

Taking Chocolate To Heart For Pleasure And Health Nca

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Taking Chocolate To Heart For

Aug. 29, 2011 (Paris) -- Chocoloholics have reason to celebrate today: A large new study confirms that chocolate may be good for the heart and brain.. Regularly eating chocolate could cut the risk ...

Chocolate Good for the Heart - WebMD

Long term however, chocolate does seem a very heart-healthy choice. The flavanols in chocolate help the heart in three ways: by lowering blood pressure, boosting blood flow to the heart and brain and by making blood cells less "sticky." Whatever the nuts and bolts the chocolate heart health link is real.

4 Ways Dark Chocolate Can Stop a Heart Attack - Nutrition ...

A. It is not too good to be true — but it also is complicated. We have previously discussed studies indicating that foods derived from the cocoa bean — in particular, dark chocolate, which has a higher cocoa content than milk chocolate — are heart-healthy. Specifically, people who eat more chocolate have lower rates of heart attacks, heart failure, and even death from heart disease.

Is chocolate heart-healthy? - Harvard Health

The good news: chocolate can be beneficial for your heart and help keep your heart pumping at a healthy rate. This benefit, however, depends on the amount and the type of chocolate you consume and your overall body weight. In moderation, low-sugar, dark chocolate can be a healthy part of your weekly -- not daily -- balanced diet.

Can Chocolate Affect Your Heart Rate? | Hello Motherhood

Regularly eating dark chocolate may help reduce a person's likelihood of developing heart disease. Some of the compounds in dark chocolate, specifically flavanols, affect two major risk factors for...

Dark chocolate: Health benefits, nutrition, and how much ...

Cocoa powder is produced by squeezing the fat (cocoa butter) from bitter chocolate and powdering the remaining material. Sweet chocolate is produced by adding sugar and vanilla to bitter chocolate....

Cocoa: Uses, Side Effects, Interactions, Dosage, and Warning

The cocoa powder in chocolate is acidic and may cause your symptoms to increase. Cocoa can cause the intestinal cells that relax the esophageal sphincter to release a surge of serotonin.

Chocolate and Acid Reflux: Know the Facts

Chocolate and its main ingredient, cocoa, appear to reduce risk factors for heart disease. Flavanols in cocoa beans have antioxidant effects that reduce cell damage implicated in heart disease. Flavanols — more prevalent in dark chocolate than in milk chocolate — may also help lower blood pressure and improve vascular function.

Healthy chocolate: Dream or reality? - Mayo Clinic

Chocolate has been hyped as a food that may ward off cardiovascular disease and help to improve your memory, but at this point that's an overstatement. Here's why: While some observational studies have linked chocolate consumption to reductions in heart disease and dementia, they don't establish a cause-and-effect relationship.

Is chocolate really a health food? - Harvard Health

He mentioned that coffee and chocolate could be responsible for causing both rapid and irregular beats. Chocolate seems to be my cause. He explained that it's not just the caffeine in chocolate but the chemical that kills dogs if they eat chocolate.

[690] Chocolate not so healthy for this heart (tachycardia) ...

Flavanols are the main type of flavonoid found in cocoa and chocolate. In addition to having antioxidant qualities, research shows that flavanols have other potential influences on vascular health, such as lowering blood pressure, improving blood flow to the brain and heart, and making blood platelets less sticky and able to clot.

Heart Healthy Benefits of Chocolate - Cleveland Clinic

While daily consumption of cocoa flavanols (minimum dose of 200 mg) appears to benefit platelet and vascular function, there is no good evidence to support an effect on heart attacks or strokes.

Health effects of chocolate - Wikipedia

Flavanol rich chocolate is the dark chocolate with at least 35% cocoa in it. Milk chocolate does not contain cocoa. Evidence is strong that cocoa, but not fat and sugar in dark chocolate can render a heart protective effect. It should be noted that the study did not monitor the participants for their weight gain.

Become a chocoholic... Chocolate and Heart Failure - Heart ...

The caffeine in cocoa might block the effects of adenosine (Adenocard). Adenosine (Adenocard) is often used by doctors to do a test on the heart. This test is called a cardiac stress test. Stop taking cocoa or other caffeine-containing products at least 24 hours before a cardiac stress test.

Cocoa: Health Benefits, Uses, Side Effects, Dosage ...

"Eating high levels of chocolate could reduce the risk of cardiovascular disease and stroke," reported BBC news. According to the broadcaster, a study has found that the highest levels of chocolate consumption "were associated with a 37% reduction in cardiovascular disease".

Does chocolate protect the heart? - NHS

Summary Cocoa can improve blood flow and reduce cholesterol. Eating up to one serving of chocolate per day may reduce your risk of heart attack, heart failure and stroke. 4. Polyphenols Improve...

11 Health and Nutrition Benefits of Cocoa Powder

Dark Chocolate and Health Cocoa is rich in plant chemicals called flavanols that may help to protect the heart. Dark chocolate contains up to 2-3 times more flavanol-rich cocoa solids than milk chocolate.

Dark Chocolate | The Nutrition Source | Harvard T.H. Chan ...

Chocolate is good for the heart Eating chocolate at least once a week is linked with a reduced risk of heart disease, according to research published today in the European Journal of Preventive...