



CarolinaAramburoAndFriends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 387th Newsletter, I want to give us a chance to consider the impact that **Dark Chocolate** can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my **1st Health Proposal** and my **2nd Health Proposal**. So if you haven't, please pause, go back and watch them. You can also read all of the articles in full **HERE**.

RAW Organic DARK Chocolate can IMPROVE your HEALTH Holistically and help you even LOSE WEIGHT if you know WHICH ONE to EAT and HOW!!

Even though it may seem OBVIOUS that this Newsletter will show you MANY Wonderful Blind Spots about Dark CHOCOLATE that can make the **remarkable** difference between USING Dark CHOCOLATE to Heal yourself and improve your Holistic FITNESS or Chocolate being one more thing that that sickens You and messes with your **Health and Fitness** ... PLEASE READ and PASS it along to EVERYONE you Love!!!

Perhaps this Newsletter may seem to you like you don't really need to READ about CHOCOLATE ... you just need to EAT IT and **have control** about not eating TOO MUCH and not OFTEN. That is FAR FROM the TRUTH!! If you give yourself the GIFT of learning all

these facts that you don't know about CHOCOLATE you will discover that CHOCOLATE can be an amaaaaazing natural HEALING FOOD versus the Prohibited FAT-TENING **pleasure**. Even the MYTH and LIE that chocolate can actually make you FAT is totally INACCURATE. Here is the FACT: actual pure CHOCOLATE can NEVER make you FAT nor contribute to gaining **unhealthy** weight EVER !!! What can do that is all the UNHEALTHY Ingredients that THEY MIX into it. I personally EAT my SQUARE or 2 of the RIGHT Dark Chocolate a DAY and it helps me MAINTAIN my Low WEIGHT and Improve my HEALTH. I INDULGE **without any side effect at all!!!!** And you can too..... READ away and share with everyone you KNOW!!!!

American eats 10-12 pounds of chocolate a year. You may think that you know all there is to know about **Dark Chocolate** and the benefits of what this delicious superfood can do for our bodies and well-being. Perhaps you have thought of chocolate as a guilty pleasure, but the ancient Maya considered it the **Food of Gods**. The Mayans and many other early cultures were correct ... The RIGHT chocolate, in it's pure, natural,raw form from the **cacao bean**, the way they actually ate it and not laden with chemicals, sugar and dairy, IS a health food.

The Difference between the RIGHT Chocolate and the WRONG Chocolate is, simply said, that the first one IMPROVES your Health, your Mood, **Your Mental Performance**, doesn't have you gain weight and is a TOTAL CONTRIBUTION to your WELLNESS. The WRONG Chocolate does



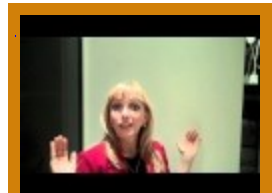
CAROLINA ARAMBURO

damage to your Health, damages your Energy levels (which goes up and down), has you gain unhealthy weight, increases toxins in your body and adds unhealthy cholesterol to your system.

Bottom Line the WRONG Chocolate is any 'delicious chocolate' you **consume** without READING the LABEL and all Chocolate if not eaten in MODERATION.

The RIGHT Chocolate is a combination of these simple elements:

1. The HIGHEST PERCENTAGE of Dark Chocolate (Cacao) you can find starting **at least at 80%**.
2. No sugar or the smallest amount possible of natural unprocessed sugar, preferable palm sugar.
3. **No Dairy** in it ... NONE (a proven fact is that dairy TURNS the perfect Healthy beneficial Chocolate into a to (Cont. on next page)



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RAW Organic DARK Chocolate can IMPROVE your HEALTH Holistically and help you even LOSE WEIGHT if you know WHICH ONE to EAT and HOW! (Cont.)

