



Medicinal Benefits of Cacao Magic

May your medicine be true medicine The medicinal properties of Cacao Deep gratitude to all cacao researchers and lovers who have shared the depth of their knowledge and appreciation of this magical fruit. Deep appreciation for the fruit of cacao and it's spirit we all love so much. May we all learn to respect it and in reciprocity receive its abundant healing and medicine. According to the "Medicine Hunter" <http://www.medicinehunter.com/cocoa-health-miracleaaahhttp://> cacao is the highest superfood after water. Breath that in for a second. We know how water is vital and revitalizing for our bodies and souls. Cacao second to water? Theobroma Cacao is known as the "food of the gods", consumed by priests and kings for thousands of years in the tropical Americas. For the Bri Bri, the indigenous of the Talamanca mountains, where Cacao Magic Costa Rica grows, "Tsiru" is the humble goddess chosen by Sibú the creator as the giver of the gift of remembrance, connection to nature, gratitude and abundance. For the full story <https://www.facebook.com/cacaomagicostarica/photos/a.1514406052198084.1073741842.1489220291383327/1514406295531393/?type=3&theater> Cacao is an abundant fruit, it contains over 700 compounds known to science so far. Medicinal on many levels with both life enhancing and disease preventing properties. These properties can be enjoyed fully when the cacao you use is unroasted and consumed without sweeteners and/or animal products. Unroasted, it contains no caffeine, which is created in the roasting process. To start your relationship with medicinal grade cacao, we recommend starting the day with one square in meditation. How much to consume during your day depends on your state of health and intuition. Cacao has a regulating effect on all the body, as a humble medicine it has no particular focus on a specific organ or direction. Energizing you when you are lethargic or calms down mental chatter. speeds up or slows down your digestion, according to your body's need. Balancing your blood sugar, cholesterol and blood pressure. The calming and happy effect of cacao balances the mood of both depressive or manic people. It can support gaining weight or losing weight, depending on your true need. A humble medicine , listening to you individually. Cacao is the most antioxidant rich food in the world. Unroasted cacao has more antioxidants than blueberries, Goji berries, Acai and green tea . Many of the antioxidants in Cacao are

flavonoids. These flavonoids are intimately involved in the prevention of free radical damage. Anti-aging and cancer preventing on the cellular level. <http://dailysuperfoodlove.com/2852/21-fantastic-benefits-of-cacao> Called the health miracle, it can help anyone at any age, let's have a look at some specific life enhancing properties. Heart, blood and brain Our greatest collaborators in sustaining life are our heart, brain and blood stream. The polyphenols in Cacao reduces oxidation of LDL (Bad Cholesterol), a major factor in heart disease and stroke. Flavanol slows down the formation of blood platelets and thins the blood, protecting the heart from hardening of the arteries and improving circulation. With the consumption of unroasted cacao the flow of oxygen improves and 30-40% more oxygen reaches the brain, supportive cognitive activity and lucidity. The Kuna Indians in the San Blas islands in Panama traditionally drink 4 to 5 cups of Cacao a day. A The Kuna Indian's health was monitored by Harvard over 20 years, their blood pressure was balanced all their life and the rates of death from cardiovascular disease and cancer are much lower than in the western world and compared to their city dwelling cousins. <http://news.harvard.edu/gazette/story/2007/02/cocoa-shows-promise-as-next-wonder-drug/> Mood & Aphrodisiac What is more life-enhancing than a balanced, calm mood? The phenethylamine in Cacao triggers the release of "feel good" and "falling in love" endorphins and Dopamine, Serotonin levels are increased. Cortisol, stress hormone levels are lowered. Muscles are relaxed with the magnesium and chromium richly available in the blood stream when we eat cacao. It is legendary that Montezuma consumed copious amounts of Cacao to satisfy his harem and it was Casanova of Venice's drink of choice. Cacao with its medicine, taste, smell and feel creates a feeling of being in love, feeling good in one's body and a gratitude for life, a heart opener and aphrodisiac. Women and PMS Women have more serotonin in their blood and appear to be more sensitive to cacao than men. <https://www.facebook.com/notes/noa-geva/live-cacao-and-live-women/1089616584465958> Two weeks before the menstrual period the magnesium level drops and slowly serotonin and iron levels as well. Medicine woman Carmen Vicente from Ecuador shares that her people consider Cacao to be a medicine only for women and only for the time before and during menstruation, supporting the body chemistry, thinning and easing the blood flow and purification of emotions. So where do you get your protein and Iron? Unroasted Cacao is rich in Healthy fats (including Omega 6) Minerals (Calcium, Magnesium, Sulfur, Chromium, Copper, Zinc, Potassium), Vitamins (C and B complex), Protein(12g) and Iron (45%) in 100g. Consuming

Cacao Magic daily is a perfect addition to a raw, vegan and vegetarian diet. Cacao as medicine and Other Medicines Cacao is documented as supporting the healing of the intestines, liver, bladder, kidneys, diabetes, parasites, teeth cavities, malaria, asthma, thyroid imbalance and ADHD. After learning all this, it would seem to a naïve mind that pure medicinal grade cacao could replace any and all medication. Do not take our word for it, please take special care if you are taking pharmaceutical drugs. Cacao, as a catalyst, enhances any medicine it is combined with 5 fold. This is also true for herbal medicine. Start with sensitivity, listening to your body for the right dosage of cacao or consult with a herbalist or nutritionally conscious doctor. Celebrate your relationship with cacao and life! We'd love to hear stories of your life and health enhanced by Cacao Magic Costa Rica.