Eating chocolate can reduce stress,

study says

研究指出，吃巧克力可降低壓力



The next time you feel stressed, grab a bar or two of chocolate - as new research suggests eating chocolate can actually help lower your stress levels.



According to researchers at Loma Linda University in Southern California, consuming dark chocolate can have a positive effect on your brain health. They found that eating dark chocolate with a high percentage of cacao, typically chocolate over 70 per cent, reduces stress levels and inflammation.

They also found eating dark chocolate improves your mood, memory and immunity - confirming chocolate is the greatest invention on the planet. Cacao contains flavonoids, which are **potent** antioxidants and anti-inflammatory **agents** that can help both brain and cardiovascular health.

Lead researcher Lee Berk said the higher the **concentration** of cacao, the more positive the impact on cognition, memory, mood and immunity but it is only dark chocolate that has the benefits.

【Word Bank】

potent ：形容詞，有力的，強大的。

agent：名詞，劑。

concentration：名詞，濃度，濃縮。

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