



## CACAO

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### See also:

**Carob**  
**Bee Pollen Granules**  
**MSM**  
**Blue/Green Algae: Chlorella, Spirulina, Klamath Lake B/G Algae**

### Books:

**[Naked Chocolate](#) by David Wolfe and Shazzie**

### Articles:

### Websites:

<http://www.naked-chocolate.com>  
[www.davidwolfe.com](http://www.davidwolfe.com)

### Interactive Learning:

<http://www.fieldmuseum.org/chocolate/>  
[http://www.fieldmuseum.org/Chocolate/manufacture\\_interactive/manufacture.html](http://www.fieldmuseum.org/Chocolate/manufacture_interactive/manufacture.html)  
<http://www.fieldmuseum.org/chocolate/education.html>

### Audio/Video:

### Publications:

**See bibliography below**

### Organizations:



<b>People:</b>	<b>David Wolfe David Favor in Austin, TX</b>
<b>Live Food Nutrition:</b>	<b>Cacao Beverages, Raw Cacao</b>
<b>Conventional:</b>	<b>Processed chocolate with added sugar, dairy, and preservatives.</b>
<b>Terms:</b>	<b>theobroma cacao</b>

## **THE LATEST WORD ON RAW FOOD: RAW CHOCOLATE!**

By David Wolfe, author of *Naked Chocolate* <http://www.naked-chocolate.com>  
[www.davidwolfe.com](http://www.davidwolfe.com)

**"The beverage of the gods was Ambrosia; that of man is chocolate. Both increase the length of life in a prodigious manner."**

**- Louis Lewin, M.D., Phantastica**

**"Chocolate is a divine, celestial drink, the sweat of the stars, the vital seed, divine nectar, the drink of the gods, panacea and universal medicine."**

**- Geronimo Piperni**

**ca-cao. Pronounced [ka-kow]. Rhymes with "cow."**

### **Chocolate and Cacao Beans**

A total of 1% of the American diet consists of chocolate.

In fact, chocolate is one of America's most well-loved foods. Yet, uniquely, out of millions of Americans very, very few have ever had the raw food that all chocolate comes from - cacao beans!



All chocolate comes from cacao beans - the seeds of the cacao fruit - which grows on a jungle tree. Botanically, cacao is truly a nut. They may be referred to as cacao beans, cacao seeds, cacao nuts, chocolate seeds, chocolate beans, or cacao nibs - all essentially mean the same thing. For simplicity, we usually use the term "cacao beans."

Cacao beans taste like dark chocolate, because they are dark chocolate!

In 1753 Carl von Linnæus, the 18th-century Swedish scientist who developed the plant and animal Latin categorization system, thought that chocolate was so important that he named the genus and species of the chocolate tree himself. He named this tree *Theobroma cacao*

which literally means: cacao, the food of the gods. Just what the indigenous native Central Americans called it.

## Edible Money

"But it is very needfull to heare what happie money they use, for they have money, which I call happy, because for the greedie desire and gaping to attaine the same, the bowelles of the earth are not rent a sunder, nor through the ravening greediness of covetous men, nor terrour of warres assaying, it returneth to the dennes and caves of the mother earth, as golden, or silver money doth. For this groweth upon trees." - Peter Martyr (Pietro Martire D'Anghiera, Milanese chronicler who coined the phrase "The New World") from De Orbe Novo (1530)

In ancient Central American cultures, raw cacao beans were actually used as money. Imagine an edible money! When the Spanish came, they called cacao black gold (oro negro) or seeds of gold (pepe de oro).

Montezuma (Motecuhzoma Xocoyotzin), the emperor of the great city of Tenochtitlan (now Mexico city) and of the Aztec empire, had his treasure vaults filled with cacao beans, not gold! The chronicler Francisco Cervantes de Salazar mentions that the Emperor's cacao warehouse held more than 40,000 loads, which would mean 960,000,000 beans!

The chronicler Motolinia tells us that in his day (shortly after Cortes' conquest of Tenochtitlan), the daily wage of a porter in central Mexico was 100 beans, which puts into perspective the following partial list of commodity prices in Tlaxcala, from a Nahuatl document circa 1545:

One good turkey hen is worth 100 full cacao beans, or 120 shrunken beans.

