



**DARK CHOCOLATE HEALING**

**A PAPER**

**PRESENTED TO THE FOREIGN LANGUAGE**

**ACADEMY OF NATIONAL**

**IN PARTIAL FULFILLMENT**

**OF THE REQUIREMENTS TO OBTAIN THE DIPLOMA III DEGREE IN**

**ENGLISH**

**BY**

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## PREFACE

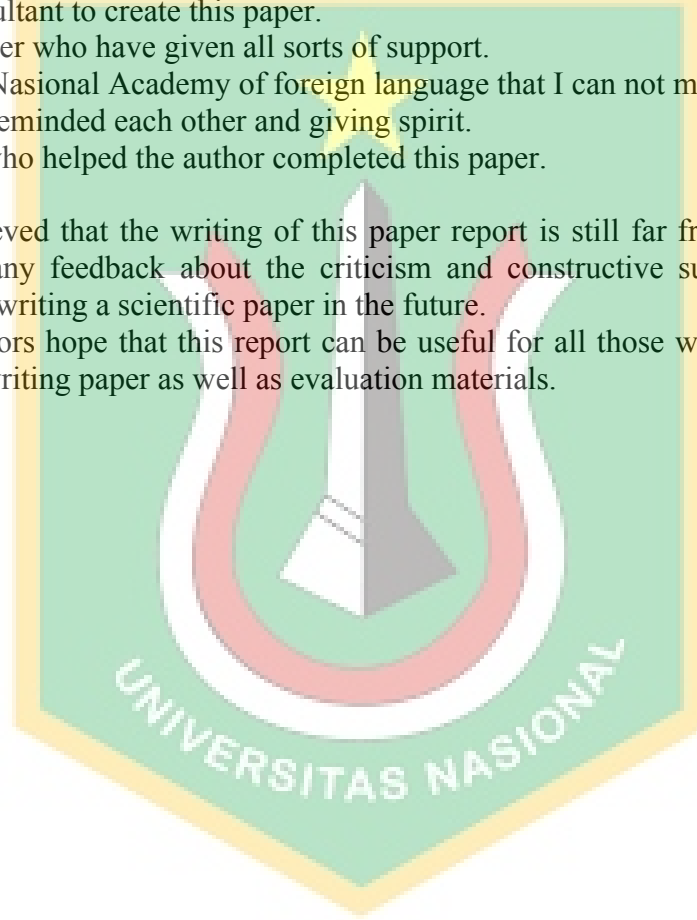
First of all, the writer wishes to thank to Allah SWT for the writer was able to finish this paper. The writer also wishes to thank the people who have given their support and help in writing this paper.

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Finally, the authors hope that this report can be useful for all those who read, both as a support for the writing paper as well as evaluation materials.



Jakarta, July 2010  
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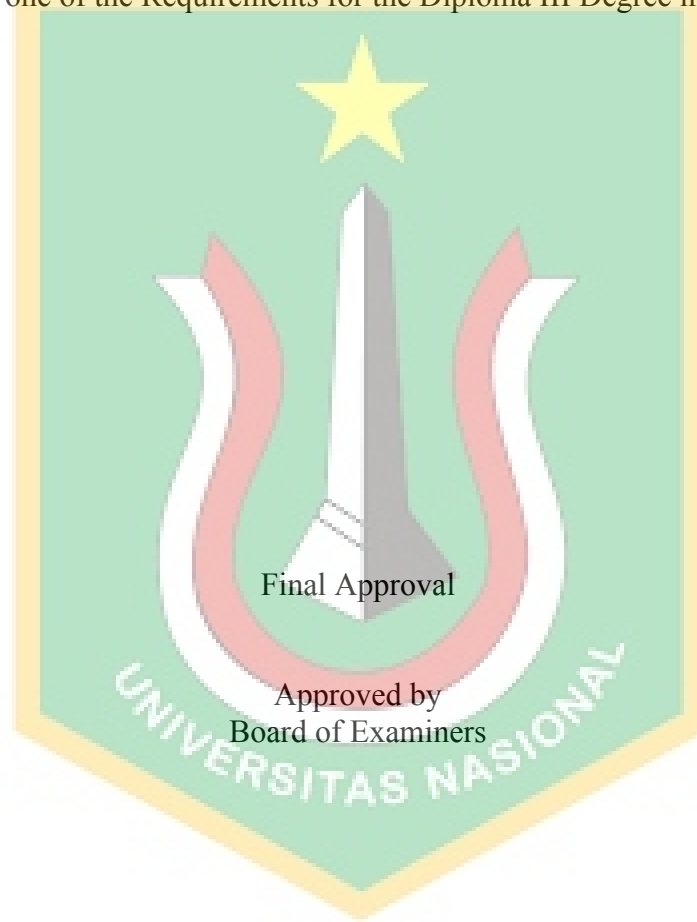
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# CHAPTER I

