



SOUL FIRE CACAO

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THE BENEFITS OF PURE CACAO

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.

THE LOVE MOLECULE

Phenylethylamine, or PEA, is a neurotransmitter amplifier produced naturally by the body that can cause rapid improvements in attention, awareness, mood, energy, pleasure, libido, cognition, and a general sense of well-being and is attributed to the feeling of falling in love. It is contained in high amounts in raw Cacao and of the main reasons Cacao is associated with heart opening and love.

SEROTONIN

Cacao not only contains serotonin but boosts the body's natural production of it, enhancing mood and increasing the ability our body to fight stress, naturally. Raw cacao also contains Magnesium and tryptophan, chemicals that aid in the production of serotonin.

APPETITE SUPPRESSANT

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.

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.

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.

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.

ANANDAMIDE -THE BLISS MOLECULE

Anandamide is an important neurotransmitter released naturally in the brain when we are feeling happy. In Sanskrit, Ananda means 'bliss.' Cacao is rich in anandamide as well as certain enzyme inhibitors that can inhibit the natural breakdown of it. This increases its uptake and contributes to the enhanced sensations of 'bliss' often associated with its use.

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.