

MAIN IDEA

& Supporting Details

In *Harry Potter and the Prisoner of Azkaban*, Professor Lupin gave Harry a piece of chocolate to make him feel better. "Harry took a bite and to his great surprise felt warmth spread suddenly to the tips of his fingers and toes." Can chocolate actually make you feel better? It may not be an instant cure, but chocolate has some health benefits.

Antioxidants protect our bodies from cell damage. Healthy foods like berries, leafy greens, beans are good sources of antioxidants. Cocoa, a key ingredient in chocolate, also contains antioxidants. Therefore, eating chocolate prevents cell damage.

LDL, or "bad" cholesterol, is a sticky substance that can build up in veins and arteries. If cholesterol blocks a vein, the person can suffer a heart attack. A study from *The Journal of Nutrition* found that chocolate may help reduce LDL, or "bad" cholesterol, in the body.

Several more studies show that flavanol, a chemical in cocoa, can prevent damage to nerves in the brain. This can improve thinking. Chocolate may also help patients with Alzheimer's disease.

Cocoa in chocolate has some surprising health benefits. Antioxidants prevent cell damage. Chocolate can reduce chances of heart attack. It may even improve your thinking. What a delicious way to stay healthy!

SAMPLE 5-PARAGRAPH TEXT

The Main

Siddappa N.Byrareddy



The Main:

The Main Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **The Main**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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The Main Introduction

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