

## Why women love chocolate

Why is it, that nearly all of us love chocolate, especially women. Did you know that 99% of all women love chocolate? It's one of the most popular sweets of all time.

So why do we love chocolate so much?

Chocolate equals love. In our culture, chocolate is thought of as a romantic gift. For women especially, it's associated with love and romance. This could be part of the reason why 99% of women love chocolate, as it makes them feel loved and special.

It tastes great as it melts in your mouth. Chocolate lovers often describe this melting feeling as a moment of true of ecstasy. It's the cocoa butter in chocolate that gives it the rich and creamy texture that we love so much.

Chocolate makes us feel good. Chocolate contains phenylethylamine, the same chemical that is released in the brain when we fall in love. Eating chocolate can give some people a natural "high" which is often related to the feeling of being in love.

Chocolate is good for you. Recent studies show that chocolate, especially dark chocolate, contains chemicals that can lower the risk of cancer and heart disease. The antioxidants in dark chocolate have shown to make a difference in cardiovascular health.

Chocolate is great for your sex life. It is believed that chocolate is an aphrodisiac. Chocolate makes us feel good, which in turn makes for a healthy sex life. Chocolate can also be used in the bedroom for more creative ideas, many couples use chocolate body paints and lubricants with their [Adult Toys](#) to bring a bit of fun to the bedroom. Sex and chocolate combined is certain to help you maintain a happy relationship.

It's important to remember not to overindulge in chocolate. It does contain high amounts of saturated fats and sugars that can cause obesity if you eat too much. However, when eaten in moderation, chocolate shouldn't do any harm. It's hard to find anyone who doesn't like some kind of chocolate, whether it's white, milk or dark. It not only tastes good but its health benefits give you a great excuse to keep on enjoying it too.

## About the Author

Karen Jack is a popular writer, her main areas of interest are relationships, health and music.

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