organic Avenue;
- David Wolfe: Founder, Sunfood Nutrition;
- Jeremy Black: Co-Founder, Sambazon Acai.

Certifications & Affiliations:

- California Certified Organic Farmers & USDA Certified Organic;
- International Kosher Council;
- Vegan Action Certified;
- Fine Chocolate Industry Association Member;
- American Association for Drugless Practitioners Certified;
- Institute of Integrative Nutrition Graduate & Ambassador;
- Womens Business Enterprise National Council Member – in process;
- World Cocoa Foundation Member – in process;
- Green Business Bureau Member – in process.

Press, Speaking Engagements & Awards:

- Guest expert on Martha Stewart's Healthy Living Radio Show
- Guest expert on Sundance Channel's Love/Lust focus on chocolate (to be released Nov '11)
- Guest Expert on Bloomberg's Channel: Healthy New York
- Early Show focus on best products from New York Chocolate Show;
- NBC New York City Live interview spotlight on the first raw chocolate store in NYC;
- NBC Philadelphia product spotlight as eco-friendly gift for mothers to be;
- Entire episode feature on New York's local channel 25
- Award: Best of Raw – Best Raw Chocolate
- Award Nomination for 2011 – Best Vegan Chocolate
- 4th annual lecturer at Lincoln Center, Javits Center & Beacon Theatre for the Institute for Integrative Nutrition, NYC;
- Lecturer at Health Freedom Expo, CA
- Lecturer at Raw Spirit Festival, DC
- Judge and Speaker at Best of Raw Contest, NYC

Gnosis is distinguished by our commitment to product and ingredient quality, as well as to the quality of life of all our stakeholders and their communities.

Here are some of the activities that demonstrate Gnosis's commitment: to nutritional and manufacturing integrity and fair labor standards, and to reporting findings that benefit both industry and consumers.

- **Raw Integrity Project:** Research, visit, and develop raw food supply chain standards and verification/certification methods
- **Agave Report:** Visit Guadalajara to observe farming, harvesting, and processing of agave, and to research health claims;
- **Grenada Project:** Work with existing organizations to rehabilitate cacao farms as a method of stimulating the economy and job creation, and to empower youth; address poverty, child welfare, unemployment by developing organic agriculture; create a framework for initiatives in other third world cacao producing countries;
- **Fruit Tree Planting Foundation:** Gnosis donates 10% of profits to support FTPF's work to alleviate world hunger, and improve air, soil, and water quality;
- **Belize Trip;** led educational tour group from US to visit Belizean cacao farms and co-ops
- **Environmental Sustainability:** Gnosis packaging is 100% recycled, 77% post consumer recycled, Forest Stewardship Council certified; printed with vegetable dyes; wrappers made of biodegradable or compostable materials.

Donations to and Sponsorship of:

- The Fruit Tree Planting Foundation
- Urban Zen Foundation Apple Awards (recipient: President Bill Clinton);
- Wayuu Taya Foundation
- World Trade Center Memorial
- Housing Works
- The Institute for Integrative Nutrition
- and many more...

Future International Goals

- **Grenada Chocolate Company and Big Tree Farms (Indonesia):** continued collaboration to support sustainable agriculture; implement nutrition programs for farmers and families;
- **Africa:** connect to labor practice improvement projects, rehabilitate mono-cropped cacao plantations; support and develop ongoing PALF wildlife conservation efforts;
- **Central & South America:** support existing organic cacao initiatives, catalogue genetic varieties with focus on preservation of heirloom cacao;
- **Physician's Committee for Responsible Medicine:** collaborate with PCRM to produce research studies on health benefits of raw foods and superfoods.

gnosis HISTORY

The World's Most Nutritious Chocolate™

By making *The World's Most Nutritious Chocolate™*, Gnosis aims to not only satisfy a call for pure, decadent chocolate, but also to carry a message of health, well-being, and awareness of our environment and society.

Gnosis aims to shift the marketplace towards high integrity companies, healthful products, and consumers who are empowered to make educated choices to support the health of our planet and community.

In 2008 Vanessa Barg, a Certified Holistic Health Counselor, formulated raw chocolate bars for her clients. Having studied nutrition, she combined superfoods and herbs with raw cacao and low-glycemic sweeteners.

