Chocolate and your Mental Health

Ever sit and wonder if that Chocolate you are about to eat will really make you feel better? Read on!

Spurred by the latest studies that show the health and life-extending benefits of antioxidants found in green tea and red wine, food scientists discovered similar compounds in cacao beans. These compounds appear to have **cardio-protective effects**, including antioxidant properties, the ability to **reduce the stickiness of blood cells**, and even an effect on the lining of blood vessels so that they can remain dilated, **allowing blood to pass more freely** and keep blood pressure at normal levels.

Not only does it appear that chocolate in moderation can be physically helpful but it can also dictate how we feel. When we’re feeling low or run down, a bit of chocolate not only is a way to pamper ourselves, but it actually works with our brain combination of sugar and fat in chocolate elevate two key neurotransmitters, serotonin and endorphins. By raising them you may feel calmer, more relaxed and happier. Low levels of these brain chemicals are linked with depression and anxiety.

**Chocolate contains:**

- **Theobromine**, a cousin of caffeine, which acts as a stimulant and raises your mood as a side effect.

- **Phenylethylamine**, the chemical produced by the brain when we fall in love.

  Combine that with the awesome taste, the velvety feel in your mouth, aroma, and even memories associated with chocolate and you’ve got a number of factors that affect brain chemistry. Not bad for a few hundred calories. (goodmooddiet.com)

These are just a few things to keep in mind as we reach for our next piece of chocolate as we try to keep our chocolate intake under 200 calories for the day, which can be a challenge in itself.

For an appointment or consultation at any of our locations call **1–800–342–5653**