

## Taking Chocolate To Heart For Pleasure And Health Nca

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*Heart Healthy Benefits of Chocolate - Cleveland Clinic*

A strong heart requires healthy arteries and veins, the vessels that circulate blood to the heart's chambers and throughout your body. A study published in 2007 in "Circulation," the journal of the American Heart Association, notes that chocolate is rich in antioxidants called flavonoids, which may help to lower blood pressure.

*Healthy chocolate: Dream or reality? - Mayo Clinic*

Parasramka, S. and Dufresne, A. Supraventricular tachycardia induced by chocolate: is chocolate too sweet for the heart? *Am J Emerg. Med.* 2012;30(7):1325-1327. [View abstract.](#)

*Is chocolate heart-healthy? - Harvard Health*

You may be surprised to learn that chocolate isn't as bad for you as once believed. The fat in chocolate comes from cocoa butter and is made up of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. Stearic and palmitic acids are forms of saturated fat.

*3 Foods that Cause Heart Palpitations | Dr. Sinatra's ...*

Dark chocolate may be good for your heart Dark chocolate's heart benefits stem from the large amount of cocoa it contains. Like many other plant-based substances, cocoa has cardiovascular health ...

*Taking Chocolate To Heart For Pleasure And Health Nca ...*

The chocolate was exposed to too cold of a temperature for too long. Try reducing the time the chocolate sets in the refrigerator and never place the chocolate in the freezer. The sides of the candy are too thin. Try holding the mold upside down longer to allow the chocolate to spread evenly and coat the side of the mold better.

*The Atrial Fibrillation Diet: Foods to Avoid*

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 ...

*Taking Chocolate To Heart For*

Aug. 29, 2011 (Paris) -- Chocoholics 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 ...

*Health effects of chocolate - Wikipedia*

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.

*Chocolate Heart Cake Recipe | Dr. Oetker*

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*Chocolate and Acid Reflux: Know the Facts*

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. Any benefit is thought to be due not to chocolate as such but to flavanols—bioactive compounds that occur naturally in the cocoa bean.

*Is chocolate really a health food? - Harvard Health*

If animals are fed chocolate, the theobromine may remain in the circulation for up to 20 hours, possibly causing epileptic seizures, heart attacks, internal bleeding, and eventually death. Medical treatment performed by a veterinarian involves inducing vomiting within two hours of ingestion and administration of benzodiazepines or barbiturates for seizures, antiarrhythmics for heart ...

*Can Chocolate Affect Your Heart Rate? | Hello Motherhood*

Chocolate and acid reflux. Acid reflux is also called gastroesophageal reflux (GER). It's a backward flow of acid into the esophagus, the tube that connects your throat to your stomach.

*Chocolate Good for the Heart - WebMD*

I keep hearing that chocolate is good for heart health. Is it too good to be true? 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.*

*Troubleshooting Chocolate Molds - Melting Minutes*

*Place the mixture into a 10 inch (25.5 cm) heart shaped tin (greased and base lined) and bake in the oven for 40 – 45 minutes until sponge is risen and springs back when lightly touched. Cool in the tin for 15 minutes before removing onto a cooling rack.*

*Taking Chocolate To Heart For Pleasure And Health Nca*

*Happiness. Simple as a glass of chocolate or tortuous as the heart. Bitter. Sweet. Alive. Joanne Harris . Stress wouldn't be so hard to take if it were chocolate covered. Unknown ————— Chocolate Fun Fact. It takes about 400 cocoa beans to make a pound of chocolate.*

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

*Why Foods Cause Heart Palpitations. Feeling palpitations after eating is a relatively common experience, which tends to occur when a substance in your food or drink—or your body's natural biochemical response to that substance—jolts the heart's electrical system and causes fluttering sensations, skipped beats, or a feeling that your heart is beating too hard or too fast.*

*Dark chocolate can be good for your heart, in moderation ...*

*The benefits of dark chocolate need to be carefully considered with the calories consumed, but in general there are multiple heart-related advantages with frequent consumption.*

*Dark Chocolate: The Perfect Snack for Stress Relief and ...*

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

*Atrial fibrillation (AFib) occurs when the normal rhythmic pumping of the upper chambers of the heart, called the atria, breaks down. Instead of a normal heart rate, the atria pulse, or fibrillate ...*

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