

CEREMONIAL CACAO

All ingredients have received all **7 chakra** frequencies from our Nepalese Bowls. We also bless them with the intention for you to receive the highest vibrational energies amplified by the full moon to open the sacred space of your heart.

You are drinking a sacred blend of the highest quality ...

- **Indigenous Q'eqchi' & Mopan Maya Heirloom Pure Raw Cacao Paste**
- **Raw Local Honey**
- **Madagascar Vanilla Beans**
- **Cayenne Pepper**
- **Fresh Ground Nutmeg**
- **Fresh Ground Cardamom**
- **Freshly Grated Ginger**
- **Cinnamon Sticks**
- **Coconut Milk**

Our Ceremonial Cacao Source:

https://www.lovecacao.com/club?affiliate_id=1473226

Supporting Generations of Indigenous Women



The cacao used for the Sound Bath is organic heirloom cacao paste obtained from 300 small (1-5 acre) of an indigenous farm in Coban, Alta Verapaz, Guatemala. Each bean is carefully selected to ensure only the highest quality remain and then sun-dried. This is the only indigenous women run business in the community! They grow their pure raw cacao with deep respect and understanding of the local ecology. It is made fresh from the bean in micro-batches.



Blessed cinnamon, cardamom, ginger, honey and cayenne of only the purest quality will be added to increase circulation & enhance the benefit of cacao. Half of all profits return to Guatemala to support social projects and community development.



The local Kaqchikel family of women gather to roast the beans over a wood fire, giving it a unique robust flavour. They sit together for hours to peel the beans and put the intention of love and the highest energy into them.



Cacao has many documented health benefits. It has a rich source of antioxidants, including flavanoids, which are believed to have an anti-aging effect, can help cardio-vascular health, and improve blood supply to the brain, facilitating learning and memory. Cacao might also help reduce blood pressure.

Cacao (chocolate in its raw form) is a powerful plant medicine, used in sacred ceremonies over South and Central America for thousands of years. The cacao tree originated in Central America and parts of Mexico and was consumed by pre-Columbian cultures, including the Mayans, in spiritual ceremonies. It is an amazing tool for gently opening up the heart and reconnecting us with our highest self, opening us to hearing our heart's messages. It can also be used as an effective tool for healing heart-related emotional issues, and opening oneself to the feeling of love, self-love, compassions, and connection with everything around.

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Is Cacao A Stimulant?

Cacao contains theobromine, an alkaloid in the methylxanthine class of compounds, which also contain caffeine, mateine, and more. Theobromine is a cardiac stimulant (as opposed to caffeine which is a nervous system stimulant) and it relaxes blood vessels, together producing an effect of 30-40% higher blood circulation. This improves absorption of other important nutrients in cacao or other superfoods that it is paired with. There is far more theobromine than caffeine in cacao - it is a misconception that cacao contains much caffeine, most likely due to a caffeine like energy rush from the cane sugar used to sweeten most chocolate bars. Theobromine is only about one quarter as stimulating as caffeine, and it has a much longer half-life in the liver, meaning that its effect on the body is softer and longer.

How Can Cacao Effect Mood?

Regularly working with unsweetened chocolate can have therapeutic health benefits, including creating new neural pathways that change our daily experience to include more joy, love, and connection. Cacao contains beneficial neurotransmitters and neuromodulators already present in our brain, most notably including:

- **Norepinephrine** - the joy molecule
- **Serotonin** - help with wellbeing and creates resistance to stress. Cacao also has MOA inhibitors, that inhibit re-uptake of serotonin.
- **Dopamine** - feelings of motivation and pleasure. Cacao also has MOA inhibitors, that inhibit re-uptake of dopamine.
- **Anandamine** - the bliss molecule, it moderates pain, and is associated with the "runners high" effect. Cacao also has N-linoleoylethanolamine, the re-uptake inhibitor for anandamine.
- **Phenylethylamine (PEA)** - helps with excitement, alertness, attention. Gives the perception of time slowing down.

Side Effects & Safety

Eating cocoa is **LIKELY SAFE** for most people. Cocoa contains caffeine and related chemicals. Eating large amounts might cause caffeine-related side effects such as nervousness, increased urination, sleeplessness, and a fast heartbeat.

MAOI based anti-depressants are contraindicated with the tyramine in chocolate, so a larger dose of cacao is not recommended. MAOI based anti-depressants are first generation anti-depressants and are less common these days. People taking them are on a restricted diet that includes limiting or avoiding chocolate, so they should know if they can consume or not. Side effects could include more serious headache and nausea, so make sure to check medications first.

Cocoa can cause allergic skin reactions, constipation, and might trigger migraine headaches. It can also cause digestive complaints including nausea, intestinal discomfort, stomach rumbling, and gas.

