



COPAL COCOA Info

A Weekly Newsletter of Cocoa Producers' Alliance

Issue No. 193

21st – 25th August 2006

ICCO Daily Cocoa Prices

	ICCO daily price (SDRs/tonne)	ICCO daily price (US\$/tonne)	London futures (£/tonne)	New York futures (US\$/tonne)
21st August	1,089.03	1,623.49	879.00	1,576.00
22nd August	1,076.77	1,601.83	871.67	1,554.33
23rd August	1,086.67	1,615.32	877.00	1,567.67
24th August	1,083.71	1,611.77	876.00	1,564.67
25th August	1,077.66	1,598.32	870.00	1,550.33
Average	1,082.77	1,610.15	874.73	1,562.60

Up-coming Events

- 15th International Cocoa Research Conference, 9th – 14th October 2006, San José, Costa Rica

In the News:

- Mars in a bitter struggle with cocoa-addicted moths
- Côte d'Ivoire rain boosts cocoa supply
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- Ghana cocoa buyers hit by higher production

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Have you had your cocoa today?

International Financial Futures and Options Exchange (LIFFE)
London Futures Market – Summary of Trading Activities
 (£ per tonne)

Monday 21st August 2006

Month	Opening Trans	Settle	Change	Daily High	Daily Low	Volume
September-06	842	835	-13	846	831	1,584
December-06	870	863	-14	875	860	3,066
March-06	886	881	-12	892	878	1,466
May-06	905	893	-12	905	891	496
July-06	910	905	-12	916	904S	123
September-06	915	916	-12	915	913	138
December-06	930	929	-11	930	926	228
March-06	949	942	-11	949	938	6
May-06	959	950	-11	959	949	13
July-06		958	-11			0
Totals		907				7120

Tuesday 22nd August 2006

Month	Opening Trans	Settle	Change	High	Low	Volume
September-06	833	826	-9	835	826	1,330
December-06	861	855	-8	864	854	5,912
March-06	881	873	-8	881	873	2,195
May-06	893	887	-6	894	887	692
July-06	905	900	-5	905	900	86
September-06	915	911	-5	915	910S	100
December-06	927	923	-6	928	922	452
March-06	933	937	-5	939	933	17
May-06		945	-5			0
July-06		953	-5			0
Totals		895				10,784

Wednesday 23rd August 2006

Month	Opening Trans	Settle	Change	High	Low	Volume
September-06	826	829	3	831	817	2,868
December-06	855	860	5	861	847	4,976
March-06	873	879	6	880	866	2,091
May-06	887	892	5	892	880	309
July-06	900	904	4	900	893	343
September-06	910	916	5	910	904S	106
December-06	921	928	5	922	915S	153
March-06		942	5			0
May-06	942	950	5	942	942	7
July-06		958	5			0
Totals		906				10,853

Thursday 24th August 2006

Month	Opening Trans	Settle	Change	High	Low	Volume
September-06	825	828	-1	835	825	1,420
December-06	855	859	-1	866	855	2,238
March-06	876	878	-1	885	874	670
May-06	894	891	-1	898	889	243
July-06	902	904	0	910	902	406
September-06	915	915	-1	916	914	34
December-06	934	927	-1	934	926	15
March-06		939	-3			0
May-06	949	947	-3	949	949	7
July-06		957	-1			0
Totals		905				5,033

Friday 25th August 2006

Month	Opening Trans	Settle	Change	High	Low	Volume
September-06	831	822	-6	833S	821	1,481
December-06	862	853	-6	862	852	3,536
March-06	878	872	-6	881S	871	552
May-06	891	885	-6	892	885	216
July-06	902	898	-6	905	898	497
September-06	915	910	-5	915	910	83
December-06	924	922	-5	924	922S	31
March-06		933	-6			0
May-06		941	-6			0
July-06		951	-6			0
Totals		899				6,396

Average for the week		902				8037
Total for the week						40,186

New York Board of Trade
(New York Futures Market – Summary of Trading Activities)
(US\$ per tonne)