Gnosis Chocolate is not just a chocolate bar - it's a means to better health! Gnosis' reputation has spread like wildfire to all corners of the world. Gnosis Chocolate and its organic, raw, vegan, kosher product line are now found in over 200 stores, including Whole Foods. Vanessa has appeared on the Martha Stewart Radio Show, various television programs, and has entertained many public speaking engagements.

Team Gnosis has grown to include a chocolatier classically trained in France, and wonderful employees who are encouraged to use their leadership potential and hold responsibility to pursue their passions.

Gnosis works directly with our farmers and suppliers. Vanessa has visited farms in Belize, Grenada, Mexico, and Indonesia, following her supply chain to its roots to ensure Quality Assurance and fair labor practices onsite.

She started The Raw Integrity Project to involve the raw food industry and community in determining better methods of production as this niche continues to expand. Since the first bar sold, Gnosis has operated with environmental and societal awareness. From manufacturing to packaging and shipping, Gnosis invests in sustainable materials and methods of operation.

Team Gnosis seeks to inspire other entrepreneurs to operate with similar awareness through free business counseling and collaborations with conscious companies. All of Gnosis' growth has been by word of mouth - with no paid advertising or investments. Vanessa's belief is that a business model based on focusing 100% of efforts on making a superior product and providing excellent customer service will result in a louder voice from our consumers - who will demand for this quality and integrity on the shelves of our stores.

Gnosis Chocolate represents a shift in the market place - from its donations to its environmental consciousness and the quality, integrity, and Love in each and every bar.



Founder and Owner of Gnosis Chocolate: Vanessa Barg



Team Gnosis



Vanessa Barg with Agave- Producers in Mexico

Hello! My name is Vanessa Barg. I'm a Board Certified Holistic Health Counselor, and the founder of Gnosis Chocolate.

Eight years ago, I was on track to medical school, but underwent a personal health revolution when I realized that the best medicine of all was: food. I became impassioned about health and nutrition.

As a result, I headed in a different direction: I began studying nutrition and traditional herbs as preventative medicine, and attended the Institute for Integrative Nutrition (IIN) in New York. I became a Health Counselor, working with clients in the areas of: diet, well-being, exercise, relationships, and career. I had no intention of creating a product company - it came as a surprise, as though by design.

When David Wolfe (the world authority on raw food nutrition) lectured at IIN about the benefits of raw chocolate, I bought the superfoods David spoke about, commandeered my mom's copper bowl, utensils, and kitchen... and whipped up my first batch of raw chocolate. The result was so delicious that I began making chocolates as a gift for my clients to help them avoid unhealthy sweets, and to help them see that eating healthy can also be extremely decadent and delicious. Demand for the chocolate grew through word of mouth like wildfire! Stores started calling - even Whole Foods asked me to carry the bars - and I founded Gnosis Chocolate without any funding, partners, or marketing.

Why did I choose to make raw chocolate instead of conventional, roasted chocolate? Raw chocolate is less processed, closer to how nature intended, and has more nutrients, neurotransmitters and antioxidants. The raw food diet allows for a recalibration of quality and quantity, and in addition is more environmentally and socially sustainable.

Gnosis means intuitive knowledge, knowledge of the heart and experiential knowledge. The company Gnosis Chocolate has really turned into so much more than a chocolate company. It has turned into an opportunity to fill packaging and website and speeches full of knowledge about health, wellbeing, spirituality, social and environmental awareness, and conscious entrepreneurialism. I have been invited to public speaking engagements in front of thousands of people, have been on several television shows and radio shows including Martha Stewart. I am blessed to now employ a full time staff, and to work directly with our suppliers and farmers to ensure integrity. I have learned so much about nutrition and sustainable business and am so honored to pass along this education. Gnosis Chocolate has become a vehicle - an avenue for sharing Gnosis - for sharing knowledge.



18 Flavors of Raw Chocolate Bars



Simplicity Bar: The essential chocolate experience. Start with the elemental taste & multiple health benefits of raw, organic cacao. Add blue-green algae for mood and concentration, then blend in Madagascar Vanilla Beans for immune support.



