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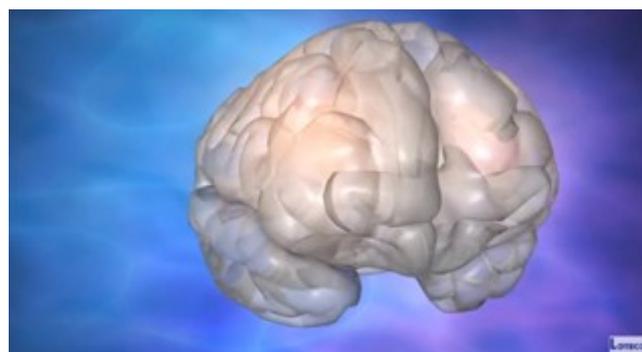
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Dark Chocolates - The Bitter The Better (reading – 5.11. - 11.11.)

by: **Bryan M**

We all have a sweet tooth for chocolates. But the regular chocolates contain fat that make us gain unnecessary weight, whereas dark chocolate is different. It is actually manufactured with a lot of healthy nutrients that not only satisfy our sweet cravings, but also improve our health in many ways.

How is dark chocolate different from regular chocolates?

The basic ingredient in all chocolate products is cacao or cocoa. However, the milk content in normal chocolate is much higher than in dark chocolate thereby making it unhealthy. The cacao content in dark chocolates is lesser thereby making it bitter. It is said that bitter the chocolate, better the chocolate. Dark chocolates with 70% or higher levels of cacao should be consumed to avail the health benefits.

Dark chocolate contains nutrients like iron, magnesium, copper, zinc, manganese, potassium, phosphorus and selenium. Different nutrients affect our bodies differently and some of the health benefits of chocolates are mentioned below.

Healthy Heart:

Consuming dark chocolate can keep your heart healthy and happy. Being rich in nutrients like magnesium, chocolate opens up blood vessels and regulates heart rate which improves the cardiovascular system in our bodies.

Cholesterol:

The amount of sugar present in chocolate does not cause any damage to our bodies. They help to regulate the blood-sugar levels and also reduce bad cholesterol levels in the arteries and heart.

Skin Care:

Dark chocolate keeps the skin protected from the damaging UV rays of the skin, thereby reducing the chances of sunburns and skin cancer. It helps to keep our skin smooth, healthy and glowing. A mask can also be made of chocolate and caffeine, which will remove dead cells from our skin.

Hair Care:

It is known to reduce hair fall, promote hair growth and volume and also treat scalp infections by promoting good blood circulation in the scalp.

Reduce Stress:

Dark chocolate is known to be a stress buster. When consumed, they release endorphins that help to reduce stress and anxiety levels in our body thereby helping us to relax.

Other benefits:

They help to normalize blood pressure levels, improve eyesight, prevent asthma attacks, fight tooth decay, cure anemia, prevent stroke, make us stronger, and enhance endurance.

How to select and store dark chocolates?

Dark chocolates are available everywhere, online and in stores. It is always better to buy from stores so that they can be checked before making the purchase. The texture should be smooth and should not contain any blemishes or dots. The chocolates should always be stored in cool and dry places, away from direct sunlight. Eating chocolates few times a week is a good way to keep yourself healthy, but consuming it in excess amounts can cause stomach upsets and damage to your body and heart. If you are on a diet but have a sweet tooth, then consuming chocolates in a limited amount will surely make you happy. Also, many dark chocolate recipes are available online.

Love chocolates, but do not want to put on those extra kilos? Then check out this site

<http://www.recipespinterest.com> which gives dark chocolate recipes along with recipes of foods that are healthy and taste delicious to turn your diet from a boring to a fun one.

About The Author

Article Source: http://EzineArticles.com/expert/Bryan_M/1472276



Story of Tiramisu and Real Italian Recipe (reading – 12.11. - 18.11.) by: **Erica Bellini**

There are several versions which tell the history of Tiramisu and this makes it hard to trace the real roots of this delicious dessert.

I think we should eat it and enjoy it but being Italy a country with a very rich culinary regional tradition, the question on the creator of Tiramisu has started a real dispute, mainly amongst the region of Tuscany, Piedmont and Veneto.

The official version however makes Tuscany the birthplace of the world loved Tiramisu.

The official story tells that Tiramisu was invented in the 17th century in Siena to celebrate the visit of Grand-duke of Tuscany, Cosimo de Medici (the Medici family is one of the most important family in the history of Tuscany). The chefs wanted the dessert to reflect the Grand-Duke personality. So it needed to be important, with an outstanding taste; rich and creamy as the Grand-Duke loved desserts and sweet food in general. It also needed to be made with local ingredients! This is how the Tiramisu recipe was worked out. The result, we all know is absolutely outstanding.

The original name of the dessert was "Zuppa del Duca" which means "Duke's Trifle". The Grand-Duke loved the dessert so much that he took the recipe with him to Florence. This had a tremendous success amongst the Italian aristocracy. The word that went round the aristocracy's milieu bestowed aphrodisiac power to the trifle and this is how the name Tiramisu was coined. Tiramisu literally means "lift me up".

After a bit of historical background, here is the recipe:

Ingredients

6 eggs medium size
14 oz (400 g) Ladyfinger biscuits
1 cup brewed espresso or very strong coffee, at room temperature
5 oz (120 g) white sugar plus 2 spoonful to sweeten the coffee

17 oz (500 g) mascarpone cheese
2 oz (50g) Bitter sweet chocolate flakes (optional)
1 oz (30 g) bittersweet chocolate or cocoa powder for dusting (optional)

Divide the egg yolks from the egg whites. Then whisk the egg yolks and half sugar with an electric mixer until very thick. Then add the mascarpone. Whisk until smooth. Then whisk the egg whites and the remaining sugar. When is smooth, add the two mixtures together. Spread a layer of cream on a dip dish.

