

## The health benefits of dark chocolate

Everyone loves chocolate! But obviously, eating too much chocolate makes you gain weight.

Especially the white chocolate or milk chocolate is much more caloric than dark chocolate. A small square of dark chocolate a day won't hurt you, and may even provide you with more benefits than you think. Here are the health benefits of dark chocolate.

### Full of antioxidants

Dark chocolate contains organic compounds that function as antioxidants. Researchers can test the antioxidant activity of foods by essentially setting bad molecules against a sample of food to see how well the antioxidants can "disarm" those molecules. Unprocessed cocoa beans (found in dark chocolate) are among the highest-scoring foods tested. In certain tests, dark chocolate has been shown to contain more antioxidants than some fruits, including blueberries and super food acai berries!

### Improves brain function

If you're having trouble staying focused, try having a bit of dark chocolate. Studies have shown that dark chocolate increases blood flow to the brain, and can even help improve verbal fluency. This «brain boost» lasts about two to three hours according to research, so it's a perfect boost right before a test or big presentation.

### Improves blood flow and lowers blood pressure

The flavanols found in dark chocolate provide a variety of benefits to the body! One of the best benefits is that they stimulate the lining of the arteries to produce nitric oxide. Nitric oxide tells



your arteries to relax, which lowers the resistance to blood flow, which in turn reduces blood pressure.

### Raises good cholesterol while lowering bad

While it is not an instantaneous benefit, studies have shown that small, moderated amounts of dark chocolate can help lower low-density lipoprotein (LDL), also known as bad cholesterol, while increasing high-density lipoprotein (HDL), which is considered to be good cholesterol. Studies have shown that just a seven day consumption of dark chocolate can show a slight decrease in LDL cholesterol, with the strongest results showing after 21 or more days of consumption.

### Reduces heart disease risk

Because dark chocolate contains compounds that protect against the oxidation of LDL, this means a long-term result would be a lower risk of heart disease. However, it is important to note that this is based on a study of consuming very small pieces of dark chocolate a day.

Read the rest of the article:

<https://medimall.gr/the-health-benefits-of-dark-chocolate/>



## White and black games

Play is a way for your baby to develop their senses and interaction with you and the world. With this comfort blanket we want to stimulate this important journey of discovery.

<https://www.ikea.com/gb/en/p/klappa-comfort-blanket-with-soft-toy-80372628/>



# Spotting during pregnancy: When should I be worried?

Experiencing spotting or light bleeding during pregnancy can be terrifying, but it is not always a sign that something is wrong.

Spotting is considered a light trace or quantity of pink, red or dark brown blood. During pregnancy, spotting can be caused by a number of factors. However, you should consult your gynecologist quickly, especially in early pregnancy, to check that everything is going normally.

## Spotting in early pregnancy

In early pregnancy, a mild bleeding can occur, usually due to a little fragility of the cervix. But in almost half of the cases, a bleeding leads to a miscarriage, most often related to a chromosomal abnormality. Other possible causes:

- **An ectopic pregnancy**

Often, the first warning signs of an ectopic pregnancy are light vaginal bleeding and pelvic pain. If blood leaks from the fallopian tube, you may feel shoulder pain or an urge to have a bowel



movement. Your specific symptoms depend on where the blood collects and which nerves are irritated.

- **An infection**
- **Cervical lesions**
- **Molar pregnancy** is a form of abnormal pregnancy, in which the formed placental-like tissue sometimes invades the wall of the uterus (womb).

Read the rest of the article:

<https://medimall.gr/spotting-during-pregnancy-when-should-i-be-worried/>

# 10 reasons why dancing is good for you

There are so many reasons why dancing is good for you, it is hard to know where to begin. It's great fun and good for the body as well as the mind. Besides being a good form of exercise and having a truly positive impact on our health, a recent study actually showed that it also makes us smarter (something to do with remembering the dance steps, thus exercising the brain). So, why is it good for you to dance? Here are the top 10 reasons:

## 1. Great way to exercise and stay fit

Dance is a great way to stay in shape. If you don't like the gym, dancing can bring fun back into your exercise.

## 2. Burn calories

Dancing is all about moving your body and moving your body is a great way to burn calories. How many will you burn depends on how vigorously you dance. In an one-hour session you can burn from 250 to 400 calories.

## 3. Improved health

Dance can effectively promote good health by improving cardiovascular fitness, strengthening the muscles, increasing circulation, decreasing blood pressure, lowering the risk of coronary heart disease, reducing stress, and many other positive benefits.

## 4. Greater Coordination

Great for improving control over your body, timing and coordination skills. You will learn how to move with grace and poise.

Read the rest of the article:

<https://medimall.gr/10-reasons-why-dancing-is-good-for-you/>



# Miscarriage

## How long should couples wait to try again?



A miscarriage is undoubtedly a very unpleasant experience with a strong psychological impact on the couple. The immediate question a woman faces after this difficult experience is: "when can I try to get pregnant again"? And while the prevailing theory to date (according to the World Health Organization) has been that a woman should wait at least three months to six months after a miscarriage to try to get pregnant again, a new US scientific study is coming to overturn existing data. Research conducted by Bethesda National Institute of Health (U.S.A and published in the Medical Journal of Obstetrics & Gynecology) concluded that waiting between two pregnancies is not necessary. On the contrary, trying to conceive straight away increases the chances of pregnancy.

Read the rest of the article:

<https://medimall.gr/after-miscarriage-how-long-should-couples-wait-to-try-again/>