SuperChoc Bar: No other chocolate bar can match its sheer power, so be prepared for this thunderbolt to your senses and systems! SuperChoc's raw superfoods, superherbs, antioxidants, and adaptogens make Super Heroes of us all.



Pomegranate Açai: The Pomegranate Açai Bar puts all the pieces of vibrant health in place as luscious antioxidant-rich açai and pomegranate, vitamin C filled camu camu meet protein-dense brazil nuts and liver-detoxifying barberries and intense raw cacao.



Coconut Almond Bar: Tropical-born, Heaven-sent, flavor and potency-filled. Coconut improves absorption of fat soluble vitamins; almonds are alkaline and high in protein; and maca is said to balance the hormones and enhance endurance and sexual vitality.



Fleur de Sel: Quenching twin cravings of savory and sweet, this healthful bar leaves you feeling complete! Two varieties of salt deliver all 92 minerals and intensify the deeper elements of cacao's flavor profile. Satisfy all your taste buds with one bite!



Aphrodisia Bar: Damiana to stir desire; Yohimbe and Maca for fulfillment; Cacao's Anandamide and Arginine to heighten bliss, Palm Nectar, Figs, and Raspberries to sweeten, and; Horny Goat Weed to... alas, modesty forbids me to say more.



PowerChoc Bar: Whether you are an athlete, yogi, vegan, or trying to avoid soy, gluten & whey, this bar is truly Choc full of Power! Made with protein rich superfoods and medicinal herbs for maximum protein assimilation and physical endurance!



Dazzling Darkness Bar: If Dazzling Darkness weren't as smooth and creamy, it would be like eating the chocolate bean, itself... the dark chocolate lover's dream come true! A cacao-crammed, raw, bitter taste as dense as the dime-sized universe at the Big Bang.



Cashew Goji Berry Bar: Sweet goji berries gift their antioxidants, protein, and vitamins b6 and beta carotene for beauty and blood health. Rich in both protein and heart-healthy oleic acid, nuggets of raw, crunchy cashews are nestled happily in between!



Cool Peppermint Bar: Peppermint - often called "the world's oldest medicine" calms the stomach and stimulates the body and mind. Chlorophyll is a powerful antioxidant and tissue repairer. Let this bar roll up its leaves to make you the strongest kid on the block.



Mayan Heat Bar: Named to honor Earth's first chocolatiers, Mayan Heat reaches back across the millennia - Cayenne was used with cacao by the Mayans. Currants and cranberries add a touch of sweetness. But be warned... this hot chocolate pulls no punches!



Immune Boost Bar: Herbs for strengthening your immune system, Warming Spices, and Flavors of Autumn help you celebrate a healthy and vibrant trip 'round the sun. Stay healthy through the "cold & flu" season - and enjoy the metamorphosis!



Almond Fig Spice Bar: Sweet, chewy figs, currants, and cranberries burst with fiber, antioxidant and cleansing power, while almonds give their wonderful protein, and a subtle note of warming cinnamon helps you to metabolize glucose & balance blood sugar... its aroma kissing you goodbye until next time...



Sacred Feminine Bar: "A woman is the full circle. Within her is the power to create, nurture, and transform [...] Let us call upon woman's voice and woman's heart to guide us in this age of planetary transformation." -D. Mariechild. Let the herbs in this bar support every stage of your cycle!



Superberry Lime Bar: Gnosis delivers 10 superberries - the ultimate proof good things coming in small packages - with a hint of tart, bright refreshing, lime in the background. With the low glycemic maple flavor of Palm Nectar, you'll be transported to new heights!



Zero Glycemic Bar: We made this bar for those of you who must avoid all forms of sugar. Organic Erythritol has Zero Calories and Zero impact on blood sugar! We've added herbs that can help regulate metabolic response to sugar.

gnosis PROJECTS

The World's Most Nutritious Chocolate™

Gnosis is not just a product company; the company was founded as a project to improve the health of Vanessa's clients. From its very inception, Gnosis' mission has been embedded in a foundation of care for our society's health, and the well being of our planet. In today's world, we believe integrity is no longer a choice – it's the only answer. Going the extra mile, Gnosis answers today's consumers' call for sustainability, responsibility, and superior quality. Here are some of the ways Gnosis expresses its mission:



gnosis PROJECT: RAW INTEGRITY *an Exploration of Transparency in Raw Chocolate*

The Raw Integrity Project's main activities are: **Confirmation:** To guarantee that the ingredients Gnosis uses are raw, vegan, organic, and of the highest quality, Vanessa makes regular Quality

Assurance visits to her supply chain. She asks increasingly in-depth questions, and puts her hands in every stage of production to ensure the foundation of Gnosis: nutritional integrity.

