

Jeremy Sherr

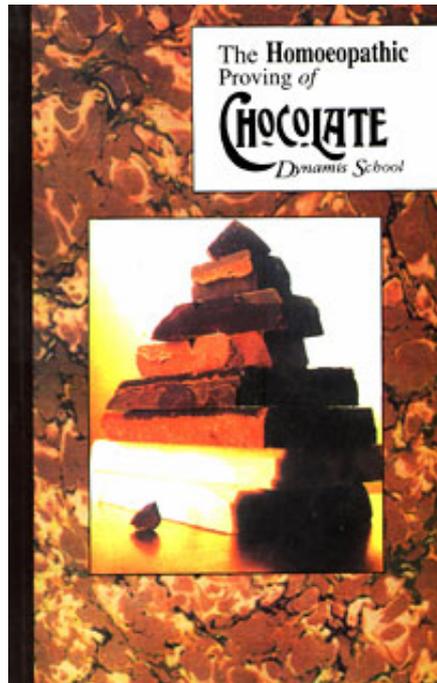
The Homoeopathic Proving of Chocolate

Reading excerpt

[The Homoeopathic Proving of Chocolate](#)

of [Jeremy Sherr](#)

Publisher: B. Jain



<http://www.narayana-verlag.com/b9951>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

<http://www.narayana-verlag.com>



INTRODUCTION

My decision to prove chocolate was based on clinical experience. Patients often reported adverse effects from eating chocolate, sometimes resulting in severe symptoms. The number of patients who were seriously addicted to chocolate was always impressive. It seemed that the desire for chocolate exceeded any other category of food craving.

Chocolate has become a major feature of late 20th century culture. It is amazing to see the number of outlets where chocolate can be purchased. Every shop or garage carries a supply, where Chocolate is often bought as a 'comforting treat' alongside other purchases. Gourmands search for excellence, forming chocolate sub-cultures. There is a proliferation of Chocolate books, magazine articles, courses and clubs.

It seems that the chocolate addiction is not so much a physical but rather an emotional phenomenon. Chocolate is often used as a substitute for love, an idea exploited by the emphasis on romantic themes in chocolate advertisements. In patients the desire often arose at times of emotional stress especially regarding relationships. Research has shown a connection between chocolate and enzymes produced when people fall in love.

Another theme that seemed to emerge was the affinity between Chocolate and the circulatory and hormonal systems. The need for Chocolate often appeared during or before the menses. Chocolate is known to contain many substances that affect the heart. It has been reported to cause heart failure in animals. Blood and heart relate to

love, sharing the function of supplying warmth and nourishment, thereby supporting the idea of chocolate as a 'love food'.

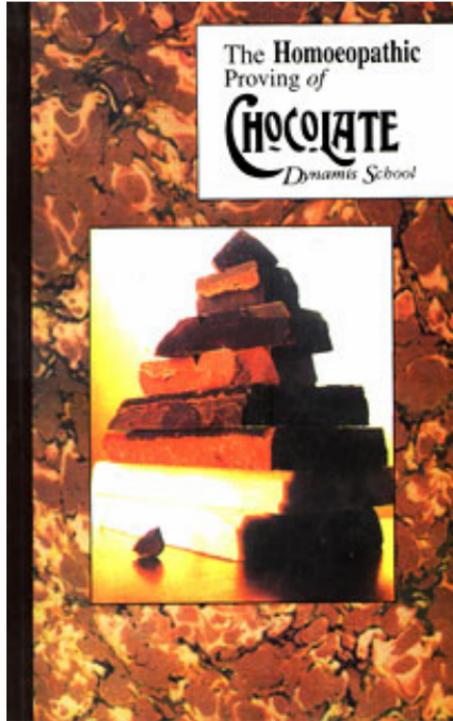
Having decided to prove chocolate, a major dilemma was choosing between chocolate in its processed form or as the Cocoa bean. There are arguments for both ideas. It is often desirable to prove purer substances rather than complex ones. On the other hand, the modern processed chocolate is the substance craved by so many, and therefore might contain other ingredients important to the proving, the sum of which may be more than the parts. In the end my decision was to prove the purest form of processed chocolate, in the hope that a proving of the cocoa bean would follow.

This proving was undertaken concurrently with the proving of Hydrogen in order to create a double blind trial. The remedy had a profound effect on many of the provers. Duration of action was prolonged, in some cases well over a year.

One proving has been retained as a whole to preserve the remarkable theme that emerged. I have also included reports from chocoholics and of cases relating strongly to chocolate. No doubt many more reports and clinical cases will lead to a further understanding of the remedy.

Let us hope that this food, once used as currency and worshipped as food of the gods, and now such an integral part of modern civilisation, will provide us with another efficient agent for the healing of human kind.

Jeremy Sherr 1993



Jeremy Sherr

[The Homoeopathic Proving of Chocolate](#)

196 pages, pb
publication 2003



More books on homeopathy, alternative medicine and a healthy life www.narayana-verlag.com