A turkey is worth 200 cacao beans.

A hare [jackrabbit] or forest rabbit is worth 100 cacao beans each.

A small rabbit is worth 30 cacao beans.

One turkey egg is worth 3 cacao beans.

An avocado newly picked is worth 3 cacao beans; when an avocado is fully ripe it will be equivalent to one cacao bean.

One large tomato will be equivalent to a cacao bean.

A large sapote fruit, or two small ones, is equivalent to a cacao bean.

A large axolotl [larval salamander, an Aztec delicacy] is worth 4 cacao beans, a small one is worth 2 or 3 cacao beans.

A tamale is exchanged for a cacao bean.

A fish wrapped in maize husks is worth 3 cacao beans.



## Cacao As A Superfood

Cacao beans contain over 300 chemically identifiable compounds making it one of the most complex food substances on Earth!

Substances in chocolate that have been discussed in the scientific literature as pharmacologically significant, include: anandamide (bliss chemical), arginine (nature's Viagra), dopamine (neurotransmitter), epicatechins (antioxidants), histamine, magnesium, serotonin (anti-stress neurotransmitter), tryptophan (anti-depressant amino acid), phenylethylamine (PEA), polyphenols (antioxidants), tyramine, and salsolinol.



### Magnesium

Dr. Bernard Jensen's research on the heart indicates that this organ requires two minerals more than any other, magnesium and potassium. Magnesium is concentrated eighteen times greater in the heart muscle than in the bloodstream. Magnesium is the primarily mineral missing when heart problems occur. Magnesium increases the overall vigor of the heart muscle. This mineral also decreases blood coagulation thus lowering blood pressure and helping the heart pump more effectively. Cacao, of course, is a fantastic food source of heart-supporting magnesium.

### Antioxidants

According to research cited in The New York Times, fresh cacao beans are super-rich in antioxidant flavonols. Cacao beans contain 10,000 milligrams (10 grams) per 100 grams of flavonol antioxidants. This is a whopping 10% antioxidant concentration level! This makes cacao one of the richest sources of antioxidants of any food. Compare the cacao bean to processed cocoa powder (defatted, roasted cacao treated with potassium carbonate) and chocolates which range in flavonol content from the more common concentration of 500 milligrams per 100 grams in normal chocolate bars to 5,000 milligrams in Mars Corporation's special Cocopro cocoa powder.

Research has demonstrated that the antioxidants in cacao are highly stable and easily available to human metabolism.

Cornell University food scientists found that cocoa powder has nearly twice the antioxidants of red wine and up to three times what is found in green tea. Their findings were published in an article entitled "Cocoa Has More Phenolic Phytochemicals and a Higher Antioxidant Capacity than Teas and Red Wine," found in the American Chemical Society's Journal of Agriculture and Food Chemistry, a peer-reviewed publication.

Scientists have known that cocoa contains significant antioxidants, but no one knew just how rich they were compared with those in red wine and green tea.

The Cornell researchers, led by Chang Y. Lee, chairman of the Department of Food Science and Technology at Cornell University's New York State Agricultural Experiment Station in Geneva, N.Y., say the reason that cocoa leads the other drinks is its high content of antioxidant compounds called phenolic phytochemicals, or flavonoids. They discovered 611 milligrams of the phenolic compound gallic acid equivalents (GAE) and 564 milligrams of the flavonoid epicatechin equivalents (ECE) in a single serving of cocoa. Examining a glass of red wine, the researchers found 340 milligrams of GAE and 163 milligrams of ECE. In a cup of green tea, they found 165 milligrams of GAE and 47 milligrams of ECE.

### **Antioxidant ORAC levels per 100 grams:**

dark chocolate - 13,120  
milk chocolate - 6,740  
prunes - 5,770  
raisins - 2,830  
blueberries - 2,400  
blackberries - 2,036  
kale - 1,770  
strawberries - 1,540  
spinach - 1,260  
raspberries - 1,220  
brussel sprouts - 980  
plums - 949  
alfalfa sprouts - 930  
broccoli - 890



The ORAC test examines the antioxidant levels of various foods. The higher the ORAC score, the higher the level of antioxidants present in the food. Source: US Department of Agriculture / Journal of the American Chemical Society

### **Dairy Products and Antioxidants**

Cacao and dark chocolate boost antioxidants; however, the addition of dairy products/milk cancels out the effects of antioxidants. Studies indicate that dairy products specifically block the absorption of all the great antioxidants in chocolate!

