

Spice up your life with mouth watering Chocolates..

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Chocolate - The name itself is mouth watering... Its something we girls just need it... When we feel low, our friends or loved ones try to offer chocolates to cheer us up... And it really works.. Isn't so...??



We all love chocolates and I think most of us agree with it, that somehow **chocolates make us**

feel good.. But have you ever gave it a thought?? Why is it so..?? There are a lot of naturally occurring chemicals in chocolate that are either good for us or affect our mood. Chocolate causes certain endocrine glands to secrete hormones that affect your feelings and behavior by making you happy.



Chocolate not only helps us in changing our mood and make us smile.. But it also **helps in stimulating your love and sexual desires.** Chocolate discharges the same chemical into your body which is produced when you start falling in love. It has also long been believed that chocolate bestows heightened feelings of sexuality upon the eater.



Dark chocolate boosts serotonin and releases endorphins, which lifts your mood. Women have more serotonin in their systems than men and appear to be more sensitive to chocolate. Chocolate provides a mood boost to women during PMS and menstruation, when serotonin levels are often down. It also puts women in the mood for love.



So Guys.. When love is in the air, declare your love by sending romantic chocolates to the one you love. Spell out your love message in decadent chocolate. Just offer them a hamper of chocolate.. And your work done.. Chocolate will make your efforts. Pick up a chocolate truffle, let your partner's lips close around your fingers, and I guarantee that you'll both start feeling... ahem..ahem...romantic. Or, if you melt it down, things can get even more interesting.



Good news for girls.. A study suggests that eating **chocolate can help you stay thin**. Researchers found that people who frequently eat chocolate have lower body-mass indexes than people who don't. Chocolates are good for ever glowing skin.. Chocolates protect women's skin from the sun's UV rays, but it doesn't mean that you start avoiding sun screen. It also helps in moisturizing your lips and keeps them soft and shiny. So, continue eating it and give a blush to your charm.



Coffee makes it possible to get out of bed, but chocolate makes it worthwhile. Dark chocolate contains much less caffeine than coffee. So, **spice up your day with mouth watering chocolate.**



" If any man has drunk a little too deeply from the cup of physical pleasure; if he has spent too much time at his desk that should have been spent asleep; if his fine spirits have become temporarily dulled; if he finds the air too damp, the minutes too slow, and the atmosphere too heavy to withstand; if he is obsessed by a fixed idea which bars him from any freedom of thought: if he is any of these poor creatures, we say, let him be given a good pint of amber-flavored chocolate... and marvels will be performed. " – Anthelme Brillat-Savarin **Your stress-free life helps you maintain a youthful disposition, both physically and mentally. So, eat lots of chocolate...**