## INTRODUCTION

### 1.1 The Background of the Writing

Chocolate is a kind of food that the writer likes best. The writer likes chocolate not only because chocolate is delicious, but also because chocolate has made her healthy. The writer eats chocolate almost everyday and chocolate has become part of her life, according to Thomas brown chocolate has been used as a medicine for many such as.

Most people seem to be misunderstanding about chocolate, as people thought that consuming chocolate can damage teeth, can make our body fat etc.

Basically our brown chocolate for our health actually good, because chocolate can refresh our body and the atmosphere of our heart.

### 1.2 The Reason For Choosing the title

The writer chooses this topic because the writer likes consuming brown chocolate, the writer chose this title because the writer liked chocolate, the chocolate according to the writer is good for our health chocolate is also good for foodstuff or cake, can be used as a drink like hot chocolate or chocolate ice which is good for human body.

Chocolate contained antioxidants that is useful for the human body, chocolate can reduce the risk of the illness expansion cardiovascular, and apparently chocolate can avoid us from pimple. As can also improved the health of the digestion, increased the blood circulation to the heart, and can avoid people from respiratory tract constriction.

### 1.3 The Aim for the Writing

The writer wants to inform the readers about chocolate healing, and give some tips to the reader on alternative healing.

The writer also write this paper to fulfill the requirement for diploma III Program degree in Foreign Language Academy of Nasional.

### 1.4 The Method of Collecting Data

In writing this paper, the writer uses some techniques in getting data, such as :

1. Observation

The writer has directly observed Chocolate healing, to get data, about benefits of chocolate.

2. Searching additional source

Collecting data by browsing internet and from the book “chocolate healing”. This data got by browsing website [www.google.com](http://www.google.com)

### 1.5 The organization of the writing

this writer organized this paper into four chapters, they are:

CHAPTER I : INTRODUCTION Consists of

- 1.1 the background of the writing
- 1.2 the reason for choosing the title
- 1.3 the aim of the writing
- 1.4 the method of collecting data
- 1.5 the organization of the writing

CHAPTER II : The history of chocolate



- 2.1 distribution chocolate
- 2.2 history of chocolate
- 2.3 Chocolate For Treatment
- 2.4 Facts And Myths About Chocolate

CHAPTER III : Analysis

- 3.1 facts and myths about peeling chocolate
- 3.2 stay caution in chocolate

CHAPTER IV : Closing

- 4.1 Conclusion
- 4.2 Suggestion



## CHAPTER II

### HISTORY OF CHOCOLATE

#### 2.1 History Keel Chocolate

Many people do not know the origin of brown chocolate seeds that eventually can be consumed by human beings on this earth. As mentioned by Bijal P. Trivedi, as follows :

“The history of chocolate was 4000 years ago in the area of the equator, America middle where the Indian nation maya really worshipped the aunt cocoa. The book that was entitled Ancient chocolate found in maya “teapot”, by bijal p. trivedi, was published by national Geographics society, on July 17 2002 and from the book be entitled chocolate: an illustrated history, by moton, rose F. Crown Publishers, was received by the data that in civilisation's eldest period in America around, the chocolate seed had the value for that was big so as to be able to become the implement exchanged that was valuable high.