### **Allergies**

A recent study showed that only one out of 500 people who thought they were allergic to chocolate actually tested positive. The idea that chocolate is a common allergen has been around for a long time, but recent evidence suggests allergy to chocolate is quite rare. It is more often the case that the person is in fact allergic to milk and dairy products.



Acne

Research by the U.S. Naval Academy concluded that there is no evidence that chocolate causes or exacerbates acne. It is likely that the sugar added to chocolate exacerbates acne.

What we are finding is that chocolate itself is a health food, especially in its raw form as cacao beans. It is the substances added to chocolate that cause the problems: dairy products/milk and sugar!

## **Methylxanthines: Theobromine and Caffeine**

Cacao can increase one's energy substantially. Cacao does contain the stimulating methylxanthines: theobromine and a small amount of caffeine.

### **Theobromine**

Theobromine makes up between 1-2% of the cacao bean. Theobromine stimulates the central nervous system, relaxes smooth muscles, and dilates blood vessels. Theobromine has about 1/4 of the stimulating power of its sister molecule caffeine.

Theobromine is also a mild diuretic (increases urination) and has been used as a medical drug in cases where a heart attack had resulted in an accumulation of body fluid.

Theobromine is a cardiac stimulant. This is a reason why it has been used to treat high blood pressure. One of the reasons why dogs should not eat cacao or chocolate is because this food can cause cardiac arrest. Dogs simply lack the enzymes necessary to metabolize quantities of theobromine in excess of 100-150 mg per kilogram of the dog's body weight.

### **Caffeine**

Estimates of how much caffeine is present in cacao differ, depending on the source. However, it is generally agreed that chocolate is a poor source of caffeine.

## **Consider the following estimates we came across in our research:**

- A 1.4 ounce-piece of chocolate (40 grams) contains the same amount of caffeine as one cup of decaffeinated coffee.
- A cup of hot chocolate usually contains about 4 or 5 milligrams of caffeine, which is about 1/20 that of a cup of regular coffee.
- According to the Chocolate Information Center, a 50-gram piece of dark chocolate - about the size of your average chocolate bar - will yield between 10 and 60 milligrams of caffeine, while an average 5-ounce cup of coffee can yield up to 175 milligrams.
- 800 grams of milk chocolate (that's a lot of chocolate!) contains the equivalent amount of caffeine present in a cup of coffee.
- A cup of coffee may contain 50 to 175 milligrams of caffeine, a cup of tea contains 25 to 100 milligrams, and a cup of cocoa beverage contains 25 milligrams to none.

Interesting research on caffeine in the field of homeopathy (a branch of medical science) indicates caffeine's stimulating effect when cooked, but not when eaten raw. One experiment conducted with a decoction of roasted ground cacao beans in boiling water produced an excitement of the nervous system similar to that caused by black coffee and an excited state of circulation, demonstrated by an

accelerated pulse. Notably, when the same decoction was made with raw, unroasted cacao beans neither effect was noticeable.

### **Phenylethylamine (PEA)**

PEA is a chemical in cacao that increases the activity of neurotransmitters (brain chemicals) in parts of the brain that control our ability to pay attention and stay alert. Elevated PEA levels occur when we are captivated by a good book, movie, or project; this happens specifically during those moments when we are so focused that we lose all track of time, food, and the outside world.

PEA is noticeably abundant in the brains of happy people.

Chocolate has been found to contain up to 2.2% phenylethylamine (PEA).

### **Anandamide (The Bliss Chemical)**

A neurotransmitter called anandamide (n-arachidonylethanolamine), has been isolated in cacao in quantities significant enough to affect the brain. Anandamide is a cannabinoid naturally found in the human brain. Anandamide is a lipid (fat) known as "the bliss chemical" because it is released while we are feeling great.

### **Monoamine Oxidase Inhibitors (MAO Inhibitors)**

These rare MAO inhibitors actually produce favorable results when consumed by allowing more serotonin and other neurotransmitters such as anandamide, dopamine, etc. to circulate in the brain. According to Dr. Gabriel Cousens, MAO inhibitors facilitate youthening and rejuvenation.

