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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Can Chocolate Benefit Your Health?

By Marguerite Bonneville

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If you're a fan of chocolate you're in good company. Chocolate is one of the most popular sweet-tasting treats in the world and has been for centuries. But part of the myth surrounding chocolate is that it tastes so good it must be bad for your health. Which gives it an air of the forbidden.

A beautifully wrapped box of chocolates has always been considered a very romantic gift. So if the special person in your life is a self-confessed chocoholic, you know one surefire way to please them on special occasions. But the surprising news from the scientific community is that this reputedly decadent treat actually has some health benefits, especially if you choose your chocolate wisely.

Is Chocolate A Health Food?

Chocolate contains over 300 chemicals, and has been the subject of a number of studies by universities and other scientific organizations. Here's a quick rundown of the results. We have no way of proving or disproving these claims so we offer them here as a stimulus for further research. If you're really interested in the subject, this may provide you with a starting point.

* Cacao, the source of chocolate, contains antibacterial agents that fight tooth decay. Of course this is counteracted by the high sugar content of milk chocolate.

* The smell of chocolate may increase theta brain waves, resulting in relaxation.

* Chocolate contains phenyl ethylamine, a mild mood elevator.

* The cocoa butter in chocolate contains oleic acid, a mono-unsaturated fat which may raise good cholesterol.

* Drinking a cup of hot chocolate before meals may actually diminish appetite.

* Men who eat chocolate live a year longer than those who don't.

Can Chocolate Benefit Your Health?

- * The flavanoids in chocolate may help keep blood vessels elastic.
- * Chocolate increases antioxidant levels in the blood.
- * Mexican healers use chocolate to treat bronchitis and insect bites.
- * The carbohydrates in chocolate raise serotonin levels in the brain, resulting in a sense of well-being.

What Chocolate Won't Do:

- * Studies show that chocolate is not a causative factor in acne.
- * Cacao contains the stimulants caffeine and bromine, but in such small quantities that they don't cause nervous excitability.
- * Chocolate is not addictive.
- * Chocolate contains stearic acid, a neutral fat which doesn't raise bad cholesterol.
- * Chocolate doesn't make you 'high'. You'd need to eat a huge quantity (about 25lbs at one sitting) to feel any noticeable effect.

But On The Negative Side...

1. Chocolate may trigger headaches in migraine sufferers.
2. Milk chocolate is high in calories, saturated fat and sugar.

What About Chocolate And Your Pets?

- * Chocolate is considered dangerous to animals because it contains a stimulant called theobromine, which they can't digest.
- * Dark chocolate and baking chocolate are even more dangerous because they contain higher concentrations of the substance.

This applies whether chocolate is in candy bar form, or an ingredient in cake, cookies, puddings or ice cream.

- * If a pet becomes ill after eating chocolate, take it to the vet immediately.

Dark Chocolate Versus Milk Chocolate:

Dark chocolate contains more cacao and less sugar than milk chocolate. It follows that any health benefits would be more pronounced in dark chocolate.

Can Chocolate Benefit Your Health?

Dark chocolate is allowed on the popular Montaignac diet while milk chocolate is not.

You'll need to do a little research if you have any health concerns about eating chocolate. But with products like gluten-free and sugar-free brands finding their way onto supermarket shelves, you're sure to find some form of chocolate you can enjoy with a clear conscience.

Marguerite Bonneville is a Master Practitioner of Neuro-Linguistic Programming (NLP) whose passion is publishing information online. She is a contributing writer for <http://www.romantic-gift-ideas-online.com>, a resource site dedicated to helping visitors find the perfect romantic gift.

Is Chocolate A New Health Food?

By Meri Raffetto RD

Is Chocolate A New Health Food? by Meri Raffetto RD

Could it be possible that our beloved chocolate may actually be good for us? This is the nutrition news we have all been waiting for. So here is the scoop on chocolate and its health benefits. Yes, you read right, health benefits!

Recent studies show that cocoa and dark chocolate with a high cocoa content contain many heart-healthy antioxidants. They contain a compound called flavonoids which may help prevent the oxidation of LDL (bad) cholesterol and raise HDL (good) cholesterol levels in the blood. There is also some evidence that these flavonoids may prevent certain cancers.

It is important that we are all on the same page here, not all chocolate have these health benefits. The healthy flavonoids found in chocolate are found in the cocoa butter and cocoa solids. Milk chocolate is diluted with milk and sugar and contains little amounts of these substances, therefore providing fewer health benefits. So, for those of you who love dark chocolate this is your lucky day! The darker the chocolate, the higher the cocoa content and the more antioxidants it contains. The quality of the chocolate you consume is also important. The cocoa butter is quite pricey so less expensive brands will replace the cocoa butter with milk fats and hydrogenated oils which are bad for our health. Look for high quality chocolates with their main ingredients being cocoa butter and cocoa solids. Unsweetened cocoa powder is one of the purest forms of chocolate you can eat and is lower in fat and calories than other chocolates.

Although this is great news for all chocolate lovers, don't forget that most chocolate (unless you use unsweetened cocoa powder) does still contain sugar and saturated fat.

And please remember calories. An ounce of chocolate contains around 135 calories. So enjoy a cup of hot cocoa or an ounce of chocolate once in awhile to contribute to your health and not to your waistline!

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Can Chocolate Benefit Your Health?

Meri Raffetto is a Registered Dietitian and a recognized professional in the area of nutrition and wellness. She has developed online weight management programs to help people get off of diets and get into way of life. For more information or to sign up for our free newsletter, visit www.reallivingnutrition.com.



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