



SOUL FIRE SOCIAL
KUNDALINI • GONG • CACAO • COMMUNITY • EXPERIENCE

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THE BENEFITS OF PURE CACAO

APPETITE SUPPRESSOR

Cacao is both a natural MAO inhibitor source and a serotonin releasing agent. When combined, these properties can work to shrink your appetite and make you feel less hungry.

ANTI-OXIDANT RICH

Cacao contains more antioxidants than any other food, which can lower blood pressure, improve overall heart function and circulation, slow the aging process, and increase vitality & longevity.

PACKED WITH MAGNESIUM

Cacao is one of the purest sources of Magnesium, key for relaxation and muscular healing. Magnesium fights acid buildup, neutralizes toxins, calms sensitivity to pain, quiets nerves, and builds strong bones and teeth.

THEOBROMINE & CAFFIENE

Cacao provides a healthful boost via the alkaloid, theobromine (a cardiovascular stimulant) & mild dose of caffeine (a nervous system stimulant) which increase the body's heart function and blood flow.

SEROTONIN

Cacao not only contains serotonin but boosts the body's natural production of it, enhancing mood and increasing the ability to fend off stress. Magnesium and tryptophan, both necessary chemicals for the production of serotonin, are also contained in raw Cacao.

THE LOVE MOLECULE

PEA, or phenylethylamine, is a neurotransmitter produced naturally in the body when we fall in love. It is contained in high amounts in raw Cacao and of the main reasons Cacao is associated with heart opening and love.

ANANDAMIDE -THE BLISS MOLECULE

In Sanskrit, Ananda means 'bliss,' and anandamide is a neurotransmitter in Cacao, and is released naturally in the brain when we are feeling happy. Cacao also contains enzyme inhibitors, which inhibit the breakdown of anandamide in the body, thus increasing its uptake and contributing to sensations of 'bliss.'

CHROMIUM & ZINC

Chromium is an important trace mineral found in Cacao which helps to balance our blood sugar. Zinc plays a critical role in our immune system, liver, pancreas, and skin.

MAO INHIBITORS

Cacao has both healthy neurotransmitters AND the chemicals necessary to ensure these neurotransmitters are properly absorbed into the body and reach the brain.