

# New findings: Eating chocolate can help people improve their memory

If you need a reason to eat more chocolate, this is the reason for you. Join us to find out if chocolate can help people improve their memory!

1. Do not confuse the vegetables as weeds, you will be shocked to know its miraculous use!
2. 4 harmful effects from the road may not be known to you
3. 8 incredible facts about foods around us

If you need a reason to eat more chocolate, this is the reason for you. Join us to find out if chocolate can help people improve their memory!

According to new research published in *Frontiers in Nutrition* magazine from Italian scientists at L'Aquila University, it is found that **regular consumption of cocoa can improve long-term memory of people** .



All thanks to **flavanoid** ( or *flavonol* ) in cocoa, which is known to bring many health benefits. Flavonoids are found in natural cocoa beans, which are involved in brain perception. Scientists explain that chocolate can improve memory by containing flavanol - a powerful antioxidant that helps increase blood circulation to the brain and stimulate brain activity. A small amount of caffeine in chocolate also helps us process information faster and increase concentration.

In the new study, both healthy elderly people and elderly people with signs of neurodegenerative diseases such as dementia or Alzheimer's disease have seen an improvement in cognition, in particular, is memory, after drinking flavanol-rich cocoa drinks for about 8 weeks. Not only that, the patient's blood pressure and insulin levels also improved markedly.

In addition, middle-aged subjects are also more aware: **eating or drinking cocoa products increases the effectiveness of the brain** . For young people, consuming chocolate helps increase blood flow to the brain, which can have a positive effect on brain health.



A chocolate bar with insufficient flavanols can be highly effective. Photo source: Tsuguliev / Shutterstock  
However, after the results of cognitive tests were synthesized ( *high flavanol levels needed to be effective* ), the researchers were more cautious about the positive effects of cocoa on the human brain. .

" *[Research shows] cacao is an interesting nutraceutical tool to protect people's perceptions and fight different types of cognitive decline* ," scientists said.

Even so, eating chocolate can't possibly make you smart right away. Because a bar of chocolate doesn't have enough flavanols to produce a high effect - cocoa has many effects on the brain that we never knew and it can help people with internal memory problems. future.

See also: 8 critical mistakes that most people make and how to solve them

Having fun!

You finished reading the article "**New findings: Eating chocolate can help people improve their memory**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.