



Nurturing child care inspired by: MONTESSORI

## COCOA

Over the past dozen of years or so, a steady stream of science has emerged, showing that cocoa possesses extraordinary life-imbuing and disease-fighting properties. Most notably, cocoa demonstrates significant benefits for the cardiovascular system, helping to reduce the risk of heart attack and stroke, reduce the risk of high blood pressure, and even reduce the risk of cancer. Furthermore, cocoa consumption is associated with reduced cognitive decline in old age.

Cocoa is especially rich in polyphenols, a group of protective antioxidant compounds found in many plant foods such as red wine and tea, and which are the subjects of scientific investigation for their beneficial influence on cardiovascular health. The polyphenols include anthocyanins, isoflavones, flavanones, flavonols, flavanols, and flavones. Of special interest to health researchers are flavanols in cocoa, including flavan-3-ols, catechins, epicatechins and proanthocyanidins. These naturally-occurring substances not only protect the cells of



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our bodies from premature destruction, but they also help to reduce the risk of killer diseases.