- tally UNHEALTHY and Health Damaging Chocolate).
4. MODERATION: 1 or 2 squares a DAY, maximum (not 5 as it says in most labels).
 5. As much as Possible have RAW, **not cooked**, Chocolate (since cooked Chocolate kills many beneficial properties).
 6. Make sure is ORGANIC (for obvious reasons).
 7. Make sure it is always **Fair Trade** not only for the Sustainability Benefits of the Planet, but it also ends up being BETTER quality.
 8. Have a variety of Healthy FORMS of Consuming The RIGHT CHOCOLATE that allow you to go beyond the 2 squares per day, i.e PREPARE your own Chocolate Pudding or Chocolate Dairy free Ice Cream using PURE CACAO powder, with either nut paste or Avocado Paste, **Healthy Oils** like Coconut Raw Oil, and sweetened with Dates. Then you can eat more Chocolate and have all benefits!!!
 9. **InJoy** with all of your BEING !!!

So obviously, we are not talking about just any chocolate here ... we are talking about the "RIGHT" Chocolate. The **processed** chocolate found in shiny packages, produced by companies we all know the name of and on the shelves of any food store we go into ... **wouldn't** have made its way into any **self-respecting Maya feast** and definitely is NOT healthy. In this newsletter we are going to give you're the REAL delicious truth on one of the world's favorite **vegetable** products so you can enjoy the benefits and avoid the dangers.

I have always been a CHOCoholic and unfortunately when I became a Ballet dancer they 'taught' me that chocolate was unhealthy and **fattening**. So it became the

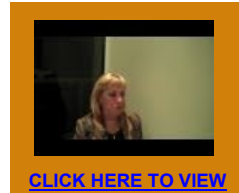
'prohibited' item in my diet that I adored and craved for and only allow my self to 'cheat with' **only** on specific cheating moments, which, depending on my diet was either 1 time a week or so.

Then on my health journey obviously I was **totally** off Chocolate for about 3 years and MISSING it SOOOO MUCH. But thanks to my Extraordinary Group of Radical Raw Vegan WELLNESS Coaches I learned that the 'RIGHT CHOCOLATE' is actually Healthy and GOOD for the Body and started having it EVERY DAY in **moderation** and always THE RIGHT KIND. I now absolutely love my 'Daily Chocolate included' Diet that I have been on for over a year and am ENJOYING all kinds of Benefits ... Physical, Mental, Emotional and Really HOLISTIC!!! I hiiiiiiighly Recommend it!!!

The **source** of chocolate is from cacao beans that are grown on small trees named Theobroma cacao, which literally are native to Mexico, Central and South America. In our second article we will tell you more about cacao, the different kinds of chocolate, how it is made and how to make sure you get the **highest quality** and healthiest chocolate. But first, let's start with talking about all of the amazing benefits of dark chocolate so you can see why it is considered a superfood. Raw chocolate has more than **700 nutritional compounds** and is one of the richest sources of antioxidants of any food on the planet.

Please keep in mind that processed chocolate, including **milk and white chocolates**, do not have any real nutritional value and most of them barley have any trace of real raw cacao beans. In fact, most of these fake chocolates have toxic additives and harmful **preservatives** including dairy products, white sugar, MSG, high fructose corn syrup and artificial sweeteners that are harmful to your health.

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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking **HERE**.

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!**

RAW Organic DARK Chocolate can IMPROVE your HEALTH Holistically and help you even LOSE WEIGHT if you know WHICH ONE to EAT and HOW! (Cont.)

With over 40 scientifically proven benefits here are some of the top benefits of raw dark chocolate:

Raises your levels of happiness and relaxation while reducing stress, depression and anxiety:

Cacao contains N-acylethanolamines that can temporarily increase the level of anandamide, a mood improver, in the brain and creates a feeling of euphoria. **Cacao beans** also can increase the level of neurotransmitters and serotonin in the brain and help to reduce stress and anxiety. Cacao beans simulate endorphin levels, which in turn stimulate the feelings of happiness and relaxation. Phenylethylamine is another natural substance that exists in dark chocolate that reduces **moodiness** and depression. For women who are experiencing PMS serotonin levels drop dramatically and cacao balances out hormonal mood swings dramatically for them.

2. **As an aphrodisiac** – Another mood-enhancing compound found in cacao is PEA or phenethylamine, which triggers the release of endorphins and pleasurable opium-like neurochemicals. These often release naturally when we fall in love and during sexual activity. (The only other food on earth that contains PEA is blue-green algae.) In addition these chemicals improve libido.