Consultation: Vanessa continues to work with industry leaders to develop new and ever more effective ways to assure raw integrity and to move the raw foods industry forward through research and communication. **Communication:** Updates, reports, and discussions of raw chocolate's lore, benefits, and challenges.

gnosis PROJECT: AGAVE REPORT *Uncovering the Truth behind Sweeteners*

In the Agave Report, Vanessa provides a thorough introduction and overview to agave nectar, its production and use, and discusses the recent

controversy about its health benefits. Additionally, Vanessa reports what she learned on her visit to the Agave Farms in Guadalajara, Mexico. As is the case with cacao, Vanessa feels the only way to make health claims with integrity and truly verify Quality Assurance is to go far beyond researching reports and reading third party blogs...and actually visiting Gnosis's supply chain.

gnosis PROJECT: SOCIAL RESPONSIBILITY *Respecting Culture with Raw Chocolate*

By purchasing organic and sourcing ethically, we support thousands of farmers and their families. In this way, we exercise our social responsibility not

only to our customers, but far beyond – to people around the globe. Our support of the work of local organizations has touched thousands of people in the United States and abroad. Specifically, Gnosis Chocolate has donated 10% of all profits to The Fruit Tree Planting Foundation since inception (FTPF.org). Gnosis also sponsors and shares funds generated by its chocolate with: REACH Grenada, Choices in Childbirth, American Holistic Medical Association, Doctors without Borders, Housing Works, WayuuTaya Foundation, Institute for Integrative Nutrition, Urban Zen, and many other like-minded organizations.

gnosis PROJECT: ECO-SUSTAINABILITY *Honoring Mother Earth with Raw Chocolate*

Gnosis Chocolate products are all packaged with 100% recycled, 77% post consumer recycled, and FSC certified papers printed with vegetable inks. Our

wrappers are made from biodegradable or compostable materials. Our shipping materials are reused and environmentally sustainable and we have found summer shipping methods that allow us to avoid using styrofoam or other harmful insulants. Gnosis believes that our practices not only affect the planet directly, but also serve as a model for other small companies by using our buying power to vote with our dollars for a shift in the marketplace.

edible QUEENS
CELEBRATING THE FOOD CULTURE OF NEW YORK'S MOST DIVERSE BOROUGH Issue 2 Spring 2010

WIN \$50 WORTH OF HAND-DIPPED CHOCOLATE. PAGE 40!

ediblequeens.com SPRING 2010 edibleQUEENS 5

RAW BAR

We've all heard the old adage "an apple a day keeps the doctor away," but how about a chocolate bar? Locally produced in Long Island City and made from 100 percent organic vegan ingredients and raw heirloom cacao, Gnosis chocolate claims greater health benefits than their conventional counterparts. The line was launched three years ago by certified holistic health counselor Vanessa Barg, whose aha moment struck while she was attending a lecture on the health benefits of raw cacao. "Chocolate comes from a fruit, a tree, a bean—we forget that it's inherently healthy!" she exclaims. Indeed, but Barg boosts the bean's benefits by adding ingredients like protein-packed almonds and hemp seeds for the Power Choc bar, or echinacea and penummon for the Immune Boost bar. Some bars, like Ma-yan Heat, which contains "cayenne pepper, red pepper flakes and love" and keeps *Edible Queens* editors warm throughout a December blizzard, are seasonal, but others, like Fleur de Sel, Cocosur Almond and Cashew Goji Berry, are available year-round.

