

# Coffee and Chocolate Make You Smarter, According to the Latest Neuroscience

By: Nancy Elkins

The brain is a very delicate organ. And while exercising as well as meditating have been found to help keep the brain young, there are also other things you can do to protect it, such as drinking chocolate milk.

Over the last decade, dozens of studies have been made in regards to coffee and the brain. Among these studies, the following two are definitely worth sharing from their breakthrough findings.

## 1) Coffee and Chocolate REDUCE the risk for specific diseases

In a joint study from the National Institute of Aging and Johns Hopkins University, researchers discovered that elements, such as caffeine “have clear effects on neuronal network activity, promotes sustained cognitive performance and can protect neurons against dysfunction and death in animal models of stroke, Alzheimer’s disease and Parkinson’s disease.”

In that same study, researchers found that when the brain metabolized caffeine, certain chemicals were released and were found to “also contribute to the beneficial effects of coffee, tea, and cacao (chocolate) on brain health.”  
Second, a meta-analysis of 11 studies on how coffee or chocolate affects brain health showed that both coffee and small amount of chocolate reduced the risks of developing alzheimer’s disease and brain cancer.

## 2) Coffee and Chocolate INCREASE the Brain’s Ability to Remember Information

A novel study at Oklahoma University found that eight out ten patients found they could remember more information presented than those that had just water. Also, the study found that caffeine and chocolate makes your brain more flexible and resilient. This seemed to also effect how users looked at other activities throughout their day like exercising or even job performance. Most reported an increase in positivity towards these activities.

So, if you want to avoid bad health effects like cancer, having a stroke, or Parkinson’s disease, you’ll want to look at how much coffee or chocolate you consume. It could just save your life.