The chocolate seed was the luxurious gift for the dedication to the gods and various other religion ceremonies. As “food of the gods”, will make humankind never again ‘distance’ with in a brown manner. The nearness of human relations and chocolate that were mentioned “chocolate” in the Mexican nation. The drink kind that was made from the chocolate seed that was roasted, be mix with water, and few spices - the spices.

The Qlmec nation spelled chocolate by the name of kakaw. The Aztec nation mentioned him zocolatl (zho’-Co-La-tl). The nation maya used the name cacahuatl (ca-ca-what’-tl). Anything his name, for old people, chocolate was the mixture of the chocolate seed, cornmeal, the spice (like the chili) and water, that was boiled and poured in glasses as the hot drink. Theobroma cacao, the crop that produced the cocoa seed that afterwards was processed into chocolate, the possibility came from the west territory in the Amazon river valley.

The other estimate of chocolate was the first time planted and used in the area that now is known as Tabasco, Oaxaca and Chiapas in Mexico to be south, next north Guatemala and Belize. The linguist Martha Macri and his pupil in the Californian University, Davis, stated that possibility chocolate came from Olmec civilisation old, spread to maya, and afterwards to Mexico/Aztec/mexico. The chocolate seed came from the cocoa tree that by the old person was given to two main kinds: Quauhcacahuatl that was the best quality seed often was used as currency, whereas tlacacahuatl was the seed with the quality was lower that could be used as the

drink. English words cocoa came from the language nahuatl (the Aztec language) that is cacahuatl or xoxocatl, that was translated as “drink that was made from cocoa and air”.

According to the nation maya, the god Sovereign plumed serpent gave cocoa to humankind after humankind was created and they celebrated the annual festival in April to honour the god of their cocoa, Ekchuah, with by honoring the dog with the sign of the colour of cocoa. From the legacy article of the nation maya old, cocoa was known as the crop that was the blessing from the gods. Xmucane, one of the gods of the creator, found nine drinks. From nine drinks, three were among them made from cocoa and corn.

In the Indian ethnic group maya, the cocoa seed was more again valuable. Butiran this was made the implement exchanged was proper for currency. Four items of cocoa could be exchanged with a gourd, whereas 10 items for a rabbit. Moreover with 100 items of the cocoa seed could release a slave. The ancestors's Indian inheritance could be currently enjoyed in various whims that were spread all over the corner of the world.

Afterwards the history incident shifted in a manner geography from the nation maya in the south Mexican territory to the immigrant's new nation that came from the north and resided in the centre of the Mexican valley. This immigrant, the Toltec nation, established the astonishing pyramid that was located in Teotihuacan. Was based on the text of the Toltec belief, the god Quetzalcoatl planted the first cocoa tree in territory cargo tula to honour goodness and the worker's hard humankind that live in there.

The Toltec nation experienced “convolution” culture in the age to- 14 when their area was disrupted by the arrival of the Mexica nation (Aztec). fighter Mexica defeated the original ethnic group that developed in this valley and established their capital, Tenochtitlan, in two islands from the lake texcoco.

The Aztec nation (mexica) took cocoa as food and medicine when they arrived in the Mexican central valley. And the god Aztec Quetzalcoatl found cocoa in the mountain that was filled with the crop lai him. The nation mexica also gave the drink of cocoa for casualties who will be sacrificed in the annual festival to honour Huitzilopochtli (the god of the war and the sun).

In the age to- 16, the Aztec nation appointed system economics, the military and politics that were strong in the valley. The Tenochtitlan city at that time is results of the achievement of extraordinary architecture, with the inhabitants's varying population and in general were the student so as to make his capital become wrong was one biggest city in the world.

Chocolate was also regarded as important in the Aztec kingdom. The Aztec ethnic group mentioned drink valuable that was made from the seed cocoa as “chocolate”, that meaning that

“warm liquid”. Like also the nation maya, the Aztec nation drank this drink without being given the sweetener during the special ceremony. The nation of Mexica/Aztec loved chocolate, especially the noble and the man's troops mexica. Cocoa/chocolate not be available throughout mexica and the other settlement available in the centre of the valley.

