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A Breath of Chocolate

BY MARC HERTZ | WEDNESDAY, MARCH 3, 2010 9:37 AM ET

Le Whif is an inhaler that provides three different flavors of chocolate — and almost no calories.

I love chocolate. I'll admit it. And, really, can you blame me? Chocolate is awesome. And even though chocolate may **help you avoid strokes**, **protect you from harmful UV rays** and **help ease pain**, there's still that little problem with the calories you add on when eating it. That said, may I introduce you to Le Whif.

As **NPR reported**, Harvard professor David Edwards is the biomedical scientist who came up with Le Whif, a breathable chocolate. It's actually an inhaler that offers three flavors of chocolate — pure chocolate, mint chocolate and raspberry chocolate. Edwards, whose primary work has been with inhalers that provide medicine, worked with his lab students last year to come up with floating chocolate particles. Why didn't I have those sorts of labs in college?

Le Whif comes in tubes that resemble lipstick containers and is being sold in stores in Paris. As of now, it's only available to Americans online, at a cost of \$8 for three tubes, and as Edwards said in the article, "There's about eight or 10 puffs per Whif." And as Francis Cardullo, a "major chocolate junkie" according to the article, said, "It's kind of fun. You get the full flavor of chocolate." Sounds like a winning proposition to me.

In further good news, not only is the case in a new biodegradable design, but Le Whif is "virtually calorie-free." And for you coffee addicts (something I've so far managed to avoid), Le Whif Coffee will be available online March 11. Which begs the question, how long until they have Le Whif Bacon?



<http://www.tonic.com/article/le-whif-breathable-chocolate/>