

21

*Shocking
Things that
Chocolate &
Cocoa do to
Your Heart,
Brain, Skin,
& Gut*



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21 Incredible Ways Cacao Affects Your Sex Life, Blood Pressure, & Gut Health (Plus—The Shocking Difference Between Cacao & Cocoa)

Cocoa, or more accurately, ‘Cacao’ has been around for thousands of years. Cacao was discovered in the Central America and South American rain forests where the tropical climate and plentiful rainfall helped the cacao trees flourish.

The Mayan civilization worshipped the cacao tree and the cacao bean and named it “Food of the Gods”. Mayan priests used cacao to make a ritualistic beverage meant for holy and ceremonious events. By the 18th century, cacao—or the more processed version, cocoa—became so popular, it had spread to most of Europe, and then North America, where it has had passionate followers ever since.



Raw cacao contains some amazing benefits for your entire body. If you’ve ever wondered if it’s ok to indulge in chocolate, these 21 **amazing and shocking** reasons will convince you to include cacao in your diet!

What is the difference between *cacao* and *cocoa*—or chocolate? “Cacao” is not just a fancy new age word for cocoa. Cacao and cocoa are actually very different substances, even though cocoa and cacao all start from the same origin—the seed pods from the *Theobroma Cacao* tree.

The seed pods are picked, and the cacao beans are separated out and dried. After that, the processing makes all the difference in whether it stays as ‘cacao’ or becomes ‘cocoa’. Cocoa is heated and processed for a smoother, sweeter taste, but the heat processing removes many of its amazing benefits, nutrients, and powerful antioxidants.

We hear about health benefits of chocolate all the time, but the bottom line is that most of these health benefits relate to ‘cacao’ and not nearly as much to ‘cocoa’. In fact, most of the scientific studies done on the health benefits have been with cacao, not processed cocoa.

That means the chocolate bar you buy at the store probably does not contain the same fantastic health benefits of cacao. The higher heat that changes cacao into cocoa affects the cacao beans on a molecular level, changing not only their structure, but also their nutrient content.

For example, 100 grams of raw cacao powder contains an ORAC (oxygen radical absorbance capacity) of 95,500—which is its antioxidant capacity. Once it's processed into cacao nibs, it drops to 62,100, and it drops all the way down to 26,000 for processed cocoa powder. And if it becomes milk chocolate, it drops even further and the milk blocks the absorption of many of the nutrients still left. So, as you can see, **cacao has almost four times the antioxidant power as processed cocoa.**

This means raw or minimally-processed cacao is most definitely a superfood. In addition to its massive supply of antioxidants, and over 300 powerful and unique phytochemicals, it also is rich in nutrients including magnesium, iron, potassium, calcium, zinc, copper, and manganese. Cacao is also considered to be one of the richest food sources of magnesium.

And add to that protein, carotene, thiamin, riboflavin, sulfur, flavonoids, antioxidants, and essential fatty acids. The perfect balance of all these elements together work synergistically to create amazing healthy benefits throughout the body!

Cacao benefits your mind, your body and your health—let's take a look at the growing list of benefits...

Reasons 1 and 2: Cacao Fights Depression and Can Make You *Blissfully* Happy

Cacao is a great source of four scientifically-proven natural happiness chemicals including serotonin, tryptophan, tyrosine and phenylethylamine. These neurotransmitters and brain nutrients are associated with feelings of calmness, happiness, and wellbeing.



Cacao also contains an ingredient called anandamide, which is a molecule that actually does create a feeling of euphoria and bliss. Cacao nibs or raw cacao contain the highest levels of anandamide. Anandamide actually helps to increase neurogenesis, which is the formation of new nerve or brain cells. This helps to create both an anti-anxiety and antidepressant effect.

