

## **Four Benefits of Chocolate**

### **(Hint: Number Four Will Surprise You!)**

We love chocolate, and we've done a bit of digging to justify how much we "test" each week. Here's what we found out:

### **Antioxidants**

Antioxidants (found in some food) fight free radicals (often caused by outside sources like smoking, etc.) when digested. The benefit of this is it delays damage to our cells. In simple terms, it slows aging! In what way? Antioxidants (big names like Vitamin A, Vitamin C, Vitamin E, etc.) defend our cells; adding benefits from glowing skin to a lower risk of cancer. Different foods have different antioxidants, and in turn different benefits. Chocolate's ingredient cocoa has a great deal of the antioxidant procyanidin which is thought to help prevent heart attack, cancer, and stroke. To get onboard with eating a healthy dessert, shoot for dark chocolate containing at least 70% cocoa.

### **A Happier Mom and Baby**

Dark chocolate has antioxidants (see above), magnesium, resveratrol, and endorphins. So, in addition to better heart health, we also see less inflammation, less morning sickness, and a boost in mood. This rolls over for baby a well! Moms (in clinical studies) have noticed higher happiness scores in their 6-month-olds than moms who hadn't eaten chocolate. Less stress for the whole family in turn for some chocolate? We feel that's a good gamble.

### **Better Brain**

The high-flavanols in dark chocolate boost blood flow to the brain. More flow, more function! It can help with memory in the long-term and offers benefits for elderly having mental impairment. Cocoa also gives a more immediate impact with its natural ingredients caffeine and theobromine. Feel good and better the mind? Now there's a smart idea!

### **Calming A Cough**

Honey and tea is an old elixir, but we pose a better tasting alternative: dark chocolate. Science shows that patients taking a cocoa remedy had great improvement in cough and sleeplessness – and fast. How? Theobromine, found in cocoa, suppresses coughs – in some cases better than codeine!

The way we see it –there is no shame in our chocolate game. Really, we should brag about our love of chocolate- and you should too! Hey, you're the one with health and happiness.