MAO inhibitors make one younger as they allow more neurotransmitters to remain in the bloodstream. A primary phenomenon that separates children from adults is the level of neurotransmitters in the blood and bodies of children. Generally, as one remains on the planet longer and longer, the level of neurotransmitters decreases. This creates physical rigidity, less creativity, less joy, and more aging! Cacao, being an MAO inhibitor, keeps plenty of neurotransmitters in circulation and thus stops this phenomenon from ever occurring.

### **Aphrodisia**

As with all languages, the peoples of pre-Columbian Central America often spoke in metaphors composed of words or phrases which, when uttered in sequence, had a hidden meaning. One of these metaphors was yollotl, eztli, "heart, blood," which referred to cacao.

Chocolate truly is food for the heart - it is the heart's "blood," due to its magnesium, antioxidants, love chemicals and esoteric properties. Chocolate, as we know it, is known for its sensual love vibration. Chocolate is the symbol of sensuality, pleasure, and sexuality. Some writers have claimed that 50% of women prefer chocolate to sex! (imagine if they were given real chocolate: cacao beans!)

We have often heard that "chocolate opens the heart" - which is actually true. Chocolate is the gift to all lovers. Chocolates are always given as love offerings. A box of chocolates is one of the most common gifts for Valentine's Day.

Cacao, because it is unadulterated, has an even stronger love energy. In ancient Aztec wedding ceremonies, the bride and groom would exchange 5 cacao beans with each other.

### **Nature's Prozac (Anti-Depressant Properties of Cacao)**

As we have noted, cacao is one of nature's richest sources of magnesium, which is a heart as well as brain mineral. Cacao is also a great source of serotonin, dopamine, and phenylethylamine, three well-studied neurotransmitters, which help alleviate depression and are associated with feelings of well being. Cacao contains monoamine oxidase inhibitors (MAO Inhibitors) that improve our mood because they allow serotonin and dopamine to remain in the bloodstream longer without being broken down. Cacao contains anandamide which delivers blissful feelings. Cacao also contains B vitamins, which are associated with brain health. All this makes cacao a natural prozac!

Research by British psychologist, Dr. David Benton at the University of Wales in Swansea, found chocolate to be an excellent mood elevator. When he played sad music to a group of students, their moods sank. He then offered them the choice of milk chocolate or carob (a natural chocolate substitute that is similar in taste). Without their knowing which product they were eating, the participants found that the chocolate raised their moods, while the carob did nothing. Moreover, as their moods fell, their cravings for chocolate increased.

### **Raw Chocolate**

The truth about the health-benefits of chocolate is finally reaching our ears. However, the whole truth should be told. Chocolate is healthy if it is dark with no added dairy products/milk or refined sugar. Even better are raw cacao beans, the "food of the gods" which possess all the magical properties of chocolate without any adulteration or processing! Add real chocolate chips (crushed cacao beans) to your favorite dessert and watch all heaven break loose! Experiment with, eat, and enjoy real organic cacao beans and you will know why the Mayans and Aztecs used cacao as money!

### **Chocolate Nut-Milk Recipe**

- 1 liter (4 cups) of coconut water
- 20 cacao beans (preferably peeled)
- 10 raw cashews (everyone loves cashews!)
- 3-5 tablespoons of carob powder and/or maca powder (maca is a powdered root from Peru that is an amazing high-protein superfood aphrodisiac, strengthener, and fertility enhancer)
- 3-5 tablespoons of honey and/or agave cactus nectar
- 2 tablespoons of hempseed oil
- 2 tablespoons of coconut oil/butter
- 2-3 pinches of sea salt (preferably celtic sea salt or Himalayan pink rock salt)





2-3 sprinkles of cinnamon

Blend all ingredients, drink, and arrive back on Earth in about 2 hours!

David Wolfe ([www.davidwolfe.com](http://www.davidwolfe.com)) is the author of The Sunfood Diet Success System, Eating For Beauty, co-author of a currently-untitled book on raw cacao and Professor of Live-Food Nutrition at Gabriel Cousens Tree of Life Masters Program in Patagonia Arizona. He is considered by peers to be the leading authority on raw-food nutrition. David is supported in his nutritional mission by the online healthfood store Rawfood.com.