Anandamide actually binds with the cannabinoid receptors in the brain, similar to marijuana, which brings about a state of blissful happiness and

relaxation. Not only will consuming cacao improve your mood, but it also [improves mood swings by boosting serotonin levels in the brain.](#)

Anandamide, however, breaks down fairly quickly in the body, so you need to continue to eat more chocolate to get more bliss. But—in addition to the anandamide, cacao contains ingredients that help to inhibit the breakdown of the anandamide in the body, helping to increase its uptake and prolonging that feeling of bliss.

But seriously, is it any wonder some people become “Chocoholics”? More like “Blisso-holics”!

Cacao also boosts the body’s natural production of serotonin, that neurotransmitter that creates a calm and happy feeling. Most prescription antidepressants contain ingredients that help elevate the body’s serotonin levels, so cacao becomes a safer, more natural antidepressant that is far better tasting!

Some of the uplifting effects on mood may also be due to the flavanols in cacao and its slightly stimulating caffeine content or simply, just the sensory pleasure of eating chocolate.

Reasons 2 and 3: Puts You in the ‘Mood’, and Improves Your Sex Life

The brain's primary love chemical is phenethylamine, or PEA for short. It is a naturally occurring mood-boosting stimulant. Ever heard someone say, "love is a drug"? We get a rush of this compound when we're attracted to someone, along with endorphins and opium-like neurochemicals that hit our pleasure centers. PEA helps to create the neurotransmitter, dopamine, that contributes to that pleasurable, on-top-of-the-world feeling that attraction brings.

Cacao contains this fabulous phytochemical as well in slightly less intense doses—depending on the object of your desire. Cacao and chocolate have long been associated with love, lovers, and Valentine’s day and for good reason! In addition, these chemicals improve libido, which is probably why chocolate is so popular on Valentine’s Day!



Brain scans in a British study from Mind Lab showed that eating chocolate causes a more intense and longer brain buzz than a passionate kiss does. In this study, researchers monitored the brains and heart rates of couples while they kissed passionately or ate chocolate. The brains of both men and women showed greater stimulation while the chocolate melted on their tongues than when their tongues were tied in a passionate kiss. I’m not sure I’d give up kissing for chocolate, but it does come in as a close second! Keep in mind, though, PEA is heat-sensitive and only present in unroasted, unprocessed raw cacao.

Because cacao also contains high levels of magnesium, it acts as a relaxant for blood vessels, opening them up and increasing blood flow. Increased blood flow works on the sexual organs as well, increasing blood supply for men and women where it counts, which aids in sexual arousal and stimulation as well. It also combats erectile dysfunction, helping men perform better and longer.

Reasons 4, 5, and 6: Prevents Heart Attack and Stroke

3 Different Ways

Flavanols are the powerful anti-inflammatory antioxidant compounds found in cacao. Studies show they can protect against cardiovascular disease, reduce the risk of stroke, and help improve blood circulation! Cacao's powerful flavonoids protect the body against heart attacks and strokes. Raw cacao contains specific flavonoids in concentrations far exceeding those from most other sources. These antioxidants help to reduce platelet activity in the blood, one of the key factors in the blood clots that cause heart attacks and strokes. Cacao has been shown to prevent blood clots better than aspirin.

Cacao's generous amounts of magnesium and other antioxidants help to reduce blood pressure, one of the risk factors in heart disease. Cacao helps to produce nitric oxide in the body, which relaxes and dilates blood vessels and improves blood flow, helping to prevent heart attacks and strokes. What's even better, cacao helps to reduce the harmful LDL cholesterol that is a risk factor in heart disease.

Besides a lowered risk of heart attacks, cacao is also valuable in helping to prevent heart failure issues. A couple of Swedish studies showed a daily dose of about 1 ounce of chocolate helped lower rates of heart failure.

This scientific review of nine different studies involving 158,000 people found a strong correlation with higher chocolate consumption and a lowered risk of heart disease, strokes, and death. Cacao helps to open blood vessels, improve blood flow, reduce clots, reduce LDL cholesterol, fight inflammation and prevent heart failure. Definitely strong reasons to turn to chocolate, especially raw cacao, for heart health and a longer life.



