

# CHOCOLATE AND COUGH

by

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<http://www.all-natural-cure.com/chocolate.htm>

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New British study conducted on 300 hospitalized patients with chronic cough, revealed that theobromine, an ingredient in cocoa, effectively reducing the unpleasant symptoms of coughing.



People who consume chocolate twice a day, have fewer symptoms of cough by 60 percent. However, experts say that chocolate is not the ultimate cure because the symptoms return as soon as the treatment is stopped. Previous studies of the British Association for the health of the heart and lungs have shown that theobromine blocking the action of sensory nerves, which are responsible for the cough reflex.

Scientists advise to people who suffer from chronic cough four to eight cubes of chocolate per day to alleviate symptoms. Thirty grams of unsweetened dark chocolate contains about 450 milligrams of theobromine, while in 30 g of sweet dark chocolate is about 150 milligrams of this medicinal ingredient. Finally, there is a minimum of theobromine in milk chocolate, with just 60 milligrams to 30 grams of chocolate. So, the best choice is dark chocolate, which brings the lowest risk of obesity.

## More Things about Chocolate

Chocolate is the best known antioxidant and magnesium richest foods. It helps prevent heart disease, high blood pressure and diabetes. So do not avoid chocolate, but just keep attention what kind of chocolate you eat.

Choose one with a high proportion of cocoa, which has a beneficial effect on your health. Dark chocolate contains flavonoids, a group of antioxidants, which have a beneficial effect on the cardiovascular system and protect against cancer.

Chocolate acts as a great tranquilizer and it is rich in minerals, phosphorus, magnesium, potassium and zinc. Contains elements that stimulate the release of serotonin, which creates a feeling of contentment and happiness.

Furthermore, although it is food rich in fatty substances, it is rapidly digested. Just, you should not exaggerate with chocolate. *[Just the same, you should not over do things with chocolate]*

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