3. **Decreases the effects of chronic fatigue syndrome**, due to the flavonoid content and the increase in serotonin levels since these are typically low in people who suffer from this condition

4. **Healthy brain function and improving Alzheimer's disease** - Studies have shown that cacao helps keep our brains healthy and our thinking skills sharp by enhancing the brain functions that improve cognitive functions, help with better concentration, visual improvements and reduce mental fatigue. Researchers also discovered that flavanol in cacao

products can reduce the risk of dementia and Alzheimer's.

5. **Protect Your Heart and Prevent Cardiovascular Disease** - Flavanols, an anti-inflammatory and heart protective antioxidant found in raw cacao, protects against cardiovascular disease, reduce the risk of stroke, and help improve blood circulation. Cacao also contains over 700 compounds and the complex antioxidants found in it known as polyphenols help reduce 'bad cholesterol' and prevent hardening of the arteries. The protective benefits of cacao for the heart rivals every heart drug on the market..

Researchers also found that found that specially formulated raw cacao powder has the potential to **prevent cardiovascular disease in diabetics**. In one study a month of this formulation brought diabetics' blood vessel function from severely impaired to normal. The improvement was actually as large as has been observed with exercise and many common diabetic medications.

A compound in dark chocolate, called epicatechin (a flavonoid), may **protect your brain after a stroke** by increasing cellular signals that shield nerve cells from damage.

6. **Improves cells function and protects your nervous system** - The antioxidants in cacao generate new cell growth and stimulate cell function. Cacao contains an antioxidant called epicatechin, thought to help shield your nerve cells from damage. Besides epicatechin, cacao is also high in resveratrol, a potent antioxidant known for its ability to cross your blood-brain barrier to help protect your nervous system.

7. **Helps improve circulatory health** - as it's shown to help reduce blood pressure, improve blood flow, have a mild anti-

clotting effect and help prevent plaque formation in the arteries. IN addition it thins blood and prevents blood clots better than the normally prescribed aspirin-a-day.

8. **Helps manage cholesterol levels** - as dark chocolate has been shown to be highly protective against the oxidation of LDL cholesterol while increasing HDL cholesterol as well.

9. **Protects against preeclampsia in pregnant women** - Preeclampsia is a leading cause of infant and maternal morbidity and mortality worldwide, which involves many of the same vascular and metabolic characteristics and risk factors for cardiovascular disease. Women with a history of preeclampsia face an increased risk of developing chronic **hypertension**, insulin resistance, and lipid abnormalities later in life. Controlled treatment with raw cacao has shown to have a dramatic effect on reducing the occurrence of preeclampsia.

10. **Cacao is Anti- Inflammatory** - This is due to the polyphenols in cacao. Inflammation is a leading cause of most disease including heart disease and cancer. The researchers suggested that consuming cacao along with prebiotics might be one way to encourage the conversion of polyphenols into highly **absorbable** anti- (Cont. on next page)

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inflammatory compounds in your stomach that is then also delivered to the rest of your body. Prebiotics are **carbohydrates** found in whole foods that you can't digest... but which beneficial bacteria can, acting as "food" for them. Unprocessed whole foods, such as onions and garlic, are among the best prebiotics, so if you're eating right, you should be getting plenty of prebiotics.

11. **Cacao is anti-aging** - The polyphenol antioxidants (anthocyanins and catechins in particular) protect our cells from premature oxidation or destruction and can keep us looking and feeling younger longer.
12. **Promotes weight loss** - This is due to cacao's MAO inhibitors, which suppresses appetite. MAO inhibitors are often found in weight loss products. However cacao's unique MAO's allow more serotonin to circulate in the brain.
13. **Creates loads of energy and combat fatigue** - Caffeine and theobromine in cacao stimulates energy - these are components of cacao that we need to be careful with, but taken in moderation it can serve a purpose. Cacao also has one of the highest concentrations of **magnesium** found in natural food sources which will contribute to energy.
14. **Get shiny hair, strong nails** - This is due to the antioxidants and also the sulphur found in cacao beans.
15. **Takes care of your liver and pancreas** - Also due to cacao beans being a great source of sulfur. Studies have shown that cacao beans improved liver function for those with cirrhosis
16. Cacao has the ability to help **improve kidney and stimulate bowel function.**
17. **Reset your metabolism and**

restore your internal balance with cacao - Not getting enough antioxidants in your diet can have dangerous long-term health consequences. A Swiss 2009 study found that in just under two weeks cacao reduced the stress hormone cortisol, improved metabolism, and even improved gut microbial activity.

