

Contents:



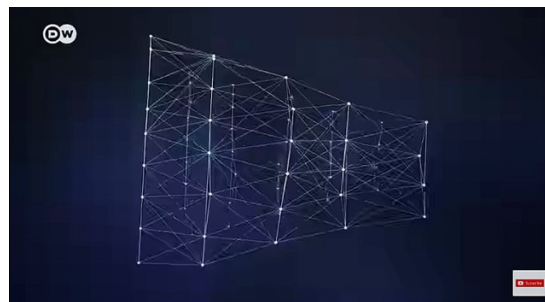
Fun Facts About Coffee

2



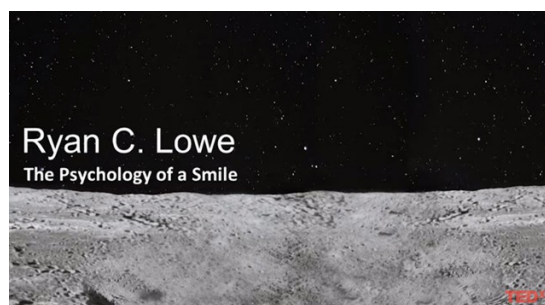
Fun Facts About Chocolate

6



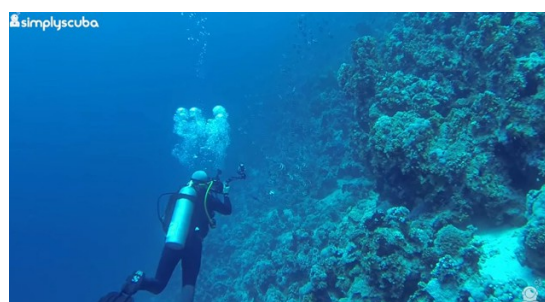
5 Benefits of Artificial Intelligence

10



Delighted to See Me? True Smile or Hollywood Photo Op?

14



Learn The 5 Reasons Why Scuba Diving Is Awesome

18



Fun Facts About Coffee

by: **Lynne Evans** (reading – 2.8. - 8.8.)

You either love coffee or hate it. Some people prefer tea. However, coffee is the second most traded commodity in the world. Oil is the first.

Coffee plants can only grow in countries which don't have any frost in winter. That's why coffee is grown close to the equator, between the Tropics of Cancer and Capricorn.

Only two varieties of coffee beans are cultivated, the Arabica and Robusta.

Coffee has not always been a drink. When it was first discovered in Africa, people ground the coffee cherries (berries), added animal fat, and made balls of the mixture which they ate. These may have been the world's first energy snacks.

After coffee has been decaffeinated, some coffee manufacturers sell the caffeine to pharmaceutical companies and companies that make soda. So not much is wasted.

We've had instant coffee for around 250 years, although it wasn't mass-produced as it is now. It was first introduced in the UK in 1771. The first mass-produced instant coffee was patented in the US at the beginning of the 20th century, in 1910 to be precise.

The Finns are the world's most prolific coffee drinkers, not the Americans as you might have thought!

There are plans afoot to make biodiesel with coffee grounds, so in the future, coffee might fuel your car.

It is possible that if you give your cat liquid coffee every day, it could extend its life. Why do people think this? Well, according to the Guinness Book of Records, the oldest cat, called Creme Puff, drank coffee every morning. She reportedly also liked broccoli. and her breakfast eggs and bacon. She lived to be 38. Her owner also had another cat, Grandpa Rex Allen. It was this cat that had previously held the world record for the world's oldest cat. They had the same diet. Maybe it was the

coffee that helped these two cats live so long.

In the 17th century, when men frequented coffee shops, especially in London, women believed that it was responsible for turning their husbands into corpses, who were useless to them. These women got up a petition against coffee proposing that no men under should drink it. The proposed ban obviously did not come into effect.

In fact, there have been other attempts to ban the drink, and it was banned in Sweden in 1746. Not only was the beverage banned, but also the coffee-making equipment and this included coffee cups and saucers, not just the pots to make it in.

