

Why Women Need Chocolate: Proof that a little of what you fancy really does you good

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Abstrak

The proof is in the (chocolate) pudding: almost 50% of women would choose chocolate over sex, and 76% would prefer chocolate to alcohol as a mood enhancer; after eating chocolate, women report increased alertness and reduced fatigue. If chocolate makes you feel good, then it's doing you good as well! Recent research shows chocolate can actually boost women's mental and physical wellbeing. Women have a unique biological advantage that allows chocolate and other foods rich in sugar and fat to have a profound and beneficial influence on the mood-altering chemicals in the brain. Yet for too long society's negative attitude to chocolate and other "female pleasure foods" has forced women to ignore their body's needs and driven them to eat guiltily, alone and in secret. This book explodes the myth of "bad" and "good" food, freeing women from the tyranny of guilt and encouraging them to listen to their body and satisfy its cravings to maximize the benefits of the food-mood connection.