

## ***Chocolate Essay: Does chocolate Equal Happiness?***

### ***Student Sample***

Did you know chocolate can actually be healthy for you? Well in my book, that gives me enough to think that **chocolate equals happiness!** Wait... you're still not sure if you believe me? Well, keep reading and I'm sure you will.

One reason that chocolate equals happiness is because it reduces risk of heart disease. An article about health explains, **"Cocoa appears to reduce risk factors for heart disease"** (Zeratsky). This shows that **chocolate equals happiness** because, if it lessens chances of heart diseases and disorders, that means that you have a higher chance of living longer. The article also explains, **"Help lower blood pressure and improve vascular function"** (Zeratsky). This also shows that **chocolate equals happiness** because If you have a high blood pressure that means that the heart is forcefully pumping more blood which causes the left ventricle to thicken which raises the risk of heart attack, heart failure, and/or cardiac death, so chocolate lowers blood pressure and most likely leads to a healthier heart. Finally, the article shows that cocoa, **"Reduces cell damage"** (Zeratsky) This also shows that **chocolate equals happiness** because If cell damage or risk of cell damage is decreased that also decreases the risk of many diseases and disorders.

Another reason **chocolate equals happiness** is because of mood improvement. According to an article about mood patterns, **"certain components of chocolate improved mood and others altered brain patterns."** (Sather Health). This would create happiness because Distinct ingredients in chocolate put you in a happier mood with improved brain patterns. Another reason **chocolate equals happiness** is because, according to the article, **"These components is likely tryptophan, which is an amino acid found in chocolate that helps the brain make serotonin, a neurotransmitter that makes us feel happy and satisfied."** (Sather Health). This would also create happiness because a certain amino acid helps the brain produce "serotonin, a neurotransmitter" that improves moods. Lastly, **chocolate equals happiness** because, also according to the article, "Other components of chocolate that may contribute to a burst of happiness are phenylethylalanine and theobromine." (Sather Health). Finally, this would cause happiness because, There are many chemicals in chocolate that make you feel happy.

See? **Chocolate does make you feel cheerful!** Don't you agree? Hey, maybe in a few years we'll be making medicine out of chocolate! That should convince your parents to let you eat more chocolate!

#### Works cited

Zeratsky, Kathrine. "Can Chocolate Be Good for My Health?" The Chocolate Collection. Mayo Foundation for Medical Education and Research (MFMER). February 4, 2012. Print.

Sather Health. "Why Does Chocolate Make Us Happy?" Berkeley.edu. University of California. February 20, 2014. Web.