Coffee has had a chequered history, but thankfully it is readily available.

About The Author

If you found this article interesting, please check out this website, <http://www.herbs-treatandtaste.blogspot.com>. You will find information about the food we eat and the way plants can be used as medicine. There are also some good fusion recipes to try (combining Mediterranean

recipes and Asian ones). All the articles are well researched and the information they contain is reliable.

Article Source:

https://EzineArticles.com/expert/Lynne_Evans/684731





Fun Facts About Chocolate

by: **Lynne Evans** (reading – 9.8. - 15.8.)

There are so many weird and wonderful fun facts about chocolate, it's difficult to know which to include and which to omit because of space considerations.

First of all, the Mayans used cacao beans as currency as they believed that they were more valuable than gold dust. They controlled the production of beans so that their currency wouldn't depreciate in value.

White chocolate isn't strictly speaking chocolate. We have been labouring under a misapprehension for many years. Chocolate has to contain cocoa solids, but white chocolate doesn't have any in it. Instead, cocoa butter is used in the production of white chocolate.

Europeans are the biggest fans of chocolate, accounting for the consumption of nearly half of the chocolate that is produced globally.

Where was the biggest chocolate bar produced? In the UK; it was made by Thornton's for its centenary. It was a record breaker, weighing 5,792.50 kilograms.

Toblerone is so popular that if the number of bars sold each year were to be put end to end, they would stretch to 62,000km. That's more than the Earth's circumference.

Chocolate contains theobromine which is a very powerful stimulant. If you eat too much of it, it can prove fatal. However, you would have to eat around 22 pounds of the stuff in one sitting, which isn't really possible. Theobromine poisoning causes seizures, heart failure, dehydration, and acute kidney damage.

Chocolate chip cookies, adored by many around the world, came into being because of an accident which occurred in 1930. Ruth Wakefield ran out of cooking chocolate, but undeterred she used pieces of chocolate in her biscuit dough. The chocolate she used was Nestles, and she later sold her recipe to the firm in return for a lifetime's supply of chocolate.

A pound of chocolate contains 400 cocoa beans and a cacao tree will produce around 2,500 beans. The beans are the seeds of the cacao tree. These trees are delicate and cocoa farmers lose about 30 percent of their crop every year.

Most of the world's cocoa comes from West Africa, with Cote d'Ivoire accounting for around 40 percent of the world's cacao supply.

Ancient people fermented the pods of the cacao beans to make drinks other than chocolate.

Montezuma, the Aztec emperor used to drink 50 cups of chocolate a day. These were served to him in a golden chalice.

Every November in Germany, people celebrate Saint Martin's Day with sweets and mugs of steaming hot chocolate.

How many of these fun facts did you already know? Comments are welcomed.

About The Author

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Article Source:

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[31](#)





5 Benefits of Artificial Intelligence

by: **Glen Lim** (reading – 16.8. - 22.8.)

One of the most misunderstood terms in technology is artificial intelligence. There have been several arguments of how this could result into a very disturbing concept for the human race. However, without knowing, the cognitive system is already in use and even appreciated by all who fear its effect. Some argue that it will cause some distortion especially unemployment. However, artificial intelligence is managed, maintained and even coded by humans. This is an employment means, instead of unemployment.

What this simply means is that artificial intelligence can help to improve human life and reduce stress. Here are the benefits of artificial intelligence.

Insight in Marketing and Business

Data is probably the most important raw material for the transformation of an economy to a digital economy. However, this raw data are hovering in the air untapped, unprocessed, and useless. It can be

deployed for data mining, and processing of big data in a few minutes to provide information on business insights.

Fraud Detection

One of the movies that displayed to a high extent what Artificial Intelligence can really do is the 2012 BattleShip. Artificial intelligence can be deployed in the detection of fraud by data analysis of several fraudulent behaviors. The system can trace out links and possible direction, which a fraud is most likely to take through the application of artificial intelligence, which involves Data analysis of previous record deployed in a cognitive system to track, trace, and even be totally aware of possible fraudulent action before they occur.

