

CHOCOLATES CAN HELP ATTAIN GOOD HEALTH

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Want to give your mental and physical health a boost? There is a tasty strategy: eat a small amount of chocolate. Chocolates are always being considered as **'Super Food'** due to its benefits. Chocolate is as good for your health as it tastes. A proper dose of chocolate helps you to feel relaxed both physically and mentally. This treasured food date back to 2000 BC, at that time, the Maya of Central America, the first connoisseurs of chocolate, drank it as a bitter fermented beverage mixed with spices or wine. Theobroma Cacao, the Latin name for chocolate, means "Food of the Gods" for a reason that it's a heavenly way to lift your performance. Although, people have been enjoying chocolates for thousands of years, but there have been many changes to how chocolate is made. However, the main ingredients of chocolates are cocoa beans, milk, cream and sugar. Chocolates are not only the love of children, but also the love of the elders. Therefore chocolate is one of the popular food types and flavors in the world. Surely, chocolate can help person increase immunity level, reduces depression and boost person's memory.

A proper dose of chocolate builds a strong immunity in the human body. As chocolates contain, cocoa, which is an immune boosting food, so, eating chocolates that is low in fat and sugar can help increase the good cholesterol level in your body. Chocolate lowers a person's blood pressure and the risk of getting diabetes. It could also prevent various diseases from occurring, such as certain cancers, cardiovascular diseases, and age-related degenerative disorders. For women, chocolate is said to help with menstrual cramps. Moreover, the antioxidants found in chocolates help prevent our cells from damage and prevent inflammation. If we compare two persons, one, that is taking a proper dose of chocolate daily and the second, who does not eat

chocolate at all. We will see difference between these two persons as the first one is less likely to get any disease and the second one has weak immunity level as compared to first. Hence, good level of immune system, obtained by eating chocolates, results in enjoying a good health that is free from any kind of disease.

Truly, Chocolates help lower the stress level. Magnesium found in chocolates is so good at helping you relax that it's been dubbed the '**Original Chill Pill**'. This essential mineral reduces stress by suppressing the stress hormones. Observations tell us that people who rated themselves highly stressed to begin with, had lower levels of stress hormones after eating chocolate every day for two weeks. Moreover, antioxidants found in chocolate such as 'serotonin' and 'endorphins' prove advantageous to relief stress. Lack of '**serotonin**' causes depression, its level affects the mood, whereas '**endorphins**' is obtained by hard exercise and workout, help elevate mood. The '**Chocolate Meditation**' is one of the most pleasurable, delicious forms of mindful meditation and it's a very convenient one, too: it's simple enough for beginners, but effective enough to interest those experienced in meditation and seeking some variety. It basically demands you to grab a small piece of chocolate, smell it, gaze it and nibble, focus on sensation, re-focus on present and lastly savor this feeling, after doing this you will surely feel so relaxed like a bird in the air. This is the reason, whenever you eat chocolate you feel so much pleasure that it takes you away from depression.

Chocolates sharpen your mind by creating a good vision. Chocolates truly, deserve the title of '**Brain Food**'. Chocolates boost blood flow to the key area of the brain for two or three hours. Increased blood flow to these areas of the brain may help to increase performance in specific task and boost general alertness over a short period. The powerful antioxidant found in

chocolate reduces the risk of dementia i.e. a disorder which results in weakening of memory and brain functioning. It also contains caffeine a known brain booster that in low doses, improves memory, mood and concentration. This is the reason why most of the teachers of U.S.A suggest their students to eat chocolates when they are not performing well. Especially, in a popular movie **'Harry Potter'** the main character, a boy naming Harry Potter is given chocolate to feel relaxed by his teacher 'Remus Lupin' ,when he faded while learning to defend himself from dementors. Thus, compounds in chocolate boost memory, attention span, reaction time and problem solving skills.

Hence, chocolates prove beneficial not only for your physical health, but also for mental. The compound present in chocolate really help to boost cognitive skills, though, for short span but, effectively. Chocolates not only prevent depression, but also elevates mood to happiness. It reduces the risk of many vulnerable diseases by maintaining a good level of immunity. As mentioned earlier, chocolates can provide many health benefits especially, sharpening mind, preventing stress and building a good immunity. So, If you decide chocolate to add to your daily menu, you should eat in moderation like 1-3 blocks daily. Also, try to eat chocolates containing an average of 70% cocoa. The next time you eat a piece of chocolate, you may not have to feel so guilty about it. Despite its bad reputation for causing weight gain, a number of health benefits may be associated with this delicious treat. Chocolates can affect your health both positively and negatively, but it depends upon you, which chocolate you are gonna select and in what amount you are gonna eat it!

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