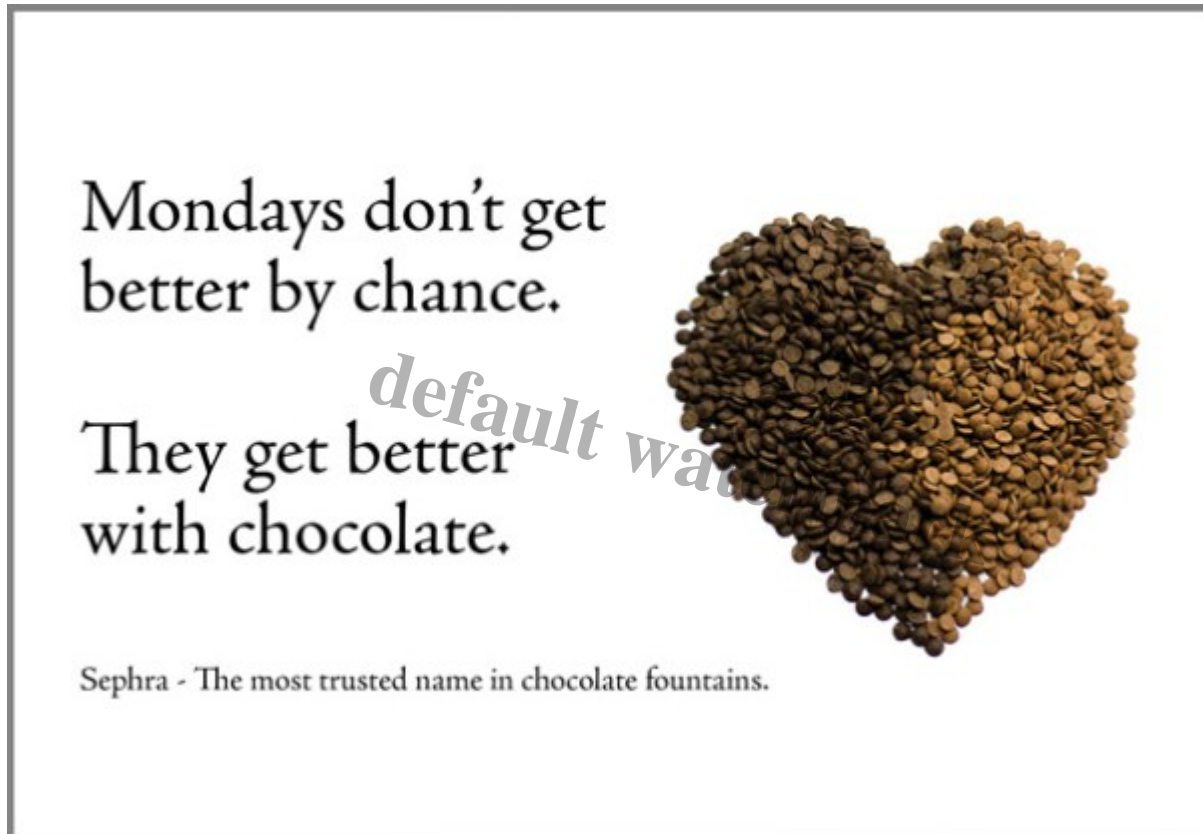


Chocolate to the Rescue

Description



After a nice, long, relaxing weekend away from the hectic nature of work, waking up on Monday morning can be extremely difficult. In a rush to be on time, youâ€™re tripping out of bed to make coffee, realising that there is a parent-teacher conference in ten minutes, stumbling into work clothes, skimming through emails on your iPhone from your boss demanding that extremely important file immediately. While all thatâ€™s really hit you is that the weekend is over and you are back to the overwhelmingness of a Monday. Didnâ€™t you just go through this a week ago? Not to worry â€“ make your monday mornings easier â€“ Eat Chocolate!

Did you know that chocolate makes you Happy!

Amino acid is found in small quantities in chocolate and is used by the brain to make serotonin, the neurotransmitter that can produce feelings of happiness. Phenylethylalanine promotes feelings of attraction, excitement and nervousness and is associated with the initial euphoria of falling in love. It has also been isolated in chocolate. This chemical also acts as an anti-depressant by combining with dopamine that is naturally present in the brain. Theobromine is a weak stimulant that works alongside caffeine to produce the characteristic â€˜highâ€™ that many people experience after getting their chocolate fix. Scientists at the Neurosciences Institute in San Diego suggest that chocolate contains substances that produce a cannabis-like effect on the brain. But donâ€™t get too excited â€“ you would have to ingest more than 25 pounds of chocolate in one sitting to get â€˜highâ€™ in the same way.

So your monday morning really donâ€™t have to be so bad after all!

Sephra Belgian Milk and Dark Chocolate

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Date Created

December 2, 2013

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