

# put out the fire

SATISFY THE CRAVE  
SANS GUILT

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**CHOCOLATE** IS ONE OF THOSE THINGS WE TRY TO STAY AWAY FROM. WE LOOK AT IT AS A **DANGEROUSLY ADDICTIVE** THING, A THREAT TO OUR SILHOUETTE AND A FENCE BETWEEN US AND OUR SKINNY JEANS. BUT WE'RE WRONG! EVERYTHING IN MODERATION IS GOOD, CHOCOLATE INCLUDED: **IT KEEPS OUR MOOD UP AND IT'S A STRONG ANTIOXIDANT...** SO GO AHEAD, TAKE A BITE OUT OF LIFE!

## CHOCOLATE CHEERS YOU UP

When you're down, do you often feel the need for chocolate? It's biological. Tyramine, serotonin, phenethylamine theobromine, and the list goes on ... No need to list them all. Just remember that they stimulate you, increase your adrenaline secretion and have euphoric, relaxant and antidepressant benefits. Of course, the amounts contained in chocolate are slight. They don't have a strong therapeutic effect but are enough to elevate your mood slightly. This is why chocolate is such an (un)guilty pleasure.

### CHOCOLATE IS GOOD FOR YOUR HEART !

Hard to believe isn't it? So, what if a scientific study had been done on twenty thousand people. What if all those people were given 6g of dark or milk chocolate every day. And what if, after 8 years of study, it was proven that this daily diet assured a reduced risk of cardiovascular diseases by 40%? Dear chocolate fans, this utopian study has been done by German scientists and was published this year in the European Health Journal. Yes, chocolate lowers blood pressure. No, chocolate fat doesn't give you bad cholesterol. And yes, it is good for your

heart. Still, remember the key word: moderation. 2 to 4 pieces of chocolate per day is enough, for your heart and certainly your jeans.

### THE ANTIOXIDANT EFFECT

You must have heard about antioxidants. They slow aging, strengthen our immune system, reduce the risk of cancer, and help prevent cardiovascular diseases. Well, good news: cocoa is among the strongest antioxidant natural products. A stronger antioxidant than red wine, green and black teas.

### IS DARK CHOCOLATE BETTER TO STAY SLIM?

Black, milk, white: they all contain the same amount of calories (between 535 and 557 calories for 100g of chocolate). If white contains more fat, black and milk have more sugar. For diet purposes, it's more or less the same. In terms of health though, remember that chocolate's "power" comes from the cocoa. So, the more cocoa there is in the chocolate you have, the more benefits you get. And as you might know, there isn't any cocoa in white chocolate, so keep that in mind when choosing your snack.



## MYTHS AND LEGENDS ABOUT CHOCOLATE

### CHOCOLATE CAUSES ACNE

No, it doesn't. Science hasn't found any link between chocolate and acne. So forget it, pimples aren't a good argument to keep us away from chocolate.

### CHOCOLATE CAUSES CONSTIPATION

Not at all. Indeed, it tends to do the contrary. Its antioxidants ease digestion and it's filled with fibers and fatty acids improving intestinal transit.

### WE CAN GET ADDICTED TO CHOCOLATE

Alright, once we had a piece, it's hard to stop. And yes, some substances contained in chocolate have effects on certain areas of the brain that can be compared to the effects of addictive drugs. Still, you'd have to ingest 11kg of chocolate to sense it. You might feel sick before getting addicted!

### CHOCOLATE IS AN APHRODISIAC

It does contain phenethylamine, a stimulant molecule that has been identified as a substance motivating sex. But, as for addiction, you'd have to eat 100kg of chocolate for the aphrodisiac to have a direct effect. Not sure you'd be able to see anyone after that ■

