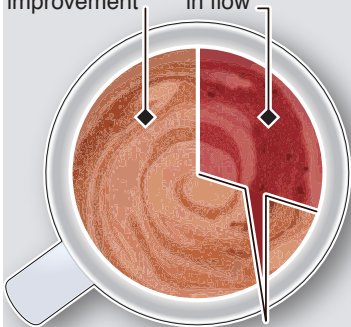


Hot chocolate brain study

Drinking two cups of hot chocolate a day may improve memory in the elderly. A one month study of 60 volunteers*, with an average age of 73, found better blood flow to the brain in those with narrowed arteries

42 people with regular blood flow showed no memory improvement

18 people with impaired blood flow experienced an **8.3%** improvement in flow



Neurovascular coupling: Group which experienced greater blood flow also showed **30.5%** improvement in memory and thinking skills

Source: American Academy of Neurology

*Did not have dementia

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