

# Cacao

'a nourishing power that flows from the jungles'

When the pods are picked, these are fermented, roasted, crushed and ground to release the nourishing and raw healing power of rich Cacao.

**Protein and fat rich, contains pure cacao butter and a high degree of antioxidants**

- Cacao's chief alkaloid is a proto-alkaloid of the methylxanthine variety (similar to caffeine) called theobromine and theophylline, essentially powerful molecules.
- Less stimulating than coffee on the brain
- Yet the effects are mild euphoria, relaxed focus, easier breathing.
- **Did you know that theophylline in its concentrated form is still used as a drug to treat asthma as it helps relax and open the airways**

Bioflavonoids are the more powerful chemical in Cacao having **effects** on the **central nervous system, relaxation, cardiovascular lowering blood pressure, dilating blood vessels protecting the heart.** **Whole plant synergy**, coupled with cacao butter the flavonoids may lower cholesterol and hold anti-inflammatory and cancer protective properties.

**The catch:** Cacao must be experienced daily **to capture these effects**

1-2 tsp raw cacao (nibs or powder)

3 tsp milk

1 tsp honey (optional)

Pinch of cayenne or ginger

Mix to a paste (use a mortar and pestle)

Pour boiling water over the mix, whisk with a fork **or pour from cup to cup** for the 'Mayan' experience, and create **a cooling effect** while adding the euphoric velvety chocolate frothiness!

**Or** simply add a teaspoon to your favourite homemade muesli or yogurt!