18. **Protects against exposure to the sun, pollution and chemical toxins** - High levels of antioxidants protect the body from a buildup of free radicals from sun exposure, pollution, cigarette smoking, etc. Our bodies need antioxidants to 'mop up' free radicals that can damage our cells. Raw cacao beans are also a great anti-inflammatory and can protect the skin from ultra-violet (UV) sunshine exposure.
19. **Get glowing skin and improve skin texture** - Consuming cacao with at least 326 mg of flavonoids a day was proven to develop had better skin texture, improved microcirculation, increased oxygen saturation, and improved skin hydration.
20. **Reducing the risk of colon cancer** - A study published in the journal Molecular Nutrition & Food Research shows that raw cacao beans can reduce the inflammatory effect of digestive system that can lead to colon cancer. According to eurekaalert.org, the leading author of the study and researcher at ICTAN, MaríaÁngeles Martín Arribas explains that, "Being exposed to **different poisons** in the diet like toxins, mutagens and procarcinogens, the intestinal mucus is very susceptible to pathologies. So a food like cacao, which is rich in polyphenols, seems to play an important role in protecting against colon disease."
21. **Lowers the risk of Type 2 diabetes** - A 2011 research study by the Journal of Nutrition shows that epicatechin flavonoids from raw cacao beans are low glyce-

mic (meaning that it does not cause unhealthy spikes in blood sugar) and can reduce the negative effects of high blood sugar. The flavonoids from cacao help your body manage and process insulin. Nitric oxide is responsible for controlling your insulin sensitivity, and the flavonoids in dark chocolate increase the body's production of nitric oxide.

22. **Fights tooth decay and improves vision** - Recent studies from Tulane University discovered that an extract of cacao powder was even more effective than fluoride in preventing cavities and slows the **progression** of periodontitis. This crystalline extract similar to caffeine helps harden teeth enamel. Studies have also shown that besides improving the brain function for vision, cacao reduces symptoms of glaucoma and cataracts.
23. **Suppress Coughing attacks** - Theobromine found in cacao was found to **halt coughs better than codeine** or commercial cough suppressants with the equivalent of two cups.
24. **Better digestion and bowel and kidney function** - The fiber found in raw cacao, that stimulates the body's digestive enzymes. It also turns out dark chocolate is effective in stopping diarrhea. The flavonoids in cacao treats the small intestine by binding into a protein, which manages any excessive fluid secretion that might be happening.
25. **Provides our bodies with Healthy fats** - your body needs fat contrary to what some health practitioners preach. Fats are the helpers that create chemical reactions for: growth, immune function, and metabolic function. Healthy fats found in raw cacao are similar to the monounsaturated fat found in olive oil.

From a nutritional standpoint cacao is packed (Cont. on next page)

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with many vital vitamins, minerals and nutrients. Here are just a few of the 700+ compounds found that you can gift your body with when you eat pure raw cacao:

- **Magnesium**, and other essential minerals such as calcium, sulfur, zinc, iron, copper, potassium, and manganese
- Polyphenols, antioxidant rich flavonoids
- **Antioxidants**: including epicatechin & resveratrol
- Vitamins: B1, B2, B3, B5, B9, C, E
- Essential heart-healthy fat: oleic acid a monounsaturated fat
- Protein
- Fiber
- **Omega 3 fatty acids**
- Phenylethylamine (PEA)
- Anandamide

There are a few **controversial ingredients** in chocolate so you do want to make sure you limit your intake. Like anything balance and moderation while listening to your body is very important:

Theobromine: Theobromine, which makes up one to two per cent of the cacao bean and is a nervous system stimulant that dilates the blood vessels — much like caffeine. This ingredient is what makes cacao and chocolate unsafe for dogs, and some people find that it affects them the way caffeine might.

