

ENDORPHINS BY CHOCOLATE

Theobroma cacao means *Food of the Gods* = **Chocolate**. Cacao Beans were used as a drink as early as 400 BC by the Olmec people of Central America. Columbus used them as currency in Europe (1502). They were still used as a hot drink until the first chocolate factory was built in Britain (1728). In 1765, the first North American chocolate factory in Massachusetts was built for medicinal purposes.



Cacao Tree

3 to 5 years for cacao tree to produce pods; 5 – 6 months for pods to ripen. Up to 40 cacao beans per pound; 400 beans = 1 pound of chocolate. Grown along Equator around the world; 20° North and South.



Cacao Pod

Chocolate is used in many foods as this booklet shows. It contains **Endorphins** which affect our nervous system, typically helping us to feel better (a natural "Happy Pill").

Lang Chocolate Company advertising cover



Swiss Chocolate pieces stamps on cover. First solid chocolate candies made in Switzerland in 1826.

Submitted by Carol j. Edholm peafowlphilatelics@gmail.com