

## **GOT HIGH BLOOD PRESSURE? TRY A TRUFFLE. WORRIED ABOUT HEART DISEASE? BUY A BON-BON.**

*By Dr. Cathy*

It's the best medical news in ages. Studies in two prestigious scientific journals say dark chocolate – but not white chocolate or milk chocolate – is good for you.

### **Dark Chocolate Lowers Blood Pressure**

Dark chocolate – not white chocolate – lowers high blood pressure, say Dirk Taubert, MD, PhD, and colleagues at the University of Cologne, Germany. Their report appears in the Aug. 27 issue of *The Journal of the American Medical Association*.

But that's no license to go on a chocolate binge. Eating more dark chocolate can help lower blood pressure – if you've reached a certain age and have mild high blood pressure, say the researchers. But you have to balance the extra calories by eating less of other things.

### **Antioxidants in Dark Chocolate**

Dark chocolate – but not milk chocolate or dark chocolate eaten with milk – is a potent antioxidant, reports Mauro Serafini, PhD, of Italy's National Institute for Food and Nutrition Research in Rome, and colleagues. Their report appears in the Aug. 28 issue of *Nature*. Antioxidants gobble up free radicals, destructive molecules that are implicated in heart disease and other ailments.