Monday **21st**
 August **2006**

Month	Opening Trans	Settle	Change	High	Low	Volume
Sep 2006	1470 ^B 1490 ^A	1483	2	1501	1477	355
Dec 2006	1548 1551	1544	-1	1555	1530	4273
Mar 2007	1585 ^B 1592 ^A	1584	0	1587	1570	843
May 2007	1608 ^B 1615 ^A	1608	0	1602	1598	205
Jul 2007	1632 ^B 1638 ^A	1631	1	0	0	100
Sep 2007	1652 ^B 1658 ^A	1650	0	0	0	50
Dec 2007	0 0	1675	2	0	0	175
Mar 2008	0 0	1700	3	0	0	0
May 2008	0 0	0	0	0	0	0
Jul 2008	0 0	0	0	0	0	0
Totals		1288				6,001

Tuesday **22nd**
 August **2006**

Month	Opening Trans	Settle	Change	High	Low	Volume
Sep 2006	1463 1470	1460	-23	1470	1455	57
Dec 2006	1526 1535	1521	-23	1535	1518	5229
Mar 2007	1570 1573	1562	-22	1573	1559	1512
May 2007	1593 ^B 1598 ^A	1587	-21	1595	1586	889
Jul 2007	1614 ^B 1622 ^A	1610	-21	0	0	75
Sep 2007	0 0	1630	-20	0	0	134
Dec 2007	0 0	1653	-22	0	0	100
Mar 2008	0 0	1678	-22	0	0	0
May 2008	0 0	0	0	0	0	0
Jul 2008	0 0	0	0	0	0	0
Totals		1270				7,996

Wednesday **23rd**
 August **2006**

Month	Opening Trans	Settle	Change	High	Low	Volume
Sep 2006	1445 0	1470	10	1475	1445	127
Dec 2006	1511 1516	1534	13	1539	1511	4496
Mar 2007	1558 0	1575	13	1575	1558	231
May 2007	1581 ^B 1585 ^A	1599	12	1593	1592	67
Jul 2007	1604 ^B 1608 ^A	1622	12	0	0	145
Sep 2007	1624 ^B 1628 ^A	1644	14	0	0	50
Dec 2007	0 0	1667	14	0	0	0
Mar 2008	0 0	1692	14	0	0	0
May 2008	0 0	0	0	0	0	0
Jul 2008	0 0	0	0	0	0	0
Totals		1280				5,116

**24th
Thursday
August
2006**

Month	Opening Trans	Settle	Change	High	Low	Volume
Sep 2006	1460 0	1464	-6	1488	1460	277
Dec 2006	1530 1534	1529	-5	1550	1526	5962
Mar 2007	1571 1574	1570	-5	1588	1571	1775
May 2007	1596 ^B 1597 ^A	1595	-4	0	0	590
Jul 2007	1616 ^B 1620 ^A	1618	-4	0	0	159
Sep 2007	1635 ^B 1644 ^A	1640	-4	0	0	50
Dec 2007	0 0	1662	-5	0	0	150
Mar 2008	0 0	1687	-5	0	0	0
May 2008	0 0	0	0	0	0	0
Jul 2008	0 0	0	0	0	0	0
Totals		1277				8,963

**25th
Friday
August
2006**

Month	Opening Trans	Settle	Change	High	Low	Volume
Sep 2006	1460 ^B 1475 ^A	1446	-18	1471	1447	16
Dec 2006	1532 1534	1510	-19	1539	1508	4843
Mar 2007	1576 1577	1552	-18	1579	1550	749
May 2007	1598 ^B 1602 ^A	1577	-18	1587	1587	75
Jul 2007	0 0	1600	-18	1608	1603	75
Sep 2007	1644 ^B 1654 ^A	1620	-20	1625	1620	6
Dec 2007	1665 ^B 1672 ^A	1645	-17	1653	1645	10
Mar 2008	0 0	1670	-17	0	0	406
May 2008	0 0	0	0	0	0	0
Jul 2008	0 0	0	0	0	0	0
Totals		1262				6,180

Spot Prices (US \$ per tonne)

	21st August	22nd August	23rd August	24th August	25th August
Main Crop Ghana, Grade 1	1896	1873			1862
Main Crop Ivory Coast, Grade 1	1806	1799			1788
Main Crop Nigerian, 1	1791	1781			1770
Superior Arriba	1852	1904			1893
Sanchez f.a.q	1756	1753			1742
Malaysian 110	1559	1523			1512
Sulawesi f.a.q	1577	1578			1567
Ecuador Cocoa Liquor	2496	2560			2542
Pure Prime Press African Type Cocoa Butter	4092	4081			4052
10/12% Natural Cocoa Press Cake	849	801			795

Source: Cocoa Merchants' Association

News

Mars in a bitter struggle with cocoa-addicted moths

von Lauren Foster (New York) 21.08.2006

The cocoa pod borer strikes fear into producers of chocolate as the moth causes damage to the cocoa crops. The maker of M&Ms and Snickers has sent a team to Papua New Guinea to combat an outbreak of the cocoa pod borer. Mars, one of the world's biggest chocolate producers, is waging war on a new and deadly competitor: a small south-east Asian that has a cocoa addiction.

