

@UrService

@UrService is the newsletter of Malayan Insurance Company, Inc. for its policyholders.

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Chocolate's Health Benefits

What could be sweeter to give this Season of Love to your loved ones than chocolates?

Chocolate is one of the most popular treats in the world and has been for centuries. But a lot of chocolate lovers will be glad to know that recent studies show that chocolate contains ingredients that are beneficial to health.

Here are some benefits of chocolates identified by experts:

Reduces high blood pressure

The flavanols, which are the antioxidant compounds found in chocolate, help balance blood pressure and reduce blood clotting. Researchers from a German university found that cocoa consumption lowered blood pressure by an average of 4.7/2.8 mm Hg. Those who eat chocolate with more flavanols showed more nitric oxide activity, which plays an important role in the maintenance of healthy blood pressure and, in turn, cardiovascular health. It is also reported that dark chocolate is almost as effective at lowering blood pressure as common anti-hypertensive drugs.

Reduces risk of heart attack

A researcher from a US university said that eating a few squares of dark chocolate every day may reduce your risk of dying from a heart attack by almost 50%. The study found that blood platelets clotted slower in people who eat chocolate.

Improves blood flow to brain

A university professor in England found that drinking cocoa drinks rich in flavanols improves blood flow to key areas of the brain for two to three hours. Flavanols in the cocoa drink are a key ingredient of dark chocolate. The professor's study also suggested that cocoa flavanols in chocolate may enhance brain function to help fight sleep deprivation, fatigue, and the effects of aging.



Lowers bad cholesterol

A study from a university in United States found that diets high in cocoa powder and dark chocolate are related to lower LDL (bad) cholesterol levels when compared with diets lower in flavonoids such as tea, wine, coffee, and onions.

Helps ease chronic fatigue syndrome

A study found that adults with chronic fatigue syndrome who eat 1.5 ounces of 85% cocoa dark chocolate were less fatigued after they eat chocolate.

Boosts mood

It is reported that caffeine and other chemicals in dark chocolate can improve your mood and ease premenstrual symptoms. The chemical phenylethylamine in chocolate has been found to trigger feelings similar to "falling in love."

Improves processing of blood sugar

An Italian study found that dark chocolate consumption increased the body's metabolism of blood sugar and may reduce the risk of diabetes. The flavanols found in chocolate also prevents cell damage and improves blood sugar levels.

Good for the skin

German researchers suggest that the flavanoids, which absorb UV light, help protect and increase blood flow to the skin, making it moister, smoother, less scaly, and improving its appearance.

Eases a persistent cough

A UK study found that theobromine, a component in cocoa, may be more effective as a cough medicine than standard drug treatments. The research suggested that theobromine acts on the sensory nerve endings of the vagus nerve, which runs through the airways in the lungs to the brain.

It's good to know that chocolate contains ingredients beneficial to health. However, it does not necessarily mean you should eat more chocolate products. Chocolate bars and candies are often high in fat, sugar and calories. Moderation is always the key. If you have a choice, choose dark chocolate, which has higher flavonoid content.

Gift of Care Hallmark Cards Valentine Edition - Now Available!

Malayan celebrates the Season of Love through the new Gift of Care Hallmark Cards Valentine Edition. These cards provide insurance protection against accidental death and dismemberment for your loved ones.

The Gift of Care Hallmark Cards Valentine Edition has a special feature of Personal

Accident Coverage of Php 25,000.00 for cards with price ranging from Php28.00 - Php40.00 per piece. It's an inexpensive and thoughtful way of sending your warmest greetings and showing your love and concern to the persons that matter to you the most.

The Gift of Care Hallmark Cards Valentine Edition are available in National Bookstores in Metro Manila. For inquiries, please call Mr. Lorenzo Luarca at tel. no.: 242-8888 loc. 415.