Speedy Input and Management of New Information

Over the years, companies are constantly seeking ways to manage data, speedily input them and also recover them when needed. This has go through different series of improvement from introduction of filing to several other storage methods. However,

data can be inputted at a faster rate and also be fast in recovery, and arranging every single file accordingly without time wastage by the use of artificial intelligence.

Big Data Analysis

For every company, organization and even the government, decision-making is a very vital role to play. A single error could cost a lot or possibly bring the organization to a ruin. There are possible millions of data that need to be analyzed to make sure that every single aspect has been viewed before decisions are taken. Big data analysis helps to extract, analyze and compress raw information to assist in decision-making.

Automated Systems

Since the evolution of the industrial sector, the improvement of technology has always recognized and worked alongside automated systems to improve works. Introductions of artificial intelligence in hotel bookings, tractors and factory machines are all speedily becoming automated with a lot of

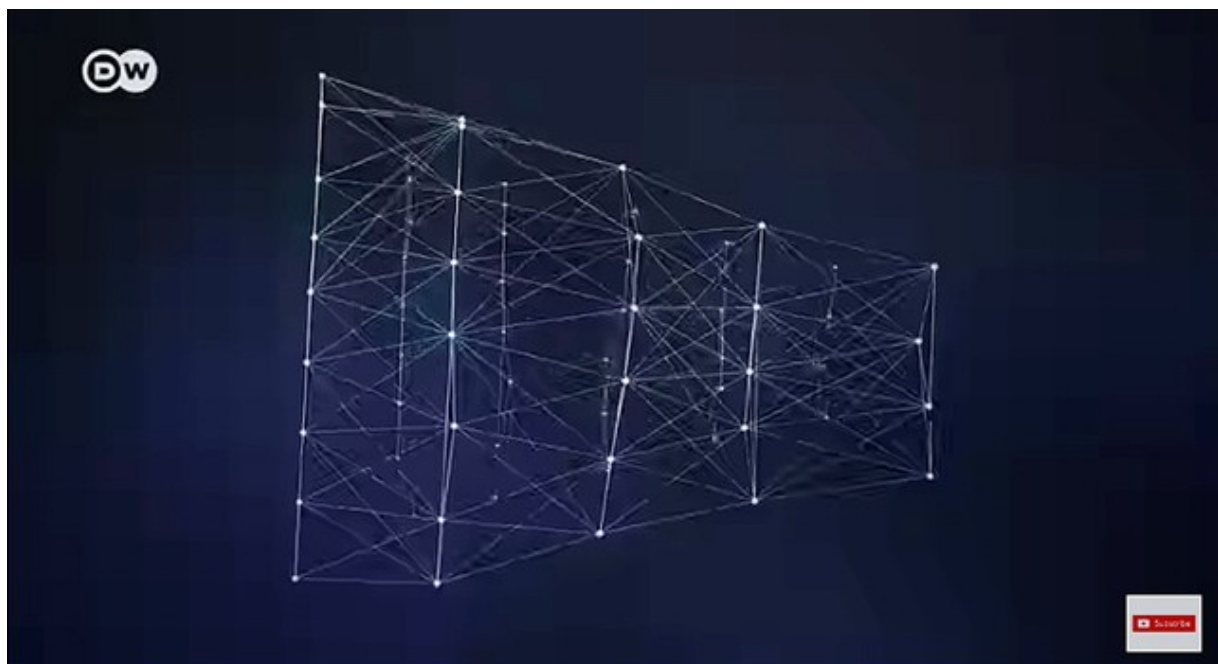
advantages as to minimizing waste, decreasing errors and improving production.

As business, begin to plan their improvement and growth; it has become paramount to introduce different measure that will assist in achieving this goal. Artificial intelligence has come to play that very pressing role that can transform the face of a business, a government and even an entire economy from just a regular way of getting things done to a more sophisticated means.

About The Author

Article Source:

http://EzineArticles.com/expert/Glen_Lim/2496415





Delighted to See Me? True Smile or Hollywood Photo Op?

by: **Mary Redmond** (reading – 23.8. - 29.8.)