The maker of M&Ms and Snickers has sent a team to Papua New Guinea to combat an outbreak of the cocoa pod borer. The innocuous-sounding borer strikes fear into producers of chocolate - of which cocoa is the key ingredient - after it infected about a fifth of Indonesia's crop in 1998, causing an estimated \$20m (£10m) in damage. Past outbreaks also have hit cocoa production in the Philippines and Malaysia.

The moth lays its eggs on the cocoa pods, which the larvae then feed off. Any outbreak of the moth and subsequent disruption on global supply could affect the markets, where cocoa prices have recently suffered volatility. Cocoa futures on London's Liffe exchange gained 18 per cent from the start of June to July 14, but have since dropped 16 per cent. Roger Dehnel, cocoa sustainability director for Mars, said the multinational saw the discovery of the cocoa pod borer in Papua New Guinea as a "real threat to overall production in Asia".

Asia contributes about 17 per cent of total cocoa production in the estimated \$5bn global industry. The moths also could spell disaster for Papua New Guinea's economy and the livelihood of its small farmers. Cocoa is the country's second largest agricultural export, after coffee.

Mars is working closely with the US Department of Agriculture and other partners to test a range of preventative methods. They include a "honey trap" strategy of luring male moths to adhesive traps baited with synthetic female sex pheromones - chemicals emitted by living organisms to send messages to individuals of the same species. Mr Dehnel said the traps were an "elegant solution" to the problem that was "non-impactful" on the environment. "The question we are grappling with is: 'Is it enough moths to make a difference?'" he said.

Côte d'Ivoire rain boosts cocoa supply

Posted Thu, 24 Aug 2006

Yamoussoukro - World demand for cocoa was set to outstrip supply during the 12 months to September creating a production deficit of about 5 000 tonnes, the International Cocoa Organisation has said. The forecast represents a revision to figures the organisation gave in May 2006 where it predicted a deficit of 161 000 tonnes for the period. Analysts have recently pointed out that rain in the world's leading producer, Côte d'Ivoire, has helped boost output. In London trade, the price of a tonne of cocoa for December delivery was steady at £850 (about \$1606) on Wednesday. -AND

Boost for Cocoa Farmers

KINGSTON(JIS)

Wednesday, August 16, 2006

The Ministry of Agriculture and Lands has approved a 100 per cent increase in the box price for cocoa, moving from \$500.06 per box to \$1000.06 per box. Naburn Nelson, Secretary/Manager of the Cocoa Industry Board, which purchases the product on the Ministry's behalf, told JIS News that the increase would become effective at the start of the new crop year on October 1. The increase is welcome news for the cocoa farmers, who are still recovering from the impact of hurricanes last year.

"We are just recovering from the effects of those hurricanes that hit us and as part of the boost to the farmers, we have seen it fit to move the price in this way to motivate them even more to go and clean up the existing trees that they have," said Mr. Nelson, adding that an assistance plan has been put in place to help in the recovery effort.

He told JIS News that the Ministry would also be making a final minimum payment of \$140 per box to the farmers, but "if the crop exceeds our expectations, we will increase that above the \$140." He further stated that the Board was excited about the increase given to the cocoa farmers, noting that production should be between 700 to 1200 tonnes for the season.

In the meantime, Mr. Nelson said there were moves to employ cocoa agents, who "will provide household service to the farmers, as they will be actually living in the communities that the farmers are based in." According to Mr. Nelson, the hiring of cocoa agents was part of the overall effort to improve service to the farmers.

Cocoa Quandary

8/31/2006 4:41:25 PM

Here's some food for thought: Over the last month, the cocoa market has been about as sweet as sour sheep's milk: cocoa prices plunged to their lowest level in nine months on August 28.