Reason 7: Helps Reduce High Blood Pressure by Improving Nitric Oxide Levels

Cacao and its more refined 'cousin' dark chocolate, help lower blood pressure in those with hypertension. This effect was actually studied in the natives from an island in Central America who drank copious amounts of cocoa and had much lower blood pressure than those of the mainland who did not drink cocoa.

The powerful flavanols from the cacao are thought to have an effect on the nitric oxide levels in the blood. Nitric oxide is a molecule which helps to open up and dilate blood vessels, reducing blood pressure and blood flow. And interesting enough the blood pressure lowering effect was better in people who already had hypertension, than those without it.

Remember, however, that this effect works best with raw cacao which is far higher in the protective flavanols, so the effects will not be seen from the average Hershey bar!

Reason 8: Slows Aging

Blueberries have some of the highest levels of antioxidants, but raw cacao has over **40 times the antioxidants of blueberries!** Its super high ORAC (antioxidant rating) score shows cacao's ability to conquer free radicals that cause aging, cell damage and death—which also leads to diseases such as cancer and Alzheimer's.

These potent polyphenol antioxidants in cacao belong to the same group of antioxidants as green tea and red wine, known for their anti-aging benefits. These anthocyanins (similar to what is in grapes), and catechins (similar to what is in green tea) protect our cells from premature oxidation and help us stay looking and feeling younger, longer. [Not only does the consumption of raw cacao improve the quality of your skin, but it can also prevent premature aging elsewhere in your body as well.](#)

Reason 9: Improves Asthma

Asthma is a chronic inflammatory, and sometimes serious disease that causes the bronchial tubes to go into spasms and constrict, restricting air flow to the lungs. Cacao contains the substances theobromine and theophylline which are highly beneficial to those with asthma.

These two compounds together work to relax the bronchial spasms, open up the airways, and help stop coughing. Theophylline also contains anti-inflammatory compounds, which also soothes asthma attacks.

Keep in mind these studies have not been fully tested on humans, so don't throw away your inhaler just yet. Given the many beneficial health qualities of cacao, however, it is easy to assume that cacao is most certainly helpful.

Reason 10: Polyphenols Improve Brain Function



Flavanols in cocoa can support neuron production, brain function and improve blood flow to brain tissue. Several studies have found that polyphenols, such as those in cocoa, may reduce your risk of neurodegenerative diseases by improving brain function and blood flow. These natural chemicals can actually cross over into the brain, improving brain function.

Flavanols from cacao are absorbed into the bloodstream and actually accumulate in a part of the brain called the hippocampus, a region responsible for memory and learning. These flavanols then begin

to form new brain cells, while improving their function and also protecting them from dangerous free radicals.

Flavanols from cacao also increase production of nitric oxide, which opens up blood vessels in the brain, improving the blood supply to your brain. This creates better brain function, and this increased blood flow also helps clear toxins from the brain.

A two-week study of older adults ingesting cacao resulted in increased blood flow to the brain by 10% after just two weeks. Further studies suggest that daily intake of cocoa flavanols can improve mental performance in people with and without mental impairments. This increase in blood flow and better brain function also has positive impacts on those with Parkinson's disease and Alzheimer's disease as well.

Reason 11: Fights Cancer

Many types of cancer develop when the cells in our body have mutations in the DNA. Mutations in cells are often cancerous and can grow into tumors which then spread through the body.

Antioxidants have known cancer-protective properties, low toxicity and few adverse side effects. Powerful antioxidants can actually protect the cells' DNA from mutations, and help to create strong, healthy cells that resist cancer.

Cacao is known to have one of the highest concentrations of flavanols of all foods per weight. Because of these high levels of potent antioxidants in the form of flavanols, and polyphenols (40 times as much as blueberries!), cacao is a strong cancer-fighting food.

Studies on some of the components of cacao have found that the antioxidants in cacao protect cells against the oxidative stress of free radicals, reduce inflammation, inhibit cancer cell growth by protecting the cells' DNA, induce cancer cell death and help prevent the spread of cancer cells.

