

Title:

Chocolate: The Body Defender and Protector

Word Count:

638

Summary:

Attention all chocolate lovers! Did you ever feel bad about sneaking in your favorite chocolate

Keywords:

chocolate, antioxidant, chocolate goodies,

Article Body:

Believe it or not, chocolate is very good for your overall health! After years of being put down

Chocolate has been known to contain over 300 chemicals, and has been the subject of a number of

1. Cacao, the source of chocolate, contains antibacterial agents that fight tooth decay.
2. The smell of chocolate may increase theta brain waves, resulting in relaxation.
3. Chocolate contains phenyl ethylamine, a mild mood elevator.
4. The cocoa butter in chocolate contains oleic acid, a mono-unsaturated fat which may raise
5. Drinking a cup of hot chocolate before meals may actually diminish appetite.
6. Men who eat chocolate live a year longer than those who don't.
7. The flavanoids in chocolate may help keep blood vessels elastic.
8. Chocolate increases antioxidant levels in the blood.
9. Mexican healers use chocolate to treat bronchitis and insect bites.
10. The carbohydrates in chocolate raise serotonin levels in the brain, resulting in a sense

Another strong suite for chocolate is the amount of antioxidants that it has naturally. Most of

- Decrease blood pressure
- Improve circulation throughout the body
- Lower death rate from heart disease
- Improve function of endothelial cells that line the blood vessels
- Defend against destructive molecules called free radicals, which trigger cancer, heart
- Improve Digestion and stimulate kidneys
- Has been used to help treat patients with anemia, kidney stones and poor appetite

There are two different kinds of flavonoids called catechin and epicatechins. Catechins, which

So there it is, chocolate worth eating, but as in any food, a mass quantity can be destructive

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