What's worse... according to the mainstream "experts," the future of this soft is stuck between a stockpile surplus and a hard place... to live peacefully that is. On this, the following news items explain:

From August 24-28, supply reports revealed that stocks of cocoa in NYBOT-approved warehouses have increased in the last week along with a mid-crop yield that substantially exceeds year-ago levels.

Then, on August 25, the head of the United Nation's mission in the Ivory Coast publicly announced that the country won't be able to meet the October 31 deadline to hold presidential elections due to "voter registration problems" – a popular euphemism some say for "Rebel forces unwilling to disarm."

Put two and two together and the fundamental folks have ZERO idea of where cocoa is headed. In the words of one August 28 news source: "Traders are caught in a quandary between potential political unrest in the Ivory Coast AND a potential for a larger 2006-7 crop."

Well, you could sit around and wait until some moves-worthy event comes along to shove cocoa out of its supposed stalemate.

OR... you could check out the August 30 Daily Futures Junctures in which editor Jeffrey Kennedy suggests that cocoa prices are about as loose for change as a toddler's tooth in taffy.

In that publication, Jeffrey reviews the price action of late and reveals how the most favored trade set-up of all has just occurred; namely, a three-wave move that ends at a common Fibonacci retracement level. To wrap things up, Jeffrey recaps the three cardinal rules of the Elliott Wave Principle to keep readers on their toes. For those new to game, they are as follows:

Ghana cocoa buyers hit by higher production

KUMASI (August 25 2006, Reuters): Some private cocoa buyers in Ghana are struggling to break even as rising production strains infrastructure in the world's no. 2 producer, the head of buyers' association Licobag told Reuters.

Output in the West African country increased from 500,000 tonnes in 2002/03 to 736,000 tonnes in 2003/04, leading to shortages in warehousing space and slower quality checks as industry regulator Cocobod deals with the extra beans. For buyers, who borrow heavily to finance cocoa purchases, any delay in sale to Cocobod because of the slower processing hits their bottom line. "It has been very difficult to break even in the last two years. It hasn't been easy to buy and sell at the pace we want to," Ali Basma, president of the Licensed cocoa Buyers Association of Ghana (Licobag), said in an interview. "The production in Ghana has almost doubled, it has not been easy for all stakeholders to keep up with that growth ... From day one Cocobod was determined to maintain quality standards. All the factors slowed down," he said.

Buyers are a crucial part of Ghana's cocoa production chain, under which cocoa is bought from the farmer by private buyers and sold to Cocobod for export.

Basma said new warehouses and a better relationship with Cocobod management under new chief executive Isaac Osei - who replaced outgoing chief executive Kwame Sarpong earlier this year - should improve trading conditions in the coming season. "I genuinely believe things can get better this coming year. They are taking measures, the biggest factor is warehousing capacity, which they are seriously increasing," he said.

The buyers' push to deliver their cocoa to Cocobod as fast as possible can put them on a collision course with the regulator's Quality Control Division (QCD), which checks the cocoa once upcountry and for a second time at the port.

The Cocoa Story Every Ghanaian Needs To Know

By Prof. F. Kwaku Addai

Source: <http://www.ghana.gov.gh/dexadd/feature/cocoa-story.pdf>.

Cocoa powder drink, and to some extent edible chocolate high in cocoa mass, is making huge waves in international health and scientific circles. Over the past few years, national and international Diabetic, Hypertension and Heart Associations have become keenly interested in cocoa and foods made from it.

In Ghana, this writer on his own and through the Ghana Science Association, in collaboration with COCOBOD and other institutions, has been spearheading a crusade to raise the awareness of people of all ages to phenomenal health benefits of cocoa products.

There is a universal agreement that emerging scientific evidence seems to vindicate and confirm cocoa's ancient reputation as a magical numerous ailments.

Take for instance the following quotation attributed to the 1520s on what cocoa can do for people. "It vehemently incites to Venus and causes conception in women, hastens and facilitates their delivery: it is recommended for those stricken with cough, and for treatment of diarrhea in children. Cocoa helps the debilitated put on weight, while it also cleanseth the teeth, sweetneth the breath, provokes urine, expels poisons, and preserves from infectious diseases."

CONFIRMATION

There are now numerous experimental and clinical studies that confirm each of these claims and much more. This article focuses on the antioxidants in cocoa and what they can do for people. It is an excerpt from an upcoming book by the author titled "God Food."

