Experimentul
De la ciocolată la rugăciune

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Benefits of Chocolate for Women

Heart Health:
Eating moderate amounts of chocolate can lower your risk of heart failure, particularly if you are an older woman.

Flavanoids:
Flavanoids can help lower blood pressure and cholesterol levels, improve blood flow to the brain and heart and lower your risk for a blood clot.

Sexual Functioning:
Chocolate may help with female sexual functioning, that women who consumed chocolate daily scored higher on the Female Sexual Function.

Protects Your Skin:
Dark chocolate is actually good for your skin. The type of antioxidants called flavonoids found in dark chocolate offer some protection from UV damage from the sun.

5 Excuses to Eat More Dark Chocolate

1. Reduces the Risk of Stroke
2. Promotes Heart Health
3. Lessens Your Risk of Chronic Degenerative Disease like Diabetes
4. May Help Sharpen Your Brain and Keep You Smart
5. Boosts Mood and Helps with Stress Relief
Boosts immune system

Promotes blood circulation

Useful in treating anemic patients

Gives relief from stress and depression

Reduces risk of cardiovascular diseases

Helps to reduce risk of premature aging

Aids in maintaining proper heartbeat levels

www.organicfacts.net
12 Health Benefits of Dark Chocolate

1. Slows the signs of aging.
2. Lowers your blood pressure.
3. Helps control blood sugar.
4. Reduces the risk of diabetes.
5. Rich of vital vitamins and minerals.
6. Increases blood flow to the brain and heart.
7. Contains anti-depressant agents.
8. Prevents heart diseases.
9. Contains antioxidants that can protect your cells.
10. Lowers your cholesterol levels.
11. Improves your mood.
12. Reduces your stress.
Abstract

In this work two hypotheses were tested: (1) that eating a piece of chocolate immediately affects negative, but not positive or neutral mood, and (2) that this effect is due to palatability. Experiment 1 (48 normal-weight and healthy women and men) examined the effects of eating a piece of chocolate and drinking water on negative, positive and neutral mood states induced by film clips. Eating chocolate reduced negative mood compared to drinking water, whereas no or only marginal effects were found on neutral and positive moods. Experiment 2 (113 normal-weight and healthy women and men) compared effects of eating palatable and unpalatable chocolate on negative mood, and examined the duration of chocolate-induced mood change. Negative mood was improved after eating palatable chocolate as compared to unpalatable chocolate or nothing. This effect was short lived, i.e., it disappeared after 3 min. In both experiments, chocolate-induced mood improvement was associated with emotional eating. The present studies demonstrate that eating a small amount of sweet food improves an experimentally induced negative mood state immediately and selectively and that this effect of chocolate is due to palatability. It is hypothesized that immediate mood effects of palatable food contribute to the habit of eating to cope with stress.

Keywords

Chocolate; Emotion; Mood; Palatability; Sweet food; Emotional eating
Fig. 1. Self-rated mood (mean ± SEM) before and after viewing a sad, a happy and a neutral film, and after ingestion of chocolate (n = 24) or water (n = 24). **: p < 0.01; *: p < 0.10 for comparisons between groups.
Short communication

Everyday mood and emotions after eating a chocolate bar or an apple

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Abstract

Emotional changes after eating chocolate were examined in everyday life. Thirty-seven healthy, normal-weight women ate a chocolate bar, an apple or nothing and rated their subjective state 5, 30, 60 and 90 min after eating. Both chocolate and the apple reduced hunger, elevated mood and increased activation, but the effects of the chocolate were stronger. Eating chocolate was also followed by joy and, in some women, by guilt. Guilt responders experienced less intense positive emotions. Whereas positive emotional responses appear to be due to sensory pleasure and it’s anticipation and may also be related to reduced hunger, guilt responses are probably induced by negative food-related cognitions.