Pour the sweetened coffee in a shallow bowl. Dip the two sides of each ladyfinger in the coffee and then place it in the dip dish on top of the cream.

Repeat this for each ladyfinger until the layer is completed then you pour the cream on top. Then repeat the layers until all the coffee is used up.

Refrigerate overnight.

Before serving, sprinkle the top with cocoa powder and/or chocolate flakes if desired.

Tiramisu cake can make a wonderful wedding cake. So if we have been whetting your appetite with this recipe, we recommend to have your wedding in Tuscany and to contact local wedding planners Erica and Nicoletta at Tuscan Dreams. Please visit <http://www.tuscan-dreams.com/>

About The Author

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Everest Marathon (reading – 19.11. - 25.11.)

by: **Ram Gautam**

Everest Marathon is a popular event organised in Nepal, the Land of Himalayas. Nepal has been organizing this marathon for years. This event is organised once in a year. The marathon is either organised on the month of May or on the month of November.

Tourists come from all over the world to participate in this marathon. You have to fill the application form to participate in this Marathon. From the applications received they check whether or not you have the experience of running on the off-road trails. Only the experienced ones are being given the maximum priority for the safety purpose.

Filling the application form does not confirm your place for the marathon. You need to pay 500 US\$ to book or confirm your place for the marathon. Apart from 500 US\$ you should also pay for the accommodations, foods, porters, etc.

One of the requirements to be qualified for the marathon is that you should be able to speak and understand English language fluently as all the instructions about the marathon are provided in English. The other major requirement for the marathon is you must have the health certificate from your doctor stating that you are healthy, free of injury and comfortable at high altitudes. If you meet all the requirements and pay the prescribed amount for the marathon, then you will be considered eligible for the event. There are age limits for the race. To compete in the marathon you must not be below the age of 21 years and should not exceed the age of 65 years.

For the safety and security of all the participants the whole race is accompanied by a volunteer medical team. The medical team will be providing the necessary health tips and emergency care throughout the trip. The doctors are made available for all the stages of the trek and also on all the stages of the race.

Selection is to be made from the applications received. After the selection process has been accomplished, the next step is to inform all the applicants. Then, the applicants have to arrive in Nepal on the date as prescribed by the organizer. After all the participants arrive in Nepal, the organizer will gather all the participants. Instructions are provided to the participants by the organizer.

In Nepal, there are no provisions of providing travel insurance for the international travelers. So, the participants must organize their travel insurance by themselves. The travel insurance documents are checked by the race organizing committee in order to ensure the emergency evacuation during the race, in case needed.

You will be starting your trip from Kathmandu. Firstly, you will be taking a flight from Kathmandu to Lukla. Then, from Lukla you will trek up to Everest Base Camp. After taking some rest and seeing the breathtaking view of the Mt. Everest and other high Himalayas we then get ready for the marathon. The Marathon will start from Gorak Shep and will end at Namche Bazaar. Gorak Shep is at an altitude of 5,184 m. From an altitude of 5,184 m we will be racing down to Namche Bazaar which is at an altitude of 3,446 m. The marathon moves on through the Lobuche, Duglha, Pheriche, Pangboche, Deboche, Tengboche, Kangjuma, Chorkhung and Thamo villages.

About The Author

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How Brain Fitness Exercises Can Benefit You (reading – 26.11. - 2.12.)

by: **Guido Nussbaum**

The vast majority of people who think about exercise, really only ever consider the exercise that goes into the human body. In reality, however, it is important for you to make sure that every part of your body is as fit as possible. This would include the brain, which is not only necessary for thought, it can actually help you in many ways to overcome barriers that you may be experiencing in the gym. Here are some brain fitness exercises that will help you to get the most out of this all-important part of the body.

One of the most important things for you to understand is that in order for the brain to be sharp, you need to exercise it regularly. This is something that many people have lacked, simply because they spend most of their time watching TV or mindlessly surfing the internet. A number of things that can assist you in doing so would be mind games, such as crossword puzzles or sudoku. As a matter of fact, as people age, their doctor may recommend that they do these puzzles regularly in order to keep the mind sharp.

Another thing that can really affect the function of the brain is our diets. There is an old saying, you are what you eat, and our brain is going to get the lions share of what we put into the body. The reason why this is the case, is because it is responsible for so many different functions that go on within the human body and it must be nourished in order for everything to function properly. Eating a diet that is high in raw fruits and vegetables is a great way to start. You should also make sure that you are feeding it throughout the day so that you do not experience any highs or lows in your sugar levels.

One of the most essential things that you can do is to make sure that your brain is getting enough water as well. The human body, and especially the brain is made up almost entirely of water and if you are depriving yourself of this natural resource, you're really depriving yourself of the ability to lead a normal life. Hydrate yourself thoroughly by drinking half of your body weight every day in ounces of water and you will notice a huge difference in the function of your mind. Although it is not really one of the brain fitness exercises, such as puzzles, it is equally or more important to do regularly.

Finally, make sure that you're getting enough rest as the brain needs rest in order to grow mentally. Most of us tend to push ourselves and only get six hours of sleep a night or less, but the human brain needs much more than that in order to function properly. Whenever you put all these things together, diets, hydration, proper rest and the use of a few brain fitness exercises, you will really have a resource that will benefit you in many different ways.

About The Author

Visit our web site to learn more about the effective use of Brain Fitness Exercises
[<http://www.effectivedailyworkout.com/blog/index.php/brain-fitness-exersizes-that-work/>]

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