### **Cosmic Chocolate Truffles** (from [www.thebestdayever.com](http://www.thebestdayever.com))

1 1/4 cups ground **Cacao** nibs

2 cups **Hemp seeds**

2 Tbs **Cacao** powder

1 Tbs **Carob** powder

3/4 tsp **Himalayan salt** or **Celtic sea salt**

4 Tbs **Agave**

4 Tbs **Dark Agave**

6 Tbs melted **Cacao** butter

2 Tbs **Coconut** butter

1/4 tsp **Cayenne pepper**

**Assembly:** Grind nibs in Vitamix or coffee grinder. Add first 6 ingredients to food processor, blend well; about 30 seconds. Add remaining ingredients, and process into a beautiful "dough".

Roll into balls by hand, and coat the outside in any of the following:

Ground **Cacao** nibs, **Cacao** powder, **Poppy** seeds, **Hemp seeds**, **Hemp** protein powder.

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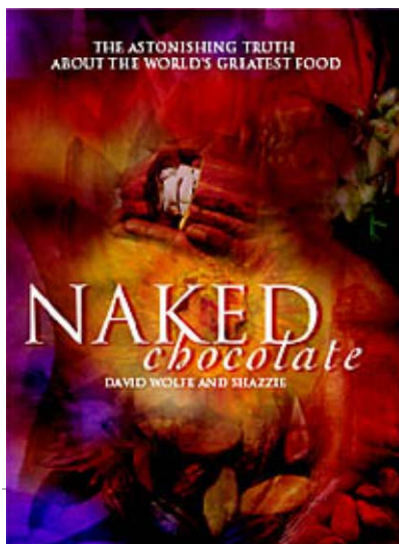
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### ***Naked Chocolate* by David Wolfe AND Shazzie:**

Contains nearly 100 raw chocolate recipes!!!

Learn and Experience How Cacao (raw chocolate): the Food of the Gods allows you to:

- Eat less, lose weight, and live more
- Heal and open your heart
- Alleviate depression and lost love
- Increase your sensuality and beauty

- Double your joy
- Nourish your brain
- Accelerate your nutrition
- Attract prosperity into your life
- Experience the world's most wonderful aphrodisiacs
- Make the most outrageous beverages, desserts, cakes, ice creams and many other super treats!

Special Notice: The recipes in this book allow you to find that perfect alchemical potion that causes all heaven to break loose.

Raw chocolate is suitable for vegetarian and vegan diets -- and great for kids too!!!

Warning: Reading this book may cause you to have The Best Day Ever!

Order raw, certified organic Cacao Beans and Cacao Nibs here



**Check out some of the recipes!**



**Chilli con cacao**



**Cinnamon rolls**



**Violet's violent end**



**Crying in the chapple pie**



**Fudge reloaded**



**Chocolate sauces**



**Chocolate tarts**



**Hot chocolate**



**Charlotte Russe's beetroot mousse**



**Prince Pondicherry's chocolate cherry cake**

## **WHY YOU MUST STAY AWAY FROM PROCESSED CHOCOLATE**

Source: [www.mercola.com](http://www.mercola.com)

I hope you've loaded up with [natural whole food treats](#) for all the treat-or-treaters who will knock on your door later today, and left those Hefty bags of candy bars, full of processed chocolate, at the grocery store.

But, if you're skeptical at all of my [warnings about chocolate](#), here's one more reason to be careful: To protect your family **from health-harming lead exposure**, according to a new study.

After comparing cocoa beans, their shells and soils from six Nigerian farms with processed cocoa and chocolate products, researchers discovered the average concentration of lead in raw beans was among the lowest reported values for a natural health food (0.5 nanograms).

Conversely, processed chocolate products contain **60 times** the amount of lead found in raw beans. Although exactly when in the process cocoa becomes contaminated with lead -- after harvesting and drying, shipping or processing -- is uncertain, researchers believe the use of leaded gasoline in Nigeria may be a major contributor to the problem.

All the more reason, if you're going to eat chocolate at all, restrict your intake to [the dark, organic kind](#).