Animal studies with cacao and diets have shown positive results fighting breast, pancreatic, prostate, liver and colon cancer, as well as leukemia.

Pairing cacao with other healthy antioxidant-rich beverages such as coffee and tea also help to prevent skin cancer. This study of over 120,000 nurses revealed that both women and men who drank higher quantities of these beverages, and ate the most (dark) chocolate had an 18% and 13% lower risk of developing skin cancer, respectively. Dietary flavanols from cocoa and cacao contribute to sun damage protection, improved blood flow to the skin, and improved skin hydration.



Reason 12: Flavanols Improve Type 2 Diabetes Symptoms

Obviously, it's not a great idea for a person with diabetes and blood sugar issues to eat large amounts of chocolate with added sugar. However, cacao definitely has diabetes-fighting power and should be a staple for diabetics and pre-diabetics.

Antioxidants are very helpful for those with type 2 diabetes; they help to control blood sugar and protect against the harmful effects of glucose. Epicatechin, a flavanol in cacao, activates key proteins and help regulate glucose production, even among diabetics, helping to keep glucose levels more stable.

Cacao flavanols slow down carbohydrate digestion and its absorption into the blood stream. In addition, cacao can help to reduce much of the inflammation of diabetes and help to stimulate a healthier uptake of glucose out of the blood, storing it in the muscle where it is used for energy.

Test-tube studies indicate that the flavanols in cacao can slow down carbohydrate digestion and absorption in the gut, improve insulin secretion, reduce inflammation and stimulate the uptake of sugar out of the blood and into the muscle. Some studies have shown that a higher intake of flavanols, including those from cocoa, can result in a lower risk of type 2 diabetes.



Eating small amounts of flavanol-rich dark chocolate or cacao helps to improve insulin sensitivity, lower blood sugar, and reduce inflammation in diabetic and nondiabetic people. Most scientific studies of cacao and diabetes show a positive effect against type 2 diabetes by enhancing insulin secretion which helps to lower blood sugar--while at the same time, the cacao flavanols also improve insulin sensitivity in the body's tissue.

For diabetics however, this information should be exercised with a note of caution: Commercially prepared cocoa, dark chocolate and chocolate bars from the grocery store are generally low in these helpful antioxidants and high in added sugars and should be avoided. **Raw unprocessed cacao should be the only type of chocolate considered for its beneficial health effects.** Try some raw cacao nibs for some awesome benefits!

Reason 13: Immune Boosting and Anti-Inflammatory

As you probably know, many of the disease processes in our body are related to inflammation. Inflammation comes from our body's immune response. A healthy immune response successfully battles outside invaders like viruses, bacteria, cancer, and other pathogens.

Inflammation is the response of tissues to an aggression caused by pathogens, chemicals or wounding. Inflammation involves a complex network of reactions initially designed to protect the host from injury and to heal damaged tissue. However, constant overproduction of pro-inflammatory cytokines leads to chronic inflammation and disease.

Out of control inflammation often turns on itself, creating inflammation in the body, which leads to diseases like heart disease, diabetes, Alzheimer's, arthritis, and more. Out of control immune systems can progress to autoimmune disease when the immune system goes haywire and begins to attack the body. Cacao helps to not only cool the autoimmune fires in your body, but it also helps to strengthen the immune system against dangerous outside invaders as well.

The anti-inflammatory properties of cacao are well documented in scientific research, and cacao has been used to help gastrointestinal, nervous, and cardiovascular abnormalities. Most, if not all, of these disease conditions involve these inflammatory or immune activation processes. The powerful antioxidants that cacao contains, flavonoids, also possess very strong anti-inflammatory properties.

Cacao calms the immune system, lowering inflammation within the body in several key bodily systems, while strengthening the immune system against dangerous pathogens.

Reason 14: Boosts Energy Levels

Raw cacao contains both caffeine, a stimulant, and theobromine, another milder stimulant, similar to what is found in green tea. Both these two ingredients provide an energy boost, along with high magnesium content.