Chocolate was served as the drink only for the mature man, especially the clergyman, the official of the government, the official of the military, fighter and sometimes for the enemy was bravest that was captured before being sacrificed. The nation mexica believe that drank chocolate was intoxicating and stimulated, was not suitable for the woman and children.

The picture of the seed cocoa was carved in the wall of the temple stone, and the nation maya wrote that cocoa was ‘food of the gods’. Red Indians maya old in America middle that the first time destroyed the chocolate seed and mixed him with water and mixed him by the king and was distributed during the holy ceremony. The cocoa seed was used by the Aztec nation to prepare the hot and foaming drink with the effect of the incentive and freshener.

Chocolate personally, previously was served for the fighter, the noble, and the clergyman. The Aztec nation considered chocolate had the reputation of the policy and the vitality. Apart from as the drink, chocolate was also used in the religious ceremony. King Aztec, maintained the place of the big storage that was filled up with the seed cocoa and consume 50 or more the portion of chocolate a day in gold glasses.

The seed cocoa, although only was not consumed. But also was used as the form of Aztec currency. At that time, a rabbit could be bought with four seeds cocoa, approximately 100 cocoa seeds could buy a slave, whereas 12 cocoa seeds could buy the prostitute's service.” (Page 17)

## 2.2 Chocolate For Treatment

Use of chocolate in the treatment for the thin patient to increase the weight, stimulated system nerves to the tired patient, improved the digestion, stimulated the kidney, overcame anemia, not all that fever appetite, the kidney stone, hindered the process of ageing. Along with this people who performed a service in spread chocolate for medical treatment.

Chocolate could cure the illness, especially for the person that the lack of the weight could increase his weight, overcame the anemia illness and could increase appetite, the as mention by Francisco Hernandez (2001) as follows:

“ stated that raw cocoa paste that was presented as the drink could treat the fever and the heart illness. He also mentioned that toaster the chocolate seed that is mix with effective resin against dysentery and the drink of chocolate usually was given to the patient who was thin to increase the weight. ” (Page 20)

Hernandez that the first time wrote the history of cocoa, stated that the bigger cocoa tree produced the seed that was used as currency, whereas the seed was from the smaller tree used to make the drink. Hernandez explained about medicine that was mentioned atextli that was thin paste that was mentioned from the cocoa seed and maize, that could be combined with added mecaxochitl (piper sanctum) and tlilxochitl (vanilla planifolia) was used to generate the sexual passion. He also mention the drink that was mentioned chocolate, was mentioned by mixing the seed pochotl and cacahoatl in the same number, that could increase the weight if often consumed by the special and weak patient.

Chocolate evidently could cure the cough by means of drinking chocolate that was mixt cinnamon or nutmeg, chocolate was useful for the health of the body, as follows :

According to William Hughes (2001) as below : “that the normal cough was treated by means of drinking chocolate that was mix cinnamon or nutmeg. hughes wrote that chocolate maintained the condition for the body make sleep, and treated the illness that was similar with scurvy. Hughes also wrote that drinking ray chocolate calmed asthma. ” (Page 21)

There are ways to heal inflammation of the lungs by way of chocolate syrup mixed with vanilla and chocolate drink is very useful benefits for the health of the body, axles Mentions by Nicolas de Bleggny (2001) Mutation

According to Nicolas de Bleggny (2001) healthy chocolate, Scholastic: "say that chocolate mixed with vanilla syrup can cure pneumonia. According to Nicolas drinking chocolate mixed with vanilla syrup nicer at night to cure pneumonia proved in his book The natural history of chocolate, D. de Quelus explain about a 70-year-old grandfather was 50 years old consume chocolates and biscuits can go through life with a healthy and vigorous. " (Page22).

