

FUN FACTS

Chocolate does funny things to our brains!

The mere smell of chocolate increases theta brain waves, which trigger relaxation. In fact, a study conducted at Hasselt University in Belgium showed that when the scent of chocolate was diffused in bookstores, sales of books increased — especially those of romance novels. Relaxation, indeed!

Chocolate also contains tryptophan, which the brain uses to produce serotonin, a hormone that causes generalized euphoria. So, eating chocolate really does make you happier!

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Source-Simply chocolate

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