



Does chocolate give you spots?

With Easter weekend just around the corner, kids as well as adults will enjoy hunting and munching away at the chocolates.

I used to say as well as think that too much chocolates gives you spots. Over the years of learning about nutrition and lifestyle I have understood and learnt that this is basically not true. Oh wait!!!! Don't go rushing out the door yet to buy bags of chocolate bars and Easter eggs yet? I said basically not true. it really isn't good for your skin if eaten too much.

MYTH: Chocolate gives you spots

TRUTH: The main ingredient cocoa is not the problem. It doesn't directly give you spots. It is the fats and sugar that is.

BREAKDOWN: Our skin varies its appearance depending on our diet. Due to misinformation in the myth it is excess sugar and fats that causes a lot of issues. Cocoa is an active ingredient that has positive properties. Raw cocoa increases the skin's elasticity, reduces skin lines and wrinkles. It can also calm and restore the skin if applied externally i.e chocolate facials. Sugar isn't beneficial for our bodies. The science bit is a bit overwhelming so let me simplify it. The sugar spikes your insulin. Too much insulin causes excess oil in the glands and under your skin hence giving you bad skin and acne. It also causes stress and the inflammation can speed up the ageing process and wrinkles due to comprising the skin's collagen production. So where does all this vibe come from? For women, the certain time of the month can create cravings and that then makes your hormones go all over the place for instance, increases your sebum production in the body. So a combination of high sugar and your body's natural oils is a great breeding ground for spots. You will notice them mainly around your mouth and chin area, This happens to women all over the world.

So, technically, like everything in life, everything in moderation. If you fancy a bar of chocolate then why not try dark chocolate instead. The higher the percentage the more nutritious and high in fibre it is. Dark chocolate cannot be consumed in one go, so it is best to have a little square or a small chunk at a time. Also the bio active compounds protect our skin from UV rays and the flavonoids improve the blood flow to your skin. So when buying chocolates opt for dark chocolate or limit your milk chocolate instead.

ENJOY!!!