Barg initially began making the chocolates for her clients to help them satisfy their sweet cravings while still maintaining a holistic diet. "Everyone was willing to give up cookies, sodas and other unhealthy snacks, but they refused to stop eating chocolate," she explains. Now, she uses her training to seek out healthful ingredients and combine them in flavorful ways. The bars are also minimally processed, or technically "raw," ensuring high nutrient levels. As a result, they take a little getting used to, especially if your idea of chocolate is wrapped in foil with a Hershey's label attached. Gnosis chocolate is more fudgy than creamy, and some of the flavors are quite arresting. Still, they're incredibly satisfying. Our favorite flavors were Cocosur Almond and best-selling Super Choc. Gnosis chocolate bars are sold in almost 100 stores nationally, as well as on the website (www.gnosischocolate.squareSPACE.com), where you can also purchase bulk ingredients and chocolate for baking.

Written by Yasmine Fillmore

gnosis chocolate SUPERCHOC
Longevity & Vitality
Raw with Organic Heirloom Cacao Beans & Hemp Seed
HANDMADE RAW VEGAN CHOCOLATES

WHERE TO BUY
Queens Health Emporium
159-01 Horace Harding Expressway
Flushing
718-358-6500

MAKING MEMORIES AT MANDUCATIS • THE FLAKIEST GREEK PASTRIES FORAGING IN FOREST PARK • FISHING WITH LONDON LENNIE'S

Member of Edible Communities

Alert: New diet-drug dangers FEBRUARY 2011

Prevention

Christie Brinkley
Steal her surprising beauty secrets

SUPERCHARGED!
Lose more pounds faster

Reset hunger naturally
Break workout pigout
Beat your body's "stay-fit" signals

Unleash your dream wisdom

ENTER & WIN IT
A Free of Christie's Favorite Things

Enter for a chance to be one of 30 lucky winners to get all three products! Go to prevention.com/win (expires 02/28/11).

Gnosis Chocolate
Gnosis Chocolate is a 100% organic, vegan, kosher, raw, refined sugar-free, free of dairy, eggs, and gluten, sustainably packaged—and delicious.

Jergens Natural Glow Skin Moisturizer
"There's a light here that gives you a little glow, and it doesn't streak the way self-tanner can."

Everything Pencl Face & Body Concealer
Christie Brinkley's secret weapon for covering any flaw—from dark circles to blemishes.

Prevention.com

Blissful Belize DIY Dim Sum Luscious Raw Chocolate

VegNews
Vegetarian NEWS FOOD PLANET TRAVEL BUZZ

Feel-good Food
The VN guide to ditching stress, busting bad habits, & eating well

Pop Quiz
Dan Pflanz's Time-age Test p.70

Taste test

Cacao Ka-Pow! If you've resolved to integrate more superfoods into your diet in 2009, why not begin with chocolate? Raw cacao boasts the heart-healthy, feel-good benefits of dark chocolate, but with an even higher concentration of antioxidants and no refined sugar. Chocolate that's practically good for you? Sign us up. Reveling in the variety of flavors, textures, and all-around sensory experience, the VN staff handpicked five of the best organic bars. Whether you prefer fruitly undertones or a cruelty-free throwback to the milk-chocolate days, there's a bar awaiting your taste buds' approval.

15 Red-hot Vegan Recipes
from Aloo Tikki to Whoopie Pies

Gnosis Chocolate
Pomegranate Açai Bar
gnosischocolate.com
\$7.99/2.5 ounces
Currants, açai, and pomegranate
Packed with chewy fruit, this bar tastes decadent
Ten percent of profits are donated to The Fruit Tree Planting Foundation

PLACEBOS FOR DEPRESSION (PAGE 25) + THOMAS MOORE FREEDOM IN FORGIVENESS

Enlightened Diet

Spirituality & Health
The Soul/Body Connection®

A Truly Ceremonial Chocolate

NATURAL FLOW
HOW YOU CAN LIVE IN PEACE (PAGE 62)

THE REAL REASON FOR SEX PLEASURE OR PROCREATION?

