The Food Of The Gods Benefits of Raw Cacao Food is Medicine and Medicine is Food.

teobromin

Antioxidants

Raw Cacao is One of The Foods with The Highest Source of Antioxidants. Truly. In its Most Basic Form - Chocolate prevents the Degeneration of Cells.

Magnesium

One of the Highest Source of Magnesium of any known food.

Magnesium is the number 1 Mineral found in the Human Heart and Magnesium is also the number 1 Mineral deficiency found in our Modern Society.

Cacao is literally a Food that can help to heal Our Hearst.

Chromium

High Sources of Chromium which regulates Blood Sugar as well as overall Metabolism.

Iron

Very, very rich in Iron

Vitamin C

Cacao has more Vit C than most Berries.

Vit C is important for Our Immune System as well as for Building Up Our Tissues (Skin, Hair, Nails)

Essential Fatty Acids

Which are critical for Cell Membranes

Neurotransmitters

Cacao has the resources for the Pathways in Our Brain to Interact more Gracefully.

Hormones and Hormone-Precursors

Serotonin - The Feel Good Hormone - Assists Lower Stress Levels

Triptophan - Antidepressant Hormone

Anandamide - Ananda means Bliss in Sanskrit so its literally The Bliss Chemical.

Ppenylethylamine - or *PEA*. The Love Chemical

(The only Other Food with PEA is Blue-Green Algae)