Title:
Chocolate-- The Newest Health Food?

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932

Summary:
There are now even more reasons for chocolate lovers to rejoice! As more amazing research news

You may have already heard that chocolate contains beneficial flavonoids and antioxidents. Fla

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Article Body:
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Red wine is know for its high phenol content, but an average bar of dark chocolate contains mo

Holland's National Institute of Public Health and Environment found that dark chocolate contai

A study at University of California Davis found that participants who ate chocolate showed a r

A Harvard University study of 8,000, with an average age of 65, revealed that those who consum

A study of older men in The Netherlands, known for its chocolate, showed that those who ate th

And it's not just dark chocolate that is the only healthy type of chocolate. Most studies talk

The Wheeling Jesuit University in West Virginia did a study that shows that milk chocolate see

According to Dr. Bryan Raudenbush, "Composite scores for verbal and visual memory were signifi

Chocolate really does make you feel good, too. It is known to stimulate the secretion of endor

And now people are looking at chocolate for skin care. According to Marlies Spinale, director

Some people have been avoiding chocolate because one of the main ingredients of chocolate is c

So go ahead and indulge in a little chocolate, in moderation of course. I would recommend that

Chocolate as a health food-- can life get any better?

By Dianne Ronnow, © 2006 Mohave Publishing.

If you need a little extra help losing weight, I have good news for you. I found an excellent