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Keywords: Chocolate; Mood; Emotion; Activation; Guilt; Hunger; Fruit intake; Everyday life
Discussion

Our study demonstrates that eating chocolate induces both positive and negative emotional changes in healthy, normal-weight women in their natural environment. Chocolate increased activation, reduced tiredness, elevated mood and elicited joy. Since, this increase of positive emotions was most pronounced 5 and 30 min after eating, early mechanisms such as sensory pleasure possibly contribute to a greater extent to emotional effects of chocolate than late mechanisms such as neurochemical changes. This conclusion is in line with the finding that it is the sensory experience associated with eating chocolate rather than its pharmacological constituents that reduces craving for chocolate (Michener & Rozin, 1994). Moreover, our results indicate that reduction of hunger is not so important for the positive emotional effects of chocolate immediately after consumption. Whereas hunger reduction was comparable 5 min after eating the chocolate bar or the apple, mood elevation was far more pronounced after eating chocolate.
The sweet life: The effect of mindful chocolate consumption on mood

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ABSTRACT

Chocolate consumption is anecdotally associated with an increase in happiness, but little experimental work has examined this effect. We combined a food type manipulation (chocolate vs. crackers) with a mindfulness manipulation (mindful consumption vs. non-mindful consumption) and examined the impact on positive mood. Participants $(N = 258)$ were randomly assigned to eat a small portion (75 calories) of chocolate or a control food (crackers) in a mindful or non-mindful way. Participants who were instructed to mindfully eat chocolate had a greater increase in positive mood compared to participants who were instructed to eat chocolate non-mindfully or crackers either mindfully or non-mindfully. Additional analyses revealed that self-reported liking of the food partially mediated this effect. Chocolate appears to increase positive mood, but particularly when it is eaten mindfully.

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Mindful conditions (participants received the chocolate or cracker audio).

<table>
<thead>
<tr>
<th>Time</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>0:00</td>
<td>First, take a chocolate/cracker and hold it in the palm of your hand. Focusing on it, imagine that you have never seen an object like this before in your life.</td>
</tr>
<tr>
<td>0:23</td>
<td>Take time to really see it, gaze at the chocolate/cracker with care and full attention. Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, and any asymmetries or unique features.</td>
</tr>
<tr>
<td>1:03</td>
<td>Turn the chocolate/cracker over between your fingers, exploring its texture. Maybe even with your eyes closed, if that enhances your sense of touch. As you do this, think about the farmers who helped grow the ingredients for the chocolate/cracker. Think about the workers who created the chocolate/cracker, and the people who deliver this chocolate/cracker to different locations around the world.</td>
</tr>
<tr>
<td>1:40</td>
<td>Now, holding the chocolate/cracker beneath your nose, with each breath, drink in any smell, aroma, or fragrance that may arise, noticing as you do this, anything interesting that may be happening in your mouth or stomach.</td>
</tr>
<tr>
<td>2:00</td>
<td>Slowly bring the chocolate/cracker to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the chocolate/cracker in your mouth, without chewing. Spend a few moments exploring the sensation of having it in your mouth, exploring it with your tongue.</td>
</tr>
<tr>
<td>2:43</td>
<td>When you are ready, prepare to chew the chocolate/cracker, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it, and notice what happens in the aftermath. Experience any waves of taste and flavor that form as you continue chewing. Savor the experience.</td>
</tr>
<tr>
<td>3:15</td>
<td>Without swallowing yet, notice the bare sensations of flavor and texture in the mouth, and how these may change over time, moment by moment, as well as any changes in the chocolate itself.</td>
</tr>
<tr>
<td>3:36</td>
<td>When you feel ready to swallow the chocolate/cracker, see if you can first detect the intention to swallow so that even this is experienced consciously. Finally, see if you can feel what is left of the chocolate moving down into your stomach and sense how the body as a whole is feeling.</td>
</tr>
<tr>
<td>4:18</td>
<td>Please eat the remaining chocolate/crackers using this same practice for each one. Slow down and focus on what it looks like, what it feels like on your lips, what it feels like rolling around in your mouth, what it tastes like when you take small bites of it, what it tastes and feels like chewing it slowly and thoroughly and finally swallowing it.</td>
</tr>
</tbody>
</table>

When you finish eating all of the chocolates/crackers in this manner, press the spacebar.

Control conditions (participants received the chocolate or cracker audio).

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>0:00</td>
<td>Please take one chocolate/cracker, and eat it. After you have eaten the chocolate/cracker, wait a few minutes for more instructions before continuing.</td>
</tr>
<tr>
<td>4:35</td>
<td>Now, eat the remaining chocolates/crackers. When you finish eating all of the chocolates/crackers, press the spacebar.</td>
</tr>
</tbody>
</table>