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**LILLY'S CHOCOLATE HEART - BY  
KEVIN HENKES - NARRATED BY  
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## **HEART vs GIANT CHOCOLATE**

**HEART!** *Opening Atypic Chocolate*

*Heart of the Pacific Chocolate Bars*

*Dark Chocolate Health Benefits*

~~Tempering Chocolate in the~~

~~Microwave with Kirsten Tibballs |~~

~~Chocolate Book~~

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Hot Cocoa Hearts Book Review

## **Taking Chocolate To Heart For**

Is Chocolate Good for Your Heart?

Why a little, in moderation, may be beneficial. Chocolate has gotten a lot of media coverage in recent years

because it's believed that it may help protect your cardiovascular system. The reasoning being that the cocoa bean is rich in a class of plant nutrients called flavonoids.

The reasoning being that the cocoa

bean is rich in a class of plant nutrients called flavonoids.

## **Heart Healthy Benefits of Chocolate - Cleveland Clinic**

Chocolate Linked to 37% Lower Risk

# Read PDF Taking Chocolate To Heart For of Heart Disease And Previous studies

have suggested that chocolate may protect against high blood pressure and diabetes, both of which are risk factors for heart...

## **Chocolate Good for the Heart - WebMD**

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**

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Most dark chocolate is high in flavonoids, particularly a subtype called flavanols that is associated with a lower risk of heart disease. Some studies suggest chocolate or cocoa consumption is associated with a lower risk of insulin resistance and high blood pressure in adults.

## **Are there health benefits from chocolate? | American Heart ...**

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**

# Read PDF Taking Chocolate To Heart For and Heart Failure – Heart ... Nca

Researchers say eating a small, 1.6-ounce bar of dark chocolate every day is good for you because it is packed with heart healthy flavinoids.

## **A Dark Chocolate a Day Keeps the Doctor Away**

But before you eat your way to the bottom of a heart-shaped box, check out what experts had to say about how healthy this treat actually is. The health benefits of chocolate

## **13 Healthiest Chocolate Bars You Can Eat - Dark Chocolate ...**

First, try to choose the finest, most natural dark chocolate. Remember, dark chocolate is the only valuable chocolate, and the more natural it is the more likely it is going to have the nutrients that supposedly help anxiety.

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Second, consider eating dark chocolate that has other ingredients that are also healthy.

### **Chocolate: A Natural Anxiety Treatment**

Milk chocolate isn't the worst food to eat, but dark chocolate is much better for you if you're trying to improve your diet after a heart attack. Milk chocolate contains more sugar and fat solids than the darker version. Dark chocolate is packed with antioxidants and flavonoids, which can lower your blood pressure and reduce inflammation.

### **Keep These 9 Foods Out of Your Diet After a Heart Attack**

The chocolate was exposed to too cold of a temperature for too long. Try reducing the time the chocolate sets in

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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.

## **Troubleshooting Chocolate Molds - Melting Minutes**

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 and Acid Reflux: Know the Facts**

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

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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**

One of the ingredients in chocolate is caffeine. Caffeine provides a boost of energy and a positive effect on one's mood, but in excess doses can result in increased anxiety. Too much caffeine can...

## **Side Effects of Eating Too Much Chocolate | Live Healthy ...**

Dark chocolate is good for heart health. Some of the early work supporting the health benefits came from large epidemiological studies which involved studying the dietary

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habits of a big group of people, then following them for several decades and tracking their health.

## **Ranking the best dark chocolate of 2021**

Before taking this medicine. Ask a doctor, pharmacist, herbalist, or other healthcare provider if it is safe for you to use this product if you have: a bowel disorder such as Crohn's disease or ulcerative colitis; heart disease; or. stomach pain, nausea, or vomiting. It is not known whether senna will harm an unborn baby.

## **Ex-Lax Chocolated Uses, Side Effects & Warnings - Drugs.com**

While daily consumption of cocoa flavanols (minimum dose of 200 mg) appears to benefit platelet and vascular function, there is no good

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evidence to support an effect on heart attacks or strokes.

## **Health effects of chocolate - Wikipedia**

Research has suggested that cocoa flavonoids can help lower blood pressure, improve blood-vessel function, make blood less likely to form dangerous clots, and prevent the creation of artery-clogging blood-cholesterol molecules.

## **Chocolate and Heart Disease | HowStuffWorks**

Also, eating cocoa or chocolate seems to improve the function of the inner lining (endothelium) of blood vessels, which might reduce the risk of heart disease. Chronic fatigue syndrome .  
Early research suggests that consuming 45 grams of chocolate

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Research shows that eating dark chocolate daily for 8 weeks can reduce fatigue , anxiety , and depression and increase the overall ability to function in people with chronic fatigue syndrome .

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