Oxalic Acid: Oxalic acid is a compound found in cacao that inhibits the absorption of calcium, a mineral that's also found in the food. So though there is calcium in cacao, it's not considered a good calcium source for this reason. The good news is that you're getting more of the calcium by eating cacao than you are if you eat **processed** chocolate, because the sugar found in chocolate takes calcium reserves from the body.

In our next article we will give you everything you need to begin enjoy-

ing the "RIGHT" Chocolate as part of your **healthy lifestyle**, which will allow you to be in Optimal health now and for the rest of your life.

A Raw VEGAN Living Foods DIET including pure dark cacao chocolate, plenty of **Leafy GREENs**, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

The following links will allow you to delve **deeper** into research on dark chocolate and the difference it can make for you:

<https://www.veganmainstream.com/2013/09/10/vegan-mofo-on-the-health-benefits-of-dark-chocolate/>

<http://www.vegkitchen.com/nutrition/6-top-health-benefits-of-chocolate-and-cacao/>

<http://www.sunwarrior.com/news/dark-chocolate-health-benefits-may-surprise-you/>

<http://www.dark-chocolate-life.com/vegan-chocolate.html>

<http://healthyeating.sfgate.com/dark-chocolate-serotonin-levels-5558.html>

<http://www.organiclivingsuperfoods.com/Dark-Chocolate-Snacks>

<http://articles.mercola.com/sites/articles/archive/2014/12/08/gut-microbes-make-dark-chocolate-healthy.aspx>

<http://articles.mercola.com/sites/articles/archive/2014/03/31/dark-chocolate-health-benefits.aspx>

<http://articles.mercola.com/sites/articles/archive/2011/09/21/can-eating-this-sweet-treat-decrease-risk-of-the-1-cause-of-death.aspx>

<http://articles.mercola.com/sites/articles/archive/2008/10/28/resveratrol-also-found-in-dark-chocolate-and-cocoa.aspx>

<http://www.greenmedinfo.com/blog/amazing-40-health-benefits-chocolate-consumption>

<http://articles.mercola.com/sites/articles/archive/2014/04/21/chocolate-flavanols.aspx>

<http://vegnews.com/articles/page.do?pageId=2951&catId=2>

<http://dailysuperfoodlove.com/2852/21-fantastic-benefits-of-cacao/>

<http://www.chocchick.com/raw-chocolate-benefits/super-food.html>

<http://www.seattleorganicrestaurants.com/vegan-whole-food/health-benefits-raw-cacao-beans-dark-chocolate.php>

<http://www.onegreenplanet.org/natural-health/chocolate-and-gut-health/>

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The “RIGHT” Dark Chocolate SECRET HEALTH Properties and how to CASH IN on them ...

The “**Right**” **chocolate** comes from cacao beans and are grown on small trees named *Theobroma cacao*. Since the Incas considered it the drink of gods, that association gave rise to the scientific name of the cacao tree, *Theobroma cacao*, from the Greek words theo (god) and bro-ma (drink). These trees are native to **Mexico, Central and South America** and originated in the foothills of the Andes. Each cacao pod that emerges from the tree typically houses between 40 and 60 cacao seeds. After careful harvesting, the pods are opened, the seeds are removed, and they undergo a **natural** fermentation and drying process. After the drying process is completed in 1-2 weeks, you are left you with *raw cacao beans*.

Raw (naturally fermented) cacao and processed chocolate sold in bars and pieces are two completely separate foods. **Processed chocolate** is made with roasted cacao, sugar, milk, and other ingredients and chemicals that turn it into a solid food. Studies have found that by adding dairy this actually blocks the absorption of **antioxidants** in chocolate. While processed chocolate may taste delicious, the benefits of cacao are only found in the **raw form**. Chocolate can be used therapeutically, but only if it's the right kind. Consuming poor quality chocolate, such as chocolate loaded with sugar and chemicals, is no more beneficial to your body than a drinking a soda.

So that you can understand the various **terminologies** used for chocolate here are the definitions:

- **Cacao**: Refers to the plant, *Theobroma cacao*, cultivated for its seeds, also known as cacao beans.

- **Cacao butter**: The fat component of the cacao seed. Cacao butter is removed from the bean during production and the remaining part of the fruit is used to produce raw cacao powder.