The cocoa bean contains the highest amounts and greatest variety of antioxidants in any food. Occurring under the broad class of polyphenols or phenolics, there is a sub-group called flavonoids and a specific subclass called flavanols. Flavanols are reputed to be the antioxidants, with more than tenfold beneficial effects than vitamin C or E. It is informative that Vitamin C and or E are prescribed to boost immunity, help sore to heal and promote fertility.

Cocoa also contains bigger flavanols (called Oigomeric procyanidins or OPCs) that are not found in such abundance in other foods or beverages. In fact arcs contribute significantly to both the reaction chemistry and development of flavour during chocolate manufacture.

This means that arcs require good fermentation, roasting and to the appropriate processing techniques to materialise in a cocoa product and in turn arcs enhance the "chocolaty" aroma and favour of cocoa.

Patently, arcs uniquely abundant in well-processed cocoa are more effective antioxidants than monomeric flavanols (which are also found in tea and red wine). It is necessary to explain at this juncture that chewing fresh cocoa beans is not advisable since fermentation is required for arcs to begin to form. Similarly, chewing dried cocoa beans would not have the benefit of arcs because roasting is necessary for their formation.

So what do the antioxidants do? Antioxidants neutralise poisons in the body called oxidants. In chemistry, oxidants are compounds that steal electrons from other compounds. The biological process by which nutrients in food eaten are obtained within the body is called oxidation mainly oxygen.

The importance of oxidants to the body is revealed by the fact that when starved of oxygen tissues die. For that matter we cannot live without oxidation, a natural activity that matter we cannot live without oxidation, a natural activity that generates a wide variety of oxidants within the body. However, oxidants also wreck havoc on living systems by blocking biochemical pathways and turning harmless compounds such as Low-density lipoproteins (LDLs) into killers (see explanation below on arteriosclerosis).

Since oxidants cause human ailments from ageing to cancer and degenerative disease such as arteriosclerosis (hardening of blood vessel), arthritis, Parkinson's and Alzheimer's disease, and food with high antioxidant content is a very healthy diet.

Fruits and vegetables contain antioxidants but nowhere in a high variety and concentration of antioxidants as in the cocoa bean. The antioxidant flavanols in cocoa are chemical superheroes that stop oxidants from wrecking havoc on living systems. They do this by sharing their own electrons with the oxidants until they blunt the oxidants' ability to rip other molecules apart to steal their electrons.

Numerous epidemiological and experimental studies over the past decade on the effects of cocoa/chocolate flavanols on cardiovascular health and general well-being have produced remarkably positive results. Evidentially, pure cocoa lives up to its ancient reputation as a "divine food" in the totality of healthful benefits and the scientific basis is only beginning to become clear.

Briefly, the antioxidant flavanols in cocoa have been shown to do the following:

1. Decrease LDL oxidation, thereby preventing them from being accumulated in blood vessel walls and contributing to high blood pressure or causing heart attack or stroke. Deposition of oxidized LDL cholesterol in blood vessel walls is one of the first major steps that cause "hardened" arteries that are unable to expand when necessary.

The process of hardening of arteries is a normal ageing process, but lifestyle choices such as smoking, eating fatty foods, lack of exercise, obesity, etc. accelerate the rate of its development in an individual. Arteriosclerosis makes people susceptible to diabetes and/or hypertension, and several other diseases. Cocoa flavanols act to minimize the availability of oxidized LDL, thus reducing the process of hardening of blood vessels with advancing age.

2. Modulate the activity of tiny "cells" in blood called platelets, make them less likely to stick together (aggregate) and also making them less sticky to the walls of blood vessels to form clots that could dislodge to block tiny blood vessels in the lungs, heart or brain resulting in death. Platelets (also called thrombocytes) are tiny "pieces of cells" in blood that help blood to form clots to stop bleeding when a blood vessel is damaged.

Under certain disease conditions such as arteriosclerosis, greasy deposits of fat (oxidized LDL -cholesterol) build up in the inner walls of blood vessels. The greasy deposits are known as plaque, which narrow the blood channels and partly block the normal flow of blood through them. Calcium is often deposited in the plaque making the internal blood vessel wall rough. As blood flows over the roughened internal wall of the blood vessel, the platelets are "agitated" to form clots giving rise to a condition known as thrombosis.

