

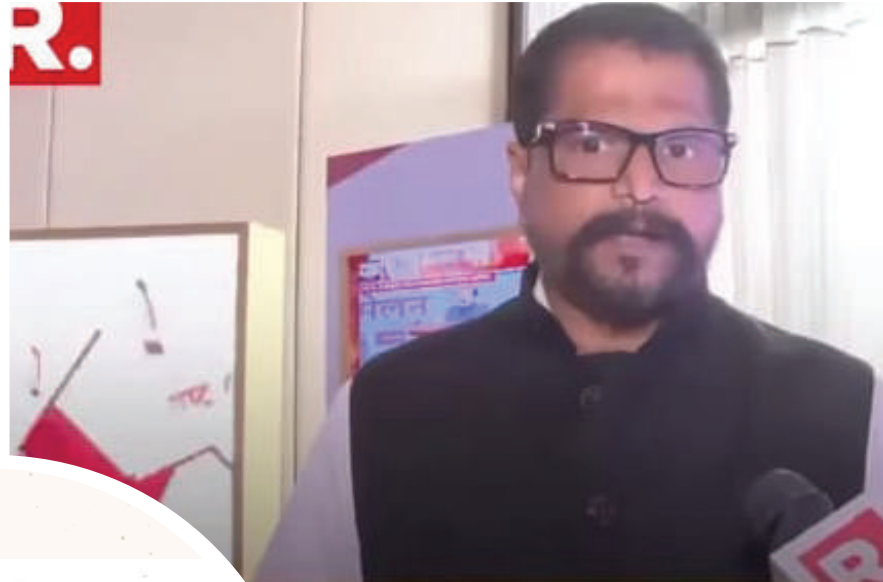


Darwin

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**Life is short.
Eat Chocolate**
കുടുംബകാലം

EVENTS & ACHIEVEMENT



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THE BENEFITS OF HAVING CHOCOLATES



For your body and mind, it's crucial to have a positive relationship with all foods. But developing a healthy relationship with dark chocolate in particular could have a profoundly good effect on your general wellbeing. Strong antioxidants can be found in dark chocolate. A flavanol by the name of epicatechin is one of the healthiest. Plants contain substances called flavonols that prevent oxidative cell damage and fight inflammation.

Strong antioxidants can be found in dark chocolate. A flavanol by the name of epicatechin is one of the healthiest. Plants contain substances called flavonols that prevent oxidative cell damage and fight inflammation.

THESE ARE JUST A FEW OF THE WAYS RESEARCH HAS SHOWN THAT DARK CHOCOLATE CAN BENEFIT YOU:



INCREASES HEART HEALTH:

Dark chocolate's antioxidants have been proven to lower blood pressure, lessen the chance of clotting, and improve blood flow to the heart, reducing the risk of stroke, coronary heart disease, and heart-related death.

BALANCES THE IMMUNE SYSTEM:

Flavonols prevent the immune system from going into overdrive and reduce oxidative stress, which is an imbalance caused by cells fighting against free radicals and a common cause of many diseases.

Combats diabetes: As a result of protecting cells, strengthening them, and supporting processes that improve the body's usage of insulin, epicatechin may help prevent or treat diabetes.



IMPROVES BRAIN FUNCTION:

Dark chocolate flavonols improve memory, reaction time, and visual-spatial awareness, among other aspects of brain function. The fact that flavonols improve blood flow to the brain may be one explanation for this, however study is still underway.



BOOSTS ATHLETIC PERFORMANCE:

The epicatechin in dark chocolate boosts the blood's synthesis of nitric oxide, supporting circulation and lowering the quantity of oxygen an athlete needs while performing moderately demanding exercise. This enables the athlete to continue working out at a high level for longer.

REDUCES STRESS:

Researchers confirmed that there were lower levels of the stress hormone cortisol after eating dark chocolate, and people who consumed it claimed to feel less anxious. Given that stress is a risk factor for cardiovascular disease, this may be connected to the positive benefits of dark chocolate on heart health.



5 CHOCOLATE FACTS YOU SHOULDN'T BELIEVE

IT'S TEMPTING TO SWALLOW THE HYPE ABOUT CHOCOLATE'S SUPPOSED BENEFITS, BUT DON'T BELIEVE ALL YOU READ.

CHOCOLATE IS GOOD FOR ME

Polyphenols occur naturally in cocoa beans, the major component of chocolate. There is some proof that polyphenols have antioxidant effects and lower blood pressure.

Eating chocolate may help maintain the health of the blood arteries in the heart. However, the type of chocolate consumed, the quantity consumed, the other foods consumed by participants, and any other risk factors for heart and circulatory disorders are not taken into account in this study. We were unable to endorse eating it for health reasons based on the results of this study or any other research that were conducted.



CHOCOLATE GIVES ME ENERGY

Caffeine is found in little levels in chocolate, which may help explain why people believe it gives us energy. It's preferable to consume a snack that delivers a steady supply of energy when you're hungry.

Choose items like a tiny sandwich, a slice of toast, an apple, or a bowl of unsweetened cereal that are higher in fibre and lower in sugar and fat.



DARK CHOCOLATE IS BETTER FOR ME

Compared to milk chocolate, dark chocolate has more cocoa solids and cocoa butter, but the amount of polyphenols varies on how the chocolate is made, so it's not always better.

Cleaning, fermentation, roasting duration and temperature, "dutching" (alkalinizing), and adding extra components to the cocoa (emulsifier or sugar, for example) can almost entirely eliminate polyphenols from dark chocolate throughout the manufacturing process.

CHOCOLATE IS ADDICTIVE




There is no proof that eating chocolate leads to physical dependence. Instead, because we link chocolate with warmth, pleasure, and celebration, our sentiments about it often determine how we act.

Because of this connection, we could feel as though we "need" it, which can make it challenging to regulate how much food we eat. Instead, look for other methods to experience happiness; go for a walk in a lovely area, make a friend call, or engage in a hobby you enjoy.

I CAN'T EAT CHOCOLATE, I HAVE DIABETES

Most diabetics can normally take chocolate in moderation as long as it's a part of a healthy diet and lifestyle. There is no need for diabetic-specific chocolate products, which are frequently heavier in calories and fat and may still cause blood sugar levels to rise.

If you do decide to consume chocolate, limit your intake and try to save it for the end of your meal to slow down how vquickly your body absorbs it.

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