

A glass of chocolate sauce is being poured from a glass pitcher into a glass cup. The cup contains a dessert with white cream, chocolate shavings, and a chocolate drizzle. The background is a light, textured wall.

9 REASONS
to
EAT *Chocolate*



Hi there!

My name is Melissa Weatherall, and I'm a Registered Holistic Nutrition Practitioner from NutraPhoria School of Holistic Nutrition.

As a Holistic Nutritionist I am a firm believer in Balanced Wellness. In order to achieve a balanced state we need to look at all areas of our life...mind, body and soul. I don't believe in restrictive diets, or labor intensive meal plans that take hours to prepare. I want you to enjoy life without feeling deprived and I like to keep things simple.

I help overloaded women lose unwanted weight by living a balanced lifestyle without deprivation.

It's my passion to teach and inspire others to live healthfully and live the best possible life.

Ready to dive in? I definitely am!

Love,

Mel xo



9 REASONS TO EAT CHOCOLATE EVERYDAY

Adults and kids alike are crazy about chocolate, and for good reason! It's a delicious treat and seems to make the day a little better. In fact, if eating chocolate seems to put you in a better mood, you aren't imagining it—chocolate really can improve feelings of well-being and your overall mood! Grab yourself a square of chocolate and read on to find out more about the health benefits of chocolate and why you should treat yourself to a little bit every day!

Here are 9 reasons to eat chocolate every day (as if you needed any at all!):

HELPS MAINTAIN A HEALTHY HEART

The good feelings that come from eating chocolate may encourage lower blood pressure, in turn decreasing the onset of heart disease. One Australian research study even found that eating dark chocolate helped reduce the development of hypertension. Cocoa, the main ingredient in chocolate, helps boost your HDL—or “good” cholesterol—levels and lower your risk of heart disease.

ENHANCES YOUR MOOD

Another Australian study discovered that cocoa can also encourage feelings of contentedness and calmness among healthy adults, especially when enjoyed slowly and regularly. Another study conducted in 2015 found that cocoa and chocolate can help improve fatigue and heighten mental performance.



MAINTAINS A HEALTHY WEIGHT

A study conducted by the University of California suggested that adults who ate chocolate on a regular basis had a lower BMI than those who didn't. This may be because even small amounts of chocolate help satisfy cravings for sugar.

HELPS IN ANTI-AGING

The cocoa flavanol found in chocolate has been recognized as an excellent anti-aging property, especially in reducing cognitive dysfunction.

HELPS SHARPEN BRAIN FUNCTION

Drinking two cups of hot chocolate every day may help sharpen your brain and improve its performance, as found in a recent American study. The study found that it may especially benefit older adults in promoting brain health and improving thinking skills. Chocolate has long been recommended as a good way to prepare for exams by stimulating brain nerves.

HELPS RELIEVE STRESS

Dark chocolate may be effective in reducing stress reactivity. In one study, eating one bar of dark chocolate each day helped significantly lower stress hormone levels. An even stronger link was found with this routine over the course of two weeks.

HELPS AVOID THE ONSET OF STROKE

A study conducted by Finnish and Swedish scientists found that there may be a link between eating chocolate every week and a decreased risk of stroke in men. There could be many factors responsible for this, but one reason may be that the few moments it takes to enjoy a piece of chocolate reduce stress and strain on the heart and blood vessels.

REDUCES THE RISK OF DIABETES

Small, regular amounts of chocolate may help stave off diabetes, specifically type 2 diabetes. The flavonoids in chocolate may help lower your resistance to insulin and help in the proper regulation of blood glucose. By consuming small amounts of chocolate, you reduce the craving for sugar and minimize blood sugar spikes.



BOOSTS YOUR ENERGY

Dark chocolate can increase your energy levels by stimulating cellular mitochondria, especially in older adults.

Chocolate contains a range of psychoactive chemicals, such as the neurotransmitter anandamide. Anandamide is derived from the word "Ananda," which means bliss, delight, and joy, all of which you feel after eating a piece of chocolate.

Chocolate stimulates the brain in the same way marijuana or cannabis does. It may also generate some of the same effects as amphetamines, amplified by trace amounts of the stimulants caffeine and theobromine.

Many of chocolate's benefits come from the very sensation of eating it. Those feel-good transmitters in your brain start firing the minute you start taking a piece of chocolate out of the wrapper and place it on your tongue. Special touch receptors on the tongue monitor textural change, stimulating more feelings of pleasure and excitement. The addition of fats and sugar increase the delectable enjoyment, with around 25% fats and 40-50% sugar. Just a small amount will do the trick!

Food scientists have been very excited about the recent studies and discoveries about chocolate. Today's dietary environment is becoming increasingly complex and stressful—don't eat this! Limit this! Watch out for this! There is something encouraging about finding a positive reason to eat something sweet!

Moderation is key, but go ahead and treat yourself a little—with a lot less guilt!

So, don't live in deprivation. You can eat your chocolate and still be healthy.

SCHEDULE A FREE DISCOVERY SESSION WITH ME TODAY!!

www.melissaweatherall.com

To your health and wellness,

Melissa Weatherall RHNP