Magnesium is essential for humans and is required in relatively large amounts. Magnesium is a cofactor in >300 enzymatic reactions and essential to many crucial body functions, including a regular heartbeat, blood vessel function, proper nerve function and muscle relaxation. Magnesium is also needed for bone formation and can also be referred to as a natural 'calcium antagonist'. Magnesium is helpful to restful sleep as well as energy production.

If you are not getting a restful night's sleep and constantly feel stressed, tight and anxious, it is likely you have a magnesium deficiency—as does about 80% of the population. Thankfully, raw cacao is an incredibly delicious source of magnesium which will significantly boost your energy levels, help you sleep better and relax.

Cacao helps to energize the body without overstimulating, which help to give you incredible long-lasting energy! Create loads of energy and combat fatigue with one of the highest concentrations of magnesium found in this natural food source.

Reason 15: Helps with Weight Control

Cacao and even dark chocolate are a body's best friend when it comes to weight control. Surprised? This population study found that those who ate chocolate more often had a lower Body Mass Index (BMI) than people who ate it less often—even though the chocolate eaters ate more calories and fat. How is that for good news?

Another weight loss study published in the prestigious *Internal Archives of Medicine* found that a group on a low-carbohydrate diet given 42 grams or about 1.5



ounces of 81% cocoa a day lost weight faster than the regular diet group. A dieter's BEST friend!

Yes, heavy chocolate consumption of milk chocolate or commercially prepared chocolate can make you GAIN weight, but in controlled studies with low-sugar chocolate that is 81% cocoa or even better, cacao—you lose weight.

So, you see, [having some rich, dark chocolate helps you either maintain or lose weight](#). It is thought that the massive phytonutrients in chocolate contribute to lower blood sugar and better insulin sensitivity—both of which mean that the body has less of a tendency to store calories taken in as fat.

Exercise care and control in these studies, however; be sure the chocolate you eat has a high concentration of cocoa (80% or more) and low sugar content. Cacao has the highest amount of bioflavonoids, and therefore has the biggest weight loss benefits.

Reason 16: Better Gut Health

We have all by now probably heard about all those lovely critters in our gut and how the right balance of them contributes to our good health. But did you know that those cute little guys down in our digestive system LOVE chocolate too? Who can blame them, really?

Well, cacao is exactly what your gut microbes are craving. You see, our microbiomes are made of literally trillions of little microbes and yes, it is important to eat foods rich in those healthy bacteria (probiotics), to keep growing that collection of healthy bacteria.

We also need to feed and nourish our little intestinal pets, and one of those foods or 'prebiotics' as they are called, is chocolate. Prebiotics are found in several foods and one of them is cacao. Prebiotics are little fibers in certain plant-based foods that don't get fully digested until they get down in our large intestine where our happy little gut bacteria feast on them.

Feeding our gut microbes healthy prebiotics encourages the growth of the good bacteria, and helps to crowd out any of the harmful bacteria that may be lurking down there. A healthy gut microbiome helps to support a healthy immune

system, produce serotonin to balance out our moods, optimize our weight, absorb nutrients, and keep us healthy. In one study, 22 subjects eating a high-flavanol cocoa experienced significant increases in their gut populations of the probiotic superheroes, *Bifidobacteria* and *Lactobacilli*.

Eating dark chocolate or cacao also helps to convert that fiber into beneficial short-chain fatty acids like butyrate and acetic acid that fight harmful microbes and power-up the gut barrier against other harmful pathogens.

But that's not all! Antioxidant molecules are sometimes too large for our body to absorb on its own, but chocolate lovers are able to help break these antioxidants down into smaller, more absorbable



compounds that can head out into our bloodstream creating those awesome benefits for our heart, immune system, blood vessels, brain, and more.

However, in order for your body to be able to fully take advantage of cacao's health benefits, you should already have ample populations of beneficial gut bacteria to break down and ferment the flavanols. In other words, without the right gut bacteria, chocolate is just a yummy treat.