Even though your client is smiling when you walk in the door, can you tell if they're truly pleased to see you? When is a smile not a real smile?

It's important to decipher when someone is pleased that you're there or secretly hope your visit is brief and you are out the door fast.

Hollywood stars flash the pearly whites for the camera. How do you decipher someone's sincerity? Some people mistake an expression in which the teeth are showing and edges of the lips are turned up as a smile, or at a minimum, a sign of friendliness.

Researchers have studied and analyzed smiles since 1862, when French scientist Guillaume Duchenne used electrical stimulation to attempt to replicate the facial muscle movements involved in a smile. A cruel way to research smiles, don't you think?

More recent research reports that the part of the

brain that controls true, happy smiles is the part of the brain that regulates emotion. Forced smiles come from the part of the brain that's in charge of planned movements, not emotional responses. A fake smile requires someone to make a conscious decision to disguise authentic emotions.

There are 43 muscles in the face and at least 6-12 are used to smile or frown. The muscles work to make wrinkles around the eyes, plump up the cheeks and turn the edges of the mouth upward.

We smile for a variety of reasons; sometimes it is to express joy or happiness. However, sometimes we use a smile to hide discomfort, to react to pain, grief or disgust, or sometimes to show we're sad. How can you really tell?

Seven Quick Tips to Spot a Real Smile

1. Corners of mouth go up involuntarily with a true smile.
2. When lips are tightly pressed together, even if the corners of the mouth are tilted upward, don't be

fooled. This is not a smile. It might even be a flash of anger.

3. The forehead is relaxed. No wrinkle lines other than regular age lines are visible.

4. Eyes have concave-up furrows or they may be fully or partially closed are involved in a real smile. That's when the area under the eye gets puffy.

5. No bottom teeth show. If they are on display, it's a quick tip-off to a forced expression.

6. The head may be tilted slightly towards the right or left shoulder. This opens up the neck and throat area. If we're full of fear, we never expose the jugular vein.

7. Red alert - a lopsided or one-sided smile usually indicates contempt, disgust, regret. Never mistake when the mouth is tuned up at only one corner and there is a slight flaring of the nostrils for a happy camper. Put up your guard.

Learn to recognize a real smile and you will do

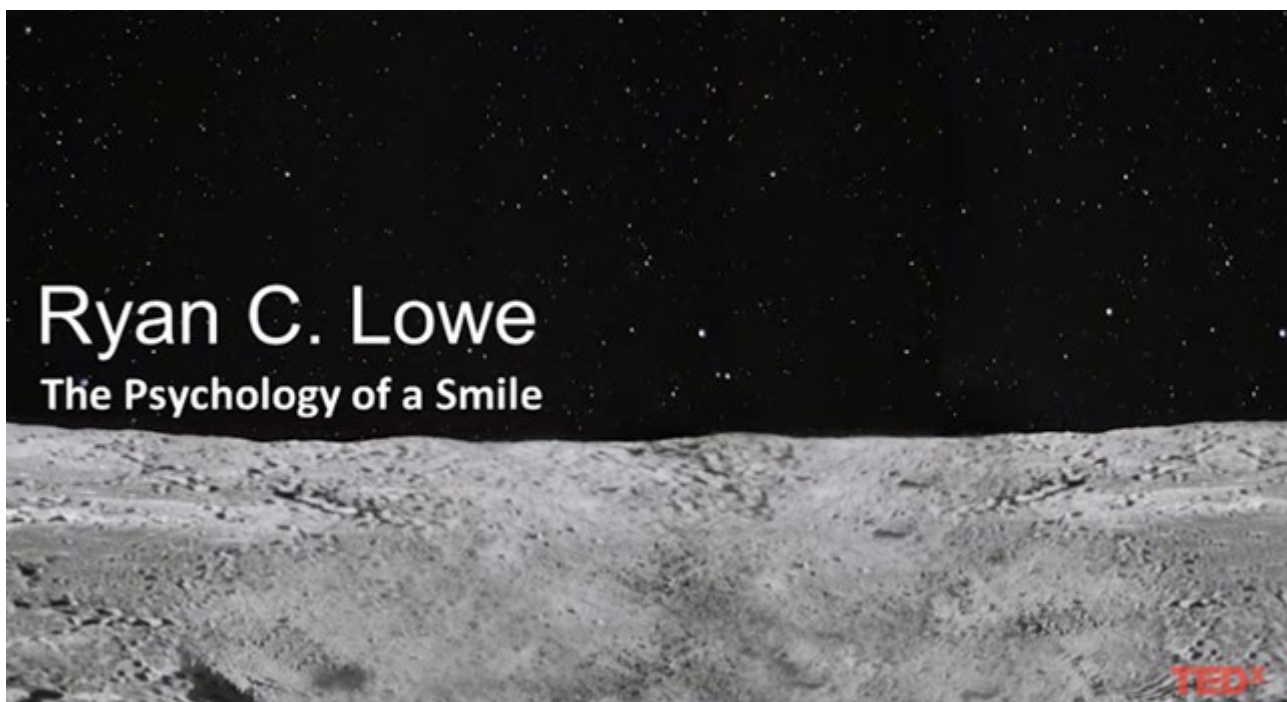
more business and have relationships that are more genuine.

