Article published on June 20th 2012 | Health

â€œChocolateâ€• - the name itself results in watering of your mouth. The dark brown color and its various attractive shapes and easy accessibility mesmerize every one. Its peculiar aroma along with the potential to attract almost every individual right from small kids to old aged people has made it to stumble on popularity. Its slowly melting capacity grants a heavenly pleasurable feeling which is worth experiencing and its ability to make you feel happy and rejuvenates your mood makes it an apt option for every feel.

Chocolate always tops your shopping list and any happy function is always incomplete without inclusion of chocolates to their menu. It is a symbol of love and acts as a peacemaker in case of fights with your loved ones. All these features are just some of the major actions of these delicious flavors that have etched its unique mark on almost every individual on the earth. But, people are unaware of the wide range of beneficial effects of this sweet factor on health, other side of the compound in addition to its potential to grant eternal happiness and satiate your hunger.

Chocolate â€“ A strong and potential health medicine

Chocolate has been found to act on mental well being as well as provide various nutrients that have a protective effect on your health in addition to maintain a proper state of health. The various minerals such as magnesium, iron, copper, calcium and potassium present in this comfort food bestow super food qualities to it. It is also packed with loads of polyphenols that inhibit inflammation by hindering the secretion of enzymes in the small intestine in addition to preventing the formation of blood clots by platelets.

The antioxidants present in chocolate lowers the risk of cardiovascular complications, cancer as well as slow down the premature aging process along with strengthening the cell membranes. It also mitigates high blood pressure complications, alleviates accumulation of plaque in arteries and also enhances the proper flow of blood in the body.

Of the total 500 chemical compounds present in dark chocolates, a majority of them have been attributed with the function of pleasure inducing, mood elevating and ameliorating the levels of stress hormones and anxiety indicators in the body.

Article Source:
http://www.articleside.com/health-articles/now-everyone-will-crave-for-chocolates.htm - Article Side

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Article Keywords:
Chocolate, health

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