Not just any chocolate will work to feed your happy gut and contribute to your overall health. Milk chocolate is loaded with sugar and very low in actual cocoa and antioxidants, so chowing down on this watered-down version does more harm than good. In fact, I'd have to say milk chocolate is hardly considered 'chocolate' at all. It's just a sweet treat. Be sure to eat real unprocessed cacao to get the benefits.

Reason 17: High in Plant-Based Iron

Iron is essential in our bodies. It is necessary to help our red blood cells carry oxygen to all parts of our bodies where it is most needed. The hemoglobin in our red blood cells get oxygen from our lungs. These red blood cells head all over the body drop it off where it is needed and then head back to the heart where it receives another load of O₂. Sort of a 'school bus' system that transports much needed oxygen around our bodies.

Hemoglobin is necessary in our red blood cells in order to transport oxygen. The more hemoglobin you have, the more oxygen your cells can carry. Iron in the diet is essential to help our red blood cells transport oxygen. A shortage of available iron creates a problem in transporting oxygen.

Many people who are on plant-based diets have problems with low levels of iron. Iron is in abundant supply in meat, fish and poultry (heme-iron), but the plant-based type of iron is not as bioavailable for those on a plant-based or vegetarian diet. If red blood cells get low in iron and hemoglobin, a health condition called 'anemia' develops. Symptoms of this are fatigue, dizziness, weakness, paleness, poor wound healing, weak immune system, depression and more.

Pure raw cacao is the highest plant-based source of iron known to man, at a whopping 7.3mg per 100g. Note the iron in cacao is non-heme, however, so to get the maximum benefits you should probably combine it with some vitamin C.



Reason 18: Shiny, Healthy Hair and Smooth Skin

Cacao helps you have glowing, healthy skin due to its flavonoids. Flavonoids help to create that warm, rosy, healthy glow you see in some individuals who eat diets high in antioxidants. In 2006, a study published in *Journal of Nutrition* found that women who drank cacao containing at least 326 mg of flavanols a day had better skin texture, improved microcirculation in their skin, better skin color and increased oxygen saturation.

Increased blood flow also promotes better cell regeneration which is necessary for younger looking, soft, glowing skin. Studies show that people actually are more attracted to those with glowing healthy skin from diets high in antioxidants.

Collagen and keratin are key ingredients for thick healthy hair, soft firm skin and nails. Cacao contains plenty of sulphur to help our bodies produce collagen and keratin. Sulphur also helps with blood sugar regulation, tissue repair and strong immune systems. And, despite many people's opinion, cocoa generally does not cause acne. In fact, cocoa polyphenols have been found to provide significant benefits to prevent acne.

And one more thing for beautiful smooth skin--long-term ingestion of cocoa has been known to protect against aging from sun exposure, prevent skin cancer, and improve hydration of your skin.

Reason 19: Eases Pre-Menstrual Syndrome

Women who are having trouble with PMS often reach for chocolate. There is actually a scientific reason for this. PMS sufferers are often low in magnesium, especially during certain parts of their cycles. Cacao contains very high levels of this essential nutrient, and helps in relieving symptoms of PMS including irritability, moodiness, sleeplessness, menstrual cramps, headache and more.

Cacao boosts brain levels of serotonin, the body's feel-good brain chemical, also helping ease the symptoms of PMS. Serotonin levels often drop dramatically in many women who struggle with PMS, so boosting this neurotransmitter aids in pain-relief, lessens irritability and smooths out moodiness. So it's no wonder women suffering from PMS reach for chocolate. This delightful treat helps create calming hormones and restores feelings of well-being.

Reason 20: Helps Fight Cavities

Recent studies from Tulane University have discovered cacao has an extract in it that is actually more effective than fluoride in preventing cavities—and definitely less toxic! The theobromine in cacao also combats plaque, that sticky film that can stick to your teeth. This crystalline substance from cacao can actually help to harden teeth enamel, protecting against cavities.

