

Chocolate Essay

Student Example

Did you know that chocolate can be really good for you? Well, chocolate reduces a lot of sicknesses and diseases. It also makes people get into a good mood. Wait! You don't believe me?! Well, I have some evidence to prove that in fact, chocolate DOES equal happiness. And I'm sure that you will believe me.

One reason why chocolate equals happiness is because it reduces risks of diabetes, strokes and heart attacks. According to the text, it states, "It helps lower blood pressure and improve vascular (blood vessel) function" (Zeratsky). This shows that chocolate equals happiness is because if your blood pressure is low then it can help especially with dark chocolate because dark chocolate has at least 50 to 70 percent cocoa. The article also states, "The Flavanols in cocoa beans have antioxidant (health improving) effects" (Zeratsky). This also shows that chocolate equals happiness because it can help your health and you will live a better life. Some health improving effects are lower bad cholesterol levels and prevent plaque on artery walls. And if you don't know what cholesterol is, it is a substance out of wax. Also, if you don't know what plaque is, it's sticky bacteria that constantly keeps forming on your teeth, so I bet it would be bad that it can get on the artery walls.

Another reason why chocolate equals happiness is because it can help your emotions. According to the text, it states "People who ate dark chocolate reported that they felt less stressed," (John Hopkins University). This shows that chocolate equals happiness is because stress is a risk factor of cardiovascular disease so the chocolate will help. The article also states "Researchers confirmed that after eating dark chocolate, there were reduced levels of the stress hormone cortisol" (John Hopkins University). This shows that chocolate equals happiness is because eating dark chocolate with 70% cocoa or higher can lower level of cortisol. And if you don't know what that is, it is a steroid hormone that your adrenal glands, the endocrine glands on top of your kidneys, keep producing and releasing. Cortisol affects several aspects of your body and mainly helps regulate your body's response to stress.

So NOW you know why chocolate equals happiness. It's because it reduces a lot of sicknesses and diseases and it also makes people get into a good mood. So, do you believe me now after reading this? I mean, I couldn't have done all this research for no reason. What do you think? Do you think chocolate equals happiness?

Works Cited

Zeratsky, Katherine. "Can chocolate be good for my health?". The Chocolate Collection. MFMER. Feb 4, 2012. Print.

"The benefits of having a healthy relationship with chocolate." John Hopkins medicine. 2023. Web.