

Dr. Ann Says...

Eat Dark Chocolate

MAKE DARK CHOCOLATE YOUR SWEET OF CHOICE

I recently reviewed all of the studies I had in my files related to dark chocolate, and I am happy to report the following science-based health benefits:

- Enhances blood flow, including blood flow to the heart and brain
- Lowers blood pressure
- Improves the function and health of blood vessels
- Lowers triglycerides
- Raises HDL (good) cholesterol levels
- Lowers LDL (bad) cholesterol levels
- Reduces inflammation
- Improves the action of the hormone insulin (which means better blood sugar metabolism)
- Enhances cognitive function
- Lowers the risk of heart disease and strokes
- Improves longevity
- Lifts mood and boosts energy

My best advice is to include a small portion – up to ½ oz daily of the highest cacao dark chocolate your palate enjoys. The higher the cacao levels, the more beneficial antioxidants it contains.

1-2 squares from a large dark chocolate bar of 72% or higher cacao is fantastic. I always eat 1-2 squares of Ghirardelli® 86% dark chocolate after my lunch.



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