I think brown is very beneficial for human health, and chocolate is very nutritious for ourselves, as Mentions by De Quelus (2001) Mutation

According to research experts Quelus De (2001) healthy chocolate, Scholastic: "that drinking chocolate is nutritious and important for health. Ordinary drinking chocolate fix a tired soul, restoring health, prolong life and maintain healthy elderly humans. "(Page 23).

### **2.3 Condition Facts and Myths About Chocolate**

Some bad myths are still many outstanding all around us about the chocolate, here we try to stretch about chocolate.

- 1: chocolate contains powerful antioxidants
- 2: chocolate does not cause acne
- 3: chocolate does not fatten

- 4: people with diabetes can eat chocolate.
- 5: chocolate does not cause dental caries even prevent tooth decay
- 6: chocolate is not proven to cause migraine headaches
- 7: chocolate does not cause heart disease
- 8: chocolate strengthen mood
- 9: chocolate contains all the nutrients needed
- 10: chocolate can cause diarrhea
- 11: chocolate stop chronic cough



## BAB III

### ANALYSIS

In research involving human subjects, found that consumption of brown fat to produce total cholesterol and LDL cholesterol were lower than the consumption of butter or beef fat. So although both contain saturated fat but it produced a different effect of cholesterol. High stearic content in chocolate is suppose to be the reason why brown fat is not as bad as animal fats. Has long been known that stearic acid is a neutral fat that will not trigger blood cholesterol.

Because the myth that has long been embedded in society, often haunting guilt every time we enjoy the tan. We must change the general response was inappropriate because if health benefits why are not consumed, instead. Let us explore each of the charges given to the poor who already brown so far and the actual facts.

#### 3.1 Explore Facts And Myths About Chocolate

Some myths surrounding chocolate is still bad. In addition to those already old and have many restrictions, we tried to straighten the following myths about chocolate

1: Chocolate contains antioxidants that are efficacious

Some types of cocoa powder and chocolate rich in polyphenols, a powerful antioxidant substances can reduce the risk of developing cardiovascular disease. In general, cocoa powder and dark chocolate contain a large number of antioxidant components.

2: Chocolate does not cause acne

Mythology, a lot of eating chocolate makes the appearance of acne. That's why many young people are afraid of brown for fear of breakouts. In fact there have not research about it, even there is no clear evidence that chocolate can cause acne. According to the American Academy of Dermatology, acne caused by oil glands in the skin that excessive activity causing changes in the skin condition.

3: Chocolate does not fatten

This is a myth over the chocolate to make fat. In fact, chocolate can cause obesity. Calories from chocolate only provides about 0.7 to 1.4 percent of calories than the average American diet. So it was not chocolate cause obesity, but does not burn excess calories due to a lack of physical activity by American Journal Of Clinical Nutrition in 1994.

4: people with diabetes should eat chocolate

Unity Diabetes Britain, American Diabetes Association, Diabetes Association of Malaysia is now recognized that the intake of sugar, or sugary foods, in small amounts as



part of a diet high in fiber and low in fat, can still be accepted. People with diabetes can enjoy chocolate, but wisely and in moderation, following the advice of nutrition experts.

5: Chocolate does not cause dental caries even prevent tooth decay

Blamed as the destroyer of brown teeth. Until there are people who antipathy to him. Though not a sin damaged teeth brown. In addition to its sugar, it's our fault itself a lazy brush teeth after eating chocolate. Even reverse the conclusions of the research for this belief because the chocolate was in fact able to reduce the likelihood of tooth decay. Several studies claim that the brown teeth less influence in triggering brittle teeth than other foods because it contains cocoa butter, which exists in trans fats, which help cleanse the mouth with a quick chocolate (Journal Of Dental Research, 1991)

6: Chocolate is not proven to cause migraine headaches

Some foods are considered a trigger of migraine headaches. Something the research shows that chocolate causes migraines is not significant. In research conducted in Pittsburgh State University, put the chocolate does not trigger a headache / migraine.