- **Cacao nibs** are simply cacao beans that have been chopped up into edible pieces, much like chocolate chips without the added sugars and fats. Cacao nibs contain all of the fiber, fat, and nutrients that the cacao bean does.

- **Cacao paste** comes from cacao nibs that have been slowly heated to preserve the nutrients and are melted into a bark known that is a less-processed form of dark chocolate bars.

- **Cacao powder** contains more fiber and calories than cocoa powder since more of the nutrients from the whole bean are still intact. Cacao is an excellent source of monounsaturated fats, cholesterol-free saturated fats, vitamins, minerals, fiber, natural carbohydrates, and protein that make it an **excellent source of nutrients**.

- **Cocoa**: Refers to the product (usually powder) made from roasted, husked and ground cacao seeds, and is usually in powder form. **Avoid this product**. It is processed at a higher temperature and because of that it is highly inferior as there are no longer the antioxidants, nutrients, vitamins, minerals and fiber from the original cacao. Not only that but it usually **contains sugar** and other health damaging chemicals & additives. Thus, DO NOT consume COCOA if you can help it, always always always CHOOSE CACAO over COCOA.

- **Chocolate liquor** is what you get during the chocolate-making process when you grind down the cacao nibs (the center of the cacao beans) into a viscous liquid form. Chocolate liquor contains both cacao and cacao but-

ter. Since the cacao nib is actually about 50% cacao and 50% cacao butter, the chocolate liquor will have roughly the same 50-50 percentage of cacao and cacao butter.

- **Chocolate**: The solid food or candy made from a preparation of cacao seeds (roasted); if the cacao seeds are not roasted, then you have "raw chocolate," which is also usually sweetened.

Throughout time the **medicinal and mystical** properties of cacao was forgotten and cocoa and fake chocolate began to emerge as people and then companies started to continuously refine it, mixing it with white sugar, **mass-produced** low quality milk powders, preservatives, taste enhancers and all sorts of other fillers. Up to recently, that's what chocolate meant to all us ... something sweet, refined, obviously unhealthy – to satisfy our sweet cravings.

Milk chocolates do not have any real **nutritional value** and most of them barely have any trace of real raw cacao beans. In fact, most of these fake chocolates have toxic additives and harmful preservatives including white sugar, MSG, high fructose corn syrup and artificial sweeteners that are **harmful** to your health. White chocolate is not really chocolate at all. It's milk solids and fat. Period. There is not even cacao in it.

Dark chocolate still has a proportion of flavanols, antioxidants and nutrients in it. A **higher percentage** of cacao means a higher amount of flavanols. However, cacao is fairly bitter, so the higher the percentage cacao, the more bitter it is (the flavanols are what make the chocolate bitter, so manufacturers often remove them. But, it's those **flavanols** (Cont. on next page)

The “RIGHT” Dark Chocolate SECRET HEALTH Properties and how to CASH IN on them ... (Cont.)

that are responsible for many of chocolate's health benefits). When buying dark chocolate you want to make sure you are purchasing dark chocolate that has these qualifications:

- **100% Organic** (Note that “organic” does not equal 100% organic)
- **Labels that say “raw”** - Raw beans are not roasted, and are only fermented and dried, conserving their superfood composition. Avoid labels that read “roasted” chocolate or cacao. When the beans are roasted, they are stripped of their antioxidant properties.
- **Fair Trade**
- **> 80% Cacao** – take note of how much actual cacao vs. cacao butter is in the bar as this is calculated into the % and is often misleading.
- Not processed with **alkali**
- **No processes or chemicals sugars** ... sugar defeats the health benefits of cacao so only purchase pure fruit sweetened chocolate if you must have sugar. This should never be the first ingredient on the ingredient list.
- **NO GMO ingredients** (such as soy lecithin).
- **Cruelty Free**

How much cacao or dark chocolate do you need to experience all of the health benefits it offers? In general, it seems preferable to consume **smaller amounts** of chocolate at more **frequent intervals**, much like the principle of split dosing for supplements, in order to ensure a steadier stream of nutrients in your bloodstream. According to Dr. Beatrice Golomb, MD, PhD, studies show daily chocolate consumption in divided doses (two times per day) is probably **beneficial**, as long as you aren't going overboard in quantity, and as long as you're eating high-quality chocolate.