If the internal blood clot so formed (called Thrombus) becomes dislodged it is called an embolus, which may block some blood vessels in the heart (causing stroke). Cocoa antioxidants therefore make it a potent natural antidote for stroke and heart attack.

3. Promote relaxation of muscle in the walls of blood vessels, increasing their exercise tolerance or ability to expand (dilate) in response to demand for increased blood flow to tissues during exercise or elevated physical activity.
4. Decrease oxidation of fat (lipid) and hence generation of oxidants that wreck havoc in the body as explained above. In comparable everyday terms, antioxidant flavanols in cocoa ensure that less (oxidant) "garbage" is generated by normal metabolic activities or breakdown of food to extract nutrients in the body.
5. Increase High Density Lipoprotein (HDL) cholesterol resulting in a higher ratio of HDL/LDL. A higher ratio of HDL/LDL is associated with a lower risk of heart disease and/or stroke. If LDL as "bad" cholesterol is "garbage" that is generated as part of normal activity in our bodies, then HDL as "good" cholesterol acts as the "garbage collector" and facilitates transportation of LDL to the liver for destruction/elimination.

6. Suppress growth of cancer cells, making it a natural anti-cancer agent. In other words, cocoa antioxidants can delay or even prevent the development of such cancers as prostate, cervical, breast and ovarian cancers that appear to be on the increase worldwide.
7. promote nitric oxide production In (and by) the body. Among several functions, nitric oxide opens up arteries for increase blood flow, maintains vascular elasticity and prevent platelets from adhering to artery walls thus reducing chances of clogging by internal blood clots (an event known as thrombosis).

Nitric oxide also helps to initiate erections of the penis. During sexual stimulation nerves in the penis release nitric oxide, which causes the erectile tissue in the penis to fill with blood and become erect.

Research shows that men who have uncontrolled diabetes, arteriosclerosis, or uncontrolled high blood pressure may have defective nitric oxide production, which may cause impotence. The development of the popular impotence drug Viagra is based on the role of nitric on blood vessels.

Consumption of high flavonol cocoa promotes total cardiovascular health, good mood and directly stimulates the body's nitric oxide system. Although cocoa will not act as Viagra taken over a long period of time it would eliminate most common conditions that cause impotence.

Latest research indicates that asthmatics breathe easier when there is adequate nitric oxide in their blood, therefore cocoa antioxidant flavanols will help control asthma.

People with sickle cell disease often suffer painful crisis when their red blood cells assume non-deformable sickle shape in response to low oxygen in their blood. The sickled cells clog some of the smallest blood vessels creating further shortage of oxygen in the tissues precipitating adverse effects related to the crisis. Studies in the USA indicate that administering nitric oxide to sickle cell patients can minimise the duration of sickle cell crisis.

By inference, cocoa flavanols must be able to prevent sickle cells crises by promoting high blood levels of nitric oxide. A caution to sickle cells patients drinking pure cocoa powder is that, because it promotes frequent urination they must increase the amount of water they drink in order not to reduce their blood volume (a condition that may negate the benefit of high blood nitric oxide levels).

There is no possibility of overdose of nitrite oxide from taking cocoa because when the body is stimulated it will produce what it can handle.

Positively affect the balance of eicosanoids (hormone-like substances that modulate inflammation and immunity). This helps to control problems with arthritis joint pains, common colds as well as thrombosis and embolism that may lead to stroke or heart attack (explained above).

8. The OPCs in cocoa prevent the activity of (inhibit) angiotensin-converting enzyme (ACE) ACE acts with other hormones in the body to reduce amount of urine produced in order to raise blood pressure. By inhibiting ACE activity, OPCs promote production of copious urine that decreases blood volume and lowers blood pressure. It is noteworthy that ACE inhibitors are prescribed medication for some forms of hypertension. It is free in pure cocoa.

A point of note is that all cocoa products are not the same. Natural cocoa powder, containing less than 20 per cent cocoa butter should give the most antioxidant content. Over processing and addition of sugar, malt, vanilla makes cocoa more palatable, but may reduce the antioxidant content by as much as one half.

