

Is Chocolate a Gateway Drug?

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	Chocolate Addicts	Whole Database	Increase for Chocolate Addicts*
Has 4+ trouble foods	86.7%	70.3%	23.3%
Has 7+ Trouble Foods	49%	34.4%	42.9%
Has 10+ Trouble Foods	16.7%	10.8%	54.2%

* For the purpose of this study, a Chocolate Addict was someone who self-identified as having trouble with overeating and indicated they found chocolate irresistible. "Increase" was defined as the ratio of percentages observed in Chocolate Addicts vs. the database as a whole. Approximately 2,400 persons had completed the survey at the time of the analysis.

We would very much appreciate, (but do not require), that you mention "To learn more, get Dr. Livingston's Free Quick Start kit at www.MyChocolateProblem.com". Dr. Sharon Livingston is Available for interviews in all media on short notice:

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