BLESS YOUR WORKSPACE MAKE YOUR JOB DIVINE

WHEN THINGS FEEL HEAVY 6 STEPS TO RECOVERY

Unadulterated cacao beans, the source of pure raw chocolate, are still used in places such as the jungles of the Yucatan Peninsula for celebration, medicine, and worship. Why? In part because each cacao bean contains up to 2.2 percent phenylethylamine, the "love and sex" chemical, as well as neurotransmitters and other compounds that enhance mood, joy, creativity, and imagination (e.g., anandamide, tryptophan, and theobromine). Also present are magnesium, as well as "good" fats that can help prevent cardiovascular disease, suppress appetite, and stimulate the digestive system. Although most of these ingredients are found only in minute quantities in the bean (with the notable exception of magnesium), it's most likely the combination that produces the well-known chocolate effect.

Unfortunately, the natural joys of chocolate, as well as its sacred roots, are often lost in candy bars produced with high temperatures, refined sugars, processed milk, stabilizing agents, extra caffeine, and waxes.

If you would like to experience raw chocolate without having to visit an indigenous tribe, consider Gnosis Chocolate. Founder Vanessa A. Barg hand-makes her chocolates without refined sugar, dairy, or caffeine (a whole bar contains less caffeine than a cup of decaf coffee), producing a variety of delectable, flavorful truffles and bars. She considers it "a return to the essence of chocolate."

Not only can you enjoy eating healthier chocolate but you can also feel good about buying it, because Barg donates 10 percent of the \$6 to \$7 cost per bar to Wolfe's Fruit Tree Planting Foundation, a nonprofit charity dedicated to planting edible, fruitful trees and plants to benefit needy populations and improve the surrounding air, soil, and water. To learn more, go to GnosisChocolate.com. To apply to receive a fruit tree orchard, go to fpf.org.

FARRAH SARKIS

"Unbelievable!!! Raw, Organic, Vegan, FAIR TRADE and SUGAR FREE?!!!! Does it get any better than this?! Thank you, thank you, thank you. You've just built a bridge to heaven for me!" -Tonya

"You have originated a chocolate bar that is unforgettable. You are a genius as far as I'm concerned." - Renee

"I love your chocolate. It makes me feel like I'm doing something good for myself instead of eating junk but it's also a treat. I also started adding your cocoa to my coffee. It is helping my cut down on coffee but still have a warm drink in the morning." - Suzanne

"My husband and I are absolutely obsessed with Gnosis Chocolate, and I am normally not a huge fan of chocolate! We bought almost every flavor at Whole Foods last weekend "- Marisa

"Gnosis chocolates are a godsend for someone like me who can't eat sugar. Gnosis bars do not give me a glycemic response. I love the peppermint bar and simplicity is great too." - Kristin

"Love everything about your chocolates, your packaging, and your support of organic farmers all over the world! I have gotten the Passion Collection for each of the couples attending my Holistic Childbirth class on Valentine's Day." - Lesley

"I purchased your chocolate (ZeroG, Simplicity, and Peppermint) for my husband who is a choc-aholic but cannot have dairy or sugar in his diet. He absolutely loved them and I just wish we had a local store that carried them. Will definitely be ordering in the future."- Connie

"You guys have the best customer service I've ever dealt with. I intend to buy from you for life. Gnosis is incorporated into my diet now and is essential." - Sam

"One of my clients who was struggling with her transition to a healthy vegan lifestyle from being a serious sugar/candy addict called me to report that when she tasted your chocolate it renewed her hope and gave her that certain something that was missing from her diet. She now feels she will surely succeed with this path!" -Taylor

"To put it mildly, I'm obsessed with your chocolate. I was never a real chocolate lover until I had the Fleur de Sel bar and I'm IN LOVE. The richness is way better than any non-vegan chocolate bar I've ever had and I can't go back!! I finished ten bars in five days. 'Nuff said... I got my office HOOKED! :)" - Hillary

"Please sell back in the Other Avenues in San Francisco! That is where I first bought your bars. They now have lots of imitations, but you remain the original." - Ana

"The Gnosis chocolate I sent to Michigan for the special gathering was a HUGE HIT!! I've ordered from other companies before and yours was the best!" - Nancy

"Best chocolate, hands down, and a vital part of every day. Every single person I share this chocolate with goes crazy for it! Made with real care and love and with the best possible ingredients---I feel healthier and happier with a little bit of Gnosis Chocolate every day." - Laura