The appropriate amount of chocolate is **actually very small**, the

equivalent of 1 small square of chocolate, to reap all of the benefits from this superfood. Dr. Golomb explains how the health benefits of cacao require a relatively narrow dose range. There is a “**Goldilocks curve**”—too little or too much means no significant benefit occurs. The closer your cacao is to its natural raw state, the higher its nutritional value. Ideally, your chocolate or cacao should be consumed raw (cacao).

Very important things to make sure of when **purchasing** dark chocolate is that you check to make sure they are certified as Fair Trade, Cruelty Free and by the Rainforest Alliance.

Fair Trade

Beyond chocolate and its health benefits are the 40 to 50 million people worldwide who rely on the cacao crop for their livelihood. Around **70 percent** of cacao production occurs in West Africa, with hundreds of thousands of children working on farms doing hazardous tasks such as using machetes and applying pesticides without protection. This is because thousands of children are sold to traffickers and end up as indentured slaves on cacao farms. **Fairtrade International**, a monitoring and certification process, works to ensure that products such as chocolate do not come from farms that exploit children or any worker. The certification also **guarantees** people working on the crop farms receive minimum wages and safe working conditions. Organic chocolate sold by US companies is also “slave-free,” as organic farms have independent labor-monitoring systems. Purchase fairtrade or organic chocolates to foster **responsible** labor practices.

Rainforest Alliance

Cacao plantations contribute to

rainforest **deforestation**, even though the low-growing tree naturally thrives in the rainforest's shade. While cutting down trees and growing cacao under direct sun yields more products, the benefits are **short-term**. Without its natural system of pest management, the trees become especially susceptible to pests. Sun-grown cacao trees rely on pesticides and fertilizers, leading to run-off and water **contamination**, and oftentimes they become too diseased to produce more cacao. Buying organic not only means pesticides aren't used; it's also more likely the cacao was grown without deforestation. **The Rainforest Alliance**, an organization dedicated to conserving biodiversity, also certifies farmers who have sustainable, shade-grown cacao farms.

Below are links to **resources** where you can explore and discover more about the properties of the RIGHT Dark Chocolate:

<http://www.livestrong.com/slideshow/1011272-12-clean-dark-chocolate-bars/>

<https://www.brightriverchocolate.com/about-chocolate/what-do-cacao-percentages-dark-chocolate-really-mean>

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The “RIGHT” Dark Chocolate SECRET HEALTH Properties and how to CASH IN on them ... (Cont.)

<http://www.onegreenplanet.org/natural-health/food-face-off-health-benefits-of-milk-vs-dark-chocolate/>

<http://articles.mercola.com/sites/articles/archive/2008/10/28/>

resveratrol-also-found-in-dark-chocolate-and-cocoa.aspx

<http://www.builtlean.com/2012/04/12/raw-chocolate/>

<https://healthyeater.com/dark-chocolate-best-and-worst>

http://www.huffingtonpost.ca/2013/08/02/cacao-nibs_n_3695571.html

Physically, Emotionally, Mentally and Spiritually, Dark Pure CHOCOLATE is an extraordinary ALLY for those of us that take the time to LEARN the proper “HOW TOs!!

In addition to all of the physical benefits of cacao, this amazing plant based **superfood** has an amazing amount of mental, emotional and even spiritual benefits. Many people consume chocolate during moments of emotional distress, for its comforting properties, ability to improve mood and restore a sense of **well being**.

Raw dark chocolate or cacao directly impacts brain chemistry and brain chemicals called neurotransmitters. **Neurotransmitters** act like messengers in our brain telling the body what to do. They orchestrate our moods, influence our thought patterns, and affect our energy levels, states of alertness, **concentration** and drowsiness. Since neurotransmitters can trigger emotions, one of which is euphoria; it is one of the reasons that many people claim chocolate is so desirable.

