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# Taking Chocolate To Heart For Pleasure And Health Nca

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## **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  
...

**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 ...

## **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 ...

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### **Chocolate Heart Cake Recipe | Dr. Oetker**

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### **The Atrial Fibrillation Diet: Foods to Avoid**

Regularly eating dark  
chocolate may help reduce a  
person's likelihood of  
developing heart disease.

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Some of the compounds in dark chocolate, specifically flavanols, affect two major risk factors ...

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...

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.

## **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.

## **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.

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## **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.

**Heart Healthy Benefits of Chocolate - Cleveland Clinic**  
A strong heart requires



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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.

### **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

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tin for 15 minutes before  
removing onto a cooling  
rack.

### **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 ...

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

...

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is truly problematic.

## **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

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also help lower blood pressure and improve vascular function.

### **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 heart-healthy? - Harvard Health**

You may be surprised to

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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.

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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 \_\_\_\_\_

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Chocolate Fun Fact. It takes about 400 cocoa beans to make a pound of chocolate.

### **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.

### **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

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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.

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