In addition, cacao contains many other compounds that fight bacteria in the mouth and help to protect the teeth against decay. In one study, rats infected with oral bacteria that were given cocoa extract had a significant reduction in dental cavities, compared to those given only water. I'd love to find a toothpaste made from cacao, but thus far there isn't one! Instead of ingesting potentially harmful fluoride, try nibbling on cacao nibs for strong, healthy teeth.



Reason 21: Cacao Tastes Divine!

What is it that makes cacao and chocolate so sinfully delicious and addictive?

Scientists have been trying to study this phenomenon for years. Eating chocolate lights up all the pleasure regions of the brain similar to when a drug addict uses cocaine. And as you may have read, eating chocolate can actually stimulate those pleasure centers of the brain more than a passionate juicy kiss!

Cacao is full of natural 'feel good' chemicals like anandamide, a chemical that exists naturally in the brain. Normally our bodies break down anandamide fairly quickly but some scientists think the anandamide in chocolate helps the natural anandamide in our brain to last longer—in other words, giving us a longer-lasting "chocolate high."

Some people are 'chocoholics' and some are not. Oxford University psychologists studied this in an attempt to understand whether people who crave and can't stop eating chocolate show a different brain response to those who don't. There were significant differences in the brains of the chocoholics compared to the others. Another theory about those who crave and eat large quantities of chocolate is that they may be deficient in magnesium. Your body will crave foods that contain those things it is deficient in, so if you are missing out on magnesium, you may be eating chocolate or cacao to make up the difference.

Raw cacao is available in nibs, powder and some chocolate bars. Cacao nibs are basically just dried cacao that is virtually unprocessed. Further processing removes the fatty, buttery cocoa butter from the cacao, and the remaining part is milled into cacao powder. Cacao powder is popular in baking and sweet treats. Best ways to get cacao in your diet? Try these ideas--

- **Eat cacao nibs**—Preferably organic and sustainably farmed.
- **Hot/cold cacao drink**--Mix cacao with your milk for a warm chocolate drink or a cacao milkshake.
- **Smoothies**--Cacao can be added to your favorite healthy smoothie recipe to give it a richer, chocolatey taste.
- **Dairy free chocolate mousse**—Blend avocado, cacao, almond milk and a sweetener like dates or maple syrup, for a thick vegan chocolate mousse.
- **Sprinkle over oatmeal**—Cacao on your breakfast oatmeal is a great way to start the day off right.

Cacao is still the food of the gods, but be sure you get raw, organic unprocessed cacao to fully enjoy the total bliss of its magnificent health benefits. Mmm. Mmm.



By the way...

If you're ready to give Cacao a try, then you need to try my absolute favorite sinfully-delicious treat...

Recently on a trip to South America, one of my “fitness guru” friends, Danette May, discovered a processing technique that turns raw cacao, (what chocolate is made from) into a [highly nutritious SUPERFOOD!](#)

At first I was a bit skeptical of the claims Danette was making about her secret chocolate elixir.

She told me...

- * You can literally **eat CHOCOLATE every single day**, and get healthier while also banishing food cravings...

- * You can replicate the **same neurotransmitters released during/after sex with zero unhealthy side effects and enjoy an all-natural HIGH, almost like a deep meditation session** (this one is my favorite)...

- * You can also make yourself feel a little naughty because this rare chocolate elixir also **contains a compound known as the “bliss molecule” which automatically arouses the part of your brain that makes you feel pleasure...**

That's not even the best part...

Danette's new “chocolate from the gods” formula has hit it out of the park in terms of taste.

Not only will the die-hard chocolate lover feel completely satisfied, but you'll get to splurge on a daily treat that tastes just like a sugar-rich dessert!

I was completely caught off guard by how truly rich and smooth the chocolate was. It felt like pure heaven. I couldn't believe I drinking something that felt so dangerous, yet was so healthy.

>> [Click here to try it yourself, guilt-free!](#)

Trust me, you won't regret it!



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