Cacao stimulates the release of **endorphins**, natural neurotransmitter hormone chemical produced by the brain, that generates feelings of pleasure and promotes the sense of well being. One of the ingredients in chocolate is tryptophan, an **essential amino acid** needed by the brain to produce serotonin. Serotonin is a mood-modulating neurotransmitter, the brain's "happy chemical." High levels

of serotonin can give rise to feelings of happiness.

Another neurotransmitter found in cacao is anandamide. Anandamide works like amphetamines to **increase mood and decrease depression**, but it is not addictive like caffeine or illegal with undesirable side-effects like amphetamines. Anandamide is quite unique in its resemblance to THC (tetrahydrocannabinol), a chemical found in marijuana.

The good news is that even though the anandamide in chocolate helps to create feelings of elation, the effect is not the same as the THC in marijuana. It would take approximately **twenty-five pounds** of chocolate to achieve a 'high' similar to marijuana and the nausea would overpower any feelings of bliss at all.

One of the most **controversial** components of cacao is theobromine. Theobromine makes up only between 1-2% of the cacao bean and it stimulates the central nervous system and dilates blood vessels. Theobromine has about 1/4 of the stimulating power of the molecule caffeine. One of the side affects of having too much cacao is feeling quiet hyper and then drowsy afterwards. This is one of the reasons that you would want to keep your chocolate intact to **lower doses** as discussed in our second article since it takes very little cacao to

produce the health benefits you want. Be aware that cacao nibs are quite potent and having 4-5 is probably enough, having a handful is overdoing it.

Cacao studies have **credited** these magical beans with increasing the blood flow to the brain, creating more mental agility, **awareness** and focus, delaying demi dementias like senility and Alzheimer's, being a natural anti-depressant, balancing mood swings, relieving emotional and **mental stress**, reducing mental fatigue and serving as an aphrodisiac.

The Maya used Cacao in ceremonial settings. It was believed that the **Spirit of Cacao** had the power to unlock and reveal the secrets of the soul. The Spirit of Cacao was one of the most revered of the ancient Mayan Deities. They called Cacao 'The water that runs through the heart'. Cacao ceremonies are still held by **shamans** in various parts of the world.

Many other cultures have also utilized cacao for spiritual purposes. Some of the **spiritual benefits** reported when using cacao as sacred plant medicine are:

- Assist to connect with Higher Self, (Cont. on next page)

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inner guidance

- Opens Our Heart
- Expands Our Mind
- Allows **realization** of repeated patterns and blocks which may be sabotaging us
- Facilitates allowing the release of the past and mind chatter so that we can allow more light into our lives and raising our vibration
- Gentle Transformation
- Experience **More Love** and connection with all of life
- More enhanced, balanced, and connected male and female energy.
- Stronger connection with our creative abilities.

We have included the following links for you to be able to find more details about the emotional, mental and spiritual **associations** with dark chocolate:

<http://www.greenmedinfo.com/substance/chocolate>

http://www.medicalwellnessassociation.com/articles/chocolate_benefits.htm

<http://www.sacredchocolate.com/scientific-cacao-chocolate-health-research-mental-emotional-spiritual-effects/>
http://www.streetdirectory.com/food_editorials/snacks/chocolates/the_effects_of_chocolate_on_the_emotions.html

<http://www.acs.org/content/acs/en/pressroom/presspacs/2009/acs-presspac-november-11-2009/new-evidence-that-dark-chocolate-helps-ease-emotional-stress.html>

<http://science.howstuffworks.com/life/inside-the-mind/emotions/chocolate-high3.htm>

http://www.naturalnews.com/022610_cacao_chocolate_raw.html

<http://www.souldiscoverycoaching.com/13-spiritual-benefits-of-chocolate/>

http://www.ayannamojica.com/raw_cacao_ceremonies

<http://psychcentral.com/blog/archives/2009/04/27/chocolate-and-mood-disorders/>
<http://www.kinesiologymelbourne.com/articles/darkchocolate-health-benefits.html>

<https://ignitechannel.com/stories/chocolate-as-a-spiritual-partner-interview-with-ca/>

<http://livingshamanically.com/cacao-food-of-the-gods/>

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:
 - my passion for **spirituality**.
 - my passion for our **earth/environment/plants/animals** and the future of them/us all.
 - my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....
2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our commu-

nity (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



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