7: Chocolate is not caused heart problems

Chocolate is also often invited to cause heart disease even though the main cause of pain to heart disease is an unhealthy lifestyle and lack of exercise. Conversely chocolate contains antioxidants, known as phenols, which may be able to reduce oxidation of LDL cholesterol. Results of recent studies show that stearic acid, the fat in chocolate does not affect the blood cholesterol.

8: Chocolate strengthen mood

Although there are no foods proven to enhance peace of mind / soul, trying to spark a brown positive reaction to chemistry of the brain and a person known to improve mood. Aroma, taste and delicacy of chocolate gives indescribable pleasure.

9: Chocolate contains all the nutrients needed

Chocolate not only tastes good, but too many nutrients contain. Milk chocolate bar weighing 1.4 ounces of protein, 15% of the daily requirement of vitamin B, riboflavin, 9% daily requirement of calcium and 7% daily requirement of iron.

10: Chocolate can cure diarrhea

Dark chocolate may help cure diarrhea according to the report Children's Hospital & Research Center Oakland in 2005. research conducted by the researchers found the chemical in cocoa beans may reduce the development of fluids that cause diarrhea.

### 3.2 Stay Alert with chocolate

Although many research results is very convincing, we should have to remain vigilant and wise in consuming chocolate. Especially the chocolate sold in the market mostly made up of fake tan or chocolate taste alone. Moreover a low cocoa content of cocoa and oil palm have been replaced with a cheaper oil.





weight and 33% of respondents said chocolate had no effect on body weight.  
 5. From the data obtained 30% said they had suffered from an illness caused by eating chocolate and the remaining 70% of respondents said that eating chocolate does not cause disease.

From the data that the author can earn authors conclude that, most people still think about the brown one, is visible from points 2, 3 and 4 are still lots of people who think chocolate can cause acne and the effect of weight loss. But from the data that can be a little community that had experienced health problems caused by eating chocolate but not chocolate think majority are good for health. Can be described as the table below:

MYTHS	FACTS
- During this chocolate think community can make our body fat, it can be seen from the number of respondents who think chocolate can make us fat body and from there has been talk that the community	- Apparently chocolate does not make obesity calories derived from chocolate only provides about 0.7 to 1.4 percent of the calories we consume.
- Many people - people think chocolate can cause acne is because chocolate contains fat.	- There is no research regarding this matter is even no evidence that chocolate can cause acne, acne caused by oil glands in the skin that excessive activity causing changes in the skin condition.
- Many people who think chocolate can make damage to the teeth like dental caries in the teeth perforated	- Damaged teeth other than because it is not because brown sugar, tooth damage due to negligence we are also in maintaining it. Chocolate can actually reduce the likelihood of tooth decay, because chocolate contains three substances that inhibit caries or hole in the chocolate.

Because the myth that has long been embedded in society, often haunting guilt every time we enjoy the tan. We must change the response. Especially from the research data that has been done myth - the myth is false. The point of chocolate is suitable for every lifestyle because it is fun and delicious, chocolate is also suitable for active lifestyles. But remember that the goal of good nutrition is to eat nutritious foods in order to balance the amount of food and the amount of calories the body needs.

## CHAPTER IV

### CLOSING

#### 4.1 Conclusion

Chocolate is a kind of food that the writer likes best. The writer likes chocolate not only because chocolate is delicious, but also because chocolate has made her healthy. The writer eats chocolate almost everyday and chocolate has become hart of her life, according to Thomas brown chocolate has been used as a medicine for many such as.

#### 4.2 Suggetion

The writer suggests the Following brown chocolate is good for our health The point of chocolate is suitable for any healthy lifestyle for delicious chocolates. Chocolate is also suitable for active lifestyles. Not only children, adolescents and adults who do not have to hesitate longer consuming various foods and beverages made from chocolate



**APPENDIX**



**CHOCOLATE TREE**



**SEED CHOCOLATE**







**CHOCOLATE PACKAGING**



**CHOCOLATE PACKAGING**



**MILK CHOCOLATE**



**HOT CHOCOLATE**