My recommendation is that adults should cultivate the taste for pure natural cocoa powder drink with nothing added (no milk, or sugar or honey). It is best drunk hot; as evidence suggests that more antioxidants are released and absorbed when the drink is prepared hot. Drink at least two times daily, pure cocoa will afford health for many years. People who have low blood pressure should not drink cocoa powder, but take chocolate bars (particularly dark ones such as Golden Tree Tetteh Quashie bar) to obtain the "magic of cocoa,"

TIT BITS

(Source: Business Recorder – www.brecorder.com)

US MIDDAY: cocoa futures slip

NEW YORK (August 26, 2006): US benchmark cocoa futures fell 1.2 percent to finish at a 4-month low Friday, weakened by speculative selling amid bearish technical signals and improving supply prospects, market sources said.

New York cocoa futures ease

NEW YORK (August 26, 2006): US cocoa futures ended easier on Thursday, pressured by speculative selling in an otherwise quiet session marked by relatively thin trading volume, market sources said. The New York Board of Trade's benchmark cocoa contract for December delivery shed \$6 to conclude at \$1,529 a tonne after trading from \$1,526 to \$1,550.

Ivory Coast cocoa arrivals up

ABIDJAN (August 26, 2006): cocoa arrivals at ports in Ivory Coast reached 1,323,094 tonnes between October 1 and August 20 in the 2005/06 season, according to an estimate by major exporters on Friday. That compared with 1,286,166 tonnes delivered to ports in the same period in 2004/05, industry data showed.

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Ghana cocoa buyers hit by higher production

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New York cocoa settles up

NEW YORK (August 25, 2006): US cocoa futures finished on positive ground on Wednesday, with light speculative buying amid a sliding dollar helping the market recover from a three-month bottom hit in the session, traders said.

US MIDDAY: cocoa settles up

NEW YORK (August 24, 2006): US cocoa futures finished on positive ground Wednesday, with light speculative buying amid a sliding dollar helping the market recover from a three-month bottom hit earlier in the session, traders said.

New York cocoa slips to one-month low

NEW YORK (August 24, 2006): US benchmark cocoa futures settled down 1.5 percent at a one-month low on Tuesday, pressured by speculative selling amid a rising dollar and bearish technical signals on the price charts, traders said.

Brazilian cocoa arrivals fall

SAO PAULO (August 24, 2006): Brazilian 2006-07 (May-April) cocoa arrivals from Bahia and other states

totalled 1.69 million 60-kg bags by August 20, down 5 percent from 1.78 million bags a year ago, Bahia Commercial Association said Wednesday. Bahia state, Brazil's main cocoa producer, delivered 47,888 bags in the past week, up from 36,490 bags in the same week last year.

US MIDDAY: cocoa slips

NEW YORK (August 23, 2006): US benchmark cocoa futures settled down 1.5 percent at a one-month low Tuesday, pressured by speculative selling amid a rising dollar and bearish technical signals on the price charts, traders said.

Farmers hunker down in tense Ivorian cocoa zones

PETIT BONDOUKOU (August 23, 2006): Rarely venturing from their plantations in order to avoid confrontation with locals or soldiers, many immigrant cocoa farmers in Ivory Coast lead reclusive, isolated lives.

New York cocoa futures end mixed

NEW YORK (August 23, 2006): US cocoa futures finished narrowly mixed in a quiet session marked by light trading volume, exchange floor sources said. The New York Board of Trade's benchmark cocoa contract for December delivery shed \$1 to settle at \$1,544 a tonne, having dealt from \$1,530 to \$1,555.

Ivorian cocoa prices mixed

ABIDJAN (August 23, 2006): Farmgate prices in Ivory Coast's cocoa growing regions were mixed from August 14 to 20, Coffee and cocoa Bourse (BCC) data showed on Tuesday, as buying picked up in places while delivery prices fell at the ports.

Ivorian cocoa arrivals up

ABIDJAN (August 22, 2006): cocoa arrivals at ports in Ivory Coast reached 1.323 million tonnes between October 1 and August 20, according to a rough estimate by major exporters on Monday. That compared with around 1.286 million tonnes delivered to ports in the same period of the 2004/05 season, industry data showed.

The rule of thumb for cocoa products:
DARKER IS BETTER, BITTER IS BETTER AND HIGHER COCOA MASS IS BETTER.
PROFESSOR FRED K. ADDAI,
University of Ghana Medical School
and Ex-President of Ghana Science Association.