

Chocolate Milk is the Ultimate Recovery Aid For Exhausted Muscles

Chocolate milk is the ultimate recovery aid for exhausted muscles. It is chocked full of nutrients that help build up the muscles and prevent them from depleting. **It also reduces the risk of muscle damage when exercising through the essential amino acids found in the protein. These proteins work in harmony in order to repair and restore muscle composition and allow the body to build leaner muscle in order to become healthier and fit for anyone who participates in exercising.**

Amino acids are the building blocks of life and chocolate milk contains very important amino acids that aid in the recovery of muscle as well as building it. Studies have revealed that exercise depletes levels of glycogen in the muscles which allows your body to keep on going until you're exhausted. *This energy level is a key ingredient in muscle recovery as well. By consuming chocolate milk, you are rehydrating your body, especially your muscles by giving your body what it needs that it lost through sweat. Rehydration is one of the most important things post workout, especially after intense exercise. It should be done within the first fifteen minutes for best results.*

Chocolate milk contains vitamin D and calcium which sports drinks lack. These two nutrients help build your body strong bones in order to help build strong muscles. **Chocolate milk contains the perfect amount of carbohydrates to protein ratio that further helps aid the body in muscle recovery. The lactose in milk is metabolized in the body giving raising your energy levels in order for your body to repair itself. Without this nutrient your body would not properly refuel itself quickly and the process would be slow at best. Recovery needs to start immediately in order for you to regain strength.**



The best ways to build muscle through exercise are to retain that mass through whey protein. Whey helps build muscle as well as repair it which is important for many body builders who participate in extreme work out regimes. Protein shakes or supplements are also important to further benefit the muscles if you wish to bulk up. **Chocolate milk contains both whey protein and casein protein, which together work wonders on the body's muscles for best results during recovery time.**

According to the American College of Sports Medicine and the American Dietetic Association, they recommend chocolate milk for athletes to help aid in muscle recovery due to a study conducted in 2006 regarding chocolate milk versus sports drinks. Carbohydrates are a source of energy for the body and a balanced ratio can be found in chocolate milk that cannot be found in sports drinks that makes it the choice recovery drink for many athletes.

New discoveries and studies are revealing further information to researchers about all the wonderful benefits chocolate milk has on the body health wise and in muscle recovery. **Many sports doctors recommend chocolate milk as a post work out recovery drink, especially to children and teenage athletes for the calcium and vitamin D it contains. As more and more studies reveal the benefits of chocolate milk its fundamental qualities have already been put to use in helping to build and restore muscle for good health.**



Why You Should Drink Chocolate Milk

Chocolate milk contains numerous benefits when the beneficial qualities of chocolate and milk are combined. It helps build a stronger body for building muscle and recovery quicker after excessive exercise and reduces the risk of many diseases and health problems. Many people don't realize just how good milk is for you and put it off later in life as they grow from a child to an adult. **But chocolate milk is not simple a children's drink, it is a drink everyone should have in order to aid in a healthier body.**

Chocolate milk has been proven through studies to prevent type 2 Diabetes and even help stop obesity. **Studies have found that children who consumed milk over sugary beverages such as soda were less likely to suffer from this disease or obesity.** People believe that by consuming dairy products it will raise your risks of obesity, but the opposite is true. Research has not been able to find any link to dairy and obesity but has found that those who drink milk are often much healthier and happier.

Chocolate has all sorts of antioxidants hidden in it that many people also do not know about. People who eat chocolate are found to be much happier than those who refrain from eating it according to a Canadian study. **Chocolate in essence makes you happy by the compounds and**

endorphins found in it that releases chemicals in your brain similar to that that are released when you fall in love. Many doctors now recommend that you eat chocolate at least every other day or every three days to promote overall well being. 😊😊😊😊😊



When these two products, milk and chocolate, are combined they work ways that help the body in countless ways. From Coronary Disease to lessening the chances of strokes and heart attacks from occurring, you'd think more people would drink chocolate milk over sports drinks, but studies have shown that the consumption of milk has actually decrease by more than 30% since the start of the millennium. This is due in part that for the longest time people though that chocolate was actually bad for you.

But new research proves that it is actually very good for you. The Dairy and Nutrition Council is hoping to promote the consumption of milk its many healthy qualities and subsequently chocolate milk by funding research to prove this. **Already they have funded a study that was publish in the International Journal of Sport Nutrition and Exercise Metabolism that did indeed prove that chocolate milk is just as good as Gatorade, if not better because of its additional nutrient content.**

Still more research is being conducted on chocolate milk as a whole, as well as the separate ingredients to find additional health benefits that will help attain a healthy body. Not everything is known about chocolate milk, but it is not deterring scientists from researching the topic thoroughly and in every ways possible to discover more and more unknown facts about the once kids' drink.