

Natural Health Tips

Healthy Valentine!

Studies show that chocolate, red wine and expressing your feelings – all three main components of Valentine’s Day – are beneficial for blood circulation.

The cocoa in chocolate is rich in substances called flavonoids - antioxidants with health benefits such as anti-inflammatory and anti-tumor effect, as well as lowering the “bad” cholesterol. But – be advised that cocoa's flavonoids taste bitter and often get destroyed to make the chocolate taste better. Although the exact contents of flavonoids is not shown in the list of ingredients, chances are chocolates high in cocoa contents (70% and above) are the ones richer in flavonoids. If you’re fortunate, you already love the true, rich taste of genuine dark chocolate.

Moderate consumption of alcohol (one-half to two drinks a day for men and up to 1 drink a day for women) lowers the risk of heart attacks. A study by Harvard University researchers showed healthy men consuming up to two drinks a day had the lowest heart attack risk -- 40 percent to 60 percent lower than healthy men who didn't drink.

<http://www.hsph.harvard.edu/news/press-releases/2007-releases/press01012007.html>

And good family relations, expressing your feelings to your loved ones and spending time with them are beneficial for your health by lowering the heart rate, the blood pressure and removing stress.