**The Bar of Sugary Death**

 Have you ever enjoyed something very much for so long you eventually changed how you felt about it? Was there once a food that didn’t appeal to your appetite as a child, but you favor eating it now, or vice versa? Chocolate is a food I once felt delighted to eat, but my opinion about it has changed over time. Chocolate is a sticky substance made with a vast amount of sugar which sometimes makes those who consume it believe the candy is magically delicious. Some people rely on chocolate as a substance that relieves pain or stress, while others devour chocolate for the taste. Though some people treat chocolate as a therapy for help through hard times, chocolate is not supposed to be used for those purposes. However, whether people eat chocolate for enjoyment or therapy purposes, the substance is unhealthy if one is to become addicted to consuming vast quantities which may cause health and weight problems to those whom eat it.

This bar of sugar and caffeine usually won’t affect the overall health of an average person if only consumed occasional, but indulging in chocolate on a constant schedule could result in some serious health effects, including gastrointestinal issues and weight gain. Two of chocolate’s ingredients are caffeine and dairy, which are both known to increase stomach cramps, poor digestion, and diarrhea. Both of these ingredients aggravate the lining of the stomach and intestines, causing stomach problems, and making symptoms more severe. Chocolate is also made up of sugar which adds calories and fats, which are stored in the body. When living a normal lifestyle with not much activity, excessively consuming fat, sugar, and calories in a diet will eventually lead to weight gain. Though these issues are not guaranteed they should not be overlooked by chocolate lovers. [Alanis Morisette](http://www.brainyquote.com/quotes/quotes/a/alanismori420533.html) sets a good example on how chocolate eaters should behave “I still indulge in a glass of wine or chocolate - treats are mandatory. Without deviating from the day-to-day healthy diet once in a while, it wouldn't be sustainable for me, and that's what I wanted: an approach to eating to last my entire life.”([Alanis Morisette](http://www.brainyquote.com/quotes/quotes/a/alanismori420533.html))   Most of the issues caused from eating chocolate are usually produced over time from consuming unnecessary amounts of the source.

 Though most health problems relating toward chocolate are physical, the candy can cause mental distress too. Some people who are experiencing depression choose to handle the feeling using the consumption of chocolate, while others feel miserable after eating chocolate and feeling unhealthy. Those who use chocolate as a substance to relieve some sort of distress, pain, or depression, usually consume the product quite frequently, and the more people use chocolate for relief from stress the more they rely on it on a day to day basis. Those who rely on chocolate to bring them happiness may end up depending on a larger amount of consumption to continue to retrieve that spark of satisfaction, which may also lead to a deeper depression.

Chocolate is a substance that some find addicting. While certain people maintain their addictions inside of their heads, other people who consume chocolate daily may result in body addictions. If the caffeine and sugar inside of chocolate is consumed habitually the human body can get addicted to those ingredients and depend on them for normal performances. If the ingredients are not ingested after being used in the body continuously for a lengthy amount of time the human body can become very fatigue and lack energy. The body can also receive caffeine migraines from lack of consumption after the body is addicted. Ellen expresses an emotion she had about how her escape routes turned into addictions which did not lead to anywhere good “It's about avoiding reality through various escape routes that become addictions and lead to Hell. My character is addicted to television, chocolate, coffee, to her dream of her son, which has no basis in reality.”([Ellen Burstyn](http://www.brainyquote.com/quotes/quotes/e/ellenburst275582.html)) Chocolate is a negative addiction that should be controlled and not continuously acted upon.

Chocolate to me is a type of food I’d rather not part take in the consumption of. Even the thought of the amount of sugar that chocolate contains makes me quiver. The bitterness taste from the cocoa attempting to be covered up with the amount of sugar and caffeine is unappetizing to me. Though chocolate is a very tasteful desert to most people I’m more like Kathy who states, “Chocolate's okay, but I prefer a really intense fruit taste. You know when a peach is absolutely perfect... it's sublime. I'd like to capture that and then use it in a dessert.” (Kathy Mattea) Eating different sugars such as fruits can substitutes the sweet taste of chocolate when I have a sweet tooth and want to eat something sugary.

However, though chocolate can result in some serious affects, physically and mentally, it is not a horrible substance, and is not bad to consume sporadically. Rewarding one with chocolate periodically is perfectly fine as long as it doesn’t become a habit. Once a habit, chocolate develops into an addiction which is not one of the best activities to become attached to. The conflict starts to unfold when eating chocolate becomes a habitual process in a lifestyle. Building a character like mine towards chocolate can be a good way to help the mind stay away from the sugary product. If unable to build an opinion like mine on chocolate finding something that is sweet other than chocolate as a substitute may help.

Work Cited

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