About The Author

Mary A. Redmond is a Professional Keynote and Workshop Speaker, Author, Consultant and Body Language Expert. Her three primary workshops include Men and Women Do It Differently ... Negotiate That is! Listen: Be Brilliant and I Want to be H.E.A.R.D. Meeting Planners call Mary for her powerful, thoughtful keynotes "Changes and Choices - It's all in Your Attitude" and "Keep On Keepin' On - Destination More" for their clients meeting and conferences. Call Mary at 913-422-7775 or check her website <http://maryaredmond.com/>

Article Source:

https://EzineArticles.com/expert/Mary_Redmond/83645





Learn The 5 Reasons Why Scuba Diving Is Awesome

by: **Nelly Bee** (reading – 30.8. - 5.9.)

As the weather begins to heat up a little, our thoughts turn to summer activities to fill our time. One of the most exciting things you can take up this year is scuba diving! The best thing about it is that not only do you get to explore a whole new world beneath the waves, but literally anyone can enjoy scuba diving regardless of their age or fitness level so it is something that the whole family can participate in together.

5 Reasons Why Scuba Diving is Awesome

Some people are still a little bit afraid or wary about trying scuba diving, so let's take a look at 5 reasons why scuba diving is awesome!

1 - You Will See Parts of Our World No-one Else Can

Did you know that over 70% of the Earth is actually made up of water? That means that most people

only have access to a tiny portion of our world! However, as a scuba diver you will get to access those beautiful places under the water where most of your friends will never get to visit.

2 - You Can Get Close to All Sorts of Animals

When you go scuba diving you will get to meet sea animals in their own natural habitat. You will never get this up close and personal with sea life at an aquarium.

3 - You Get to Pretend You Are an Astronaut

We would say that this one is for the kids, but who are we kidding? Adults are going to love it too! Once you are under the water you will discover that the rules of gravity no longer apply to you! This is because you will master neutral buoyancy which is the closest thing to experiencing zero gravity in space!

4 - It's So Relaxing

We all lead such busy lives these days that it can be

difficult to just stop and slow down. Diving gives you a unique opportunity to experience a serene world that you did not even know existed. You will find being underwater relaxing and calming - it is every bit as effective as meditation!

5 - It Is Liberating

Something that many people find amazing about scuba diving is that once you are under the water you will get an incredible sense of freedom. There is a common misconception that being under the water feels claustrophobic, but in reality, once you are used to the breathing apparatus you will feel liberated. Being able to breathe underwater feels a lot like being a superhero!

About The Author

If you are looking for a great way to entertain the entire family this Summer, then why not consider taking up scuba diving as a group activity? You can look for dive sites close to home or book with Living Ocean Scuba for a family vacation.

Article Source:

https://EzineArticles.com/expert/Nelly_Bee/968523