[Environmental Health Perspectives, Vol. 13, No. 10](#) **Free Full Text Article**



# EVERYTHING YOU HAVE BEEN TAUGHT ABOUT CHOCOLATE IS A BIG FAT LIE

Source: David Wolfe, [www.thebestdayever.com](http://www.thebestdayever.com)

## Lie #1: Chocolate will make your skin break out.

==> **Truth:** *Processed* chocolate is bad for your skin.

Fact is, research by the U.S. Naval Academy concluded that there is *no evidence* that chocolate causes or exacerbates acne. It is likely that the sugar added to chocolate exacerbates acne.

## Lie #2: Eating chocolate will make you sick!

==> **Truth:** Raw, organic chocolate (eaten in its natural state) is one of the best foods you can eat!

According to research cited in The New York Times, fresh cacao beans are super-rich in **antioxidant flavonols**. Cacao beans contain 10,000 milligrams (10 grams) per 100 grams of flavonol antioxidants. This is a whopping 10% antioxidant concentration level! This makes cacao one of the richest sources of antioxidants of any food.

## Lie #3: Chocolate has caffeine.

==> **Truth:** Chocolate becomes caffeinated when *processed*. Raw, Organic chocolate has **theobromine** which makes up between 1-2% of the cacao bean. Theobromine stimulates the central nervous system, relaxes smooth muscles, and dilates blood vessels.

## Lie #4: Chocolate gives me a sugar-high, but then I crash!

==> **Truth:** The sugar in processed chocolate gives you a sugar high. Raw, organic chocolate contains no sugar at all.

## Lie #5: People with diabetes can't eat chocolate.

==> **Truth:** People with diabetes need raw, organic chocolate for the 300 chemically identifiable compounds.... making it one of the most complex food substances on Earth!

## Lie # 6: I'm allergic to chocolate

==> **Truth:** A recent study showed that only **one out of 500 people** who thought they were allergic to chocolate actually tested positive. The idea that chocolate is a common allergen has been around for a long time, but recent evidence suggests allergy to chocolate is quite rare. It is more often the case that the person is in fact allergic to milk and dairy products.

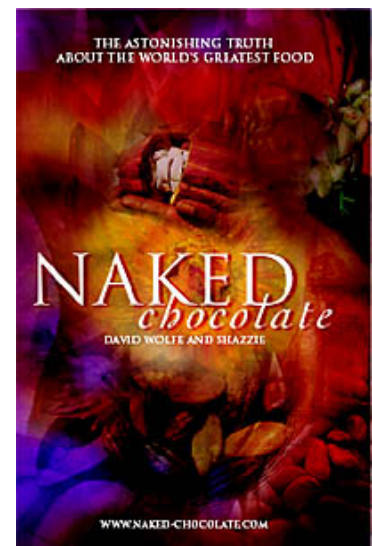
## Lie # 7: Chocolate is a "junk food"

==> **Truth:** Chocolate is a **health** food! The Cornell researchers, led by Chang Y. Lee, chairman of the Department of Food Science and Technology at Cornell University's New York State Agricultural Experiment Station in Geneva, N.Y., say the reason that cocoa leads the other drinks is its high content of antioxidant compounds called phenolic phytochemicals, or flavonoids.

## CACAO ALCHEMY: CACAO'S BEST FRIENDS

Source: Listed from: [Naked Chocolate](#) by David Wolfe (105-121)

Allspice  
Aloe Vera  
Bee Pollen  
Blue Green Algae  
Carob  
Cashews  
Cayenne  
Celtic Sea Salt  
Cherries  
Chiles  
Cinnamon  
Citrus Fruits  
Coconuts  
Durian  
Hemp Seed  
Honey  
Maca  
Mango  
Mint  
Noni  
Papaya  
Passion Fruit



Pau D'Arco Tea  
Pineapple  
Raspberry  
Rooibos Tea (Red Tea)  
Salvia Divinorum  
Spirulina  
Vanilla

## CACAO DRINK RECIPES

Sources: see below

### CACAO D'ARCO RAIN

By David Rainoshek, M.A.

[www.JuiceFeasting.com](http://www.JuiceFeasting.com)

#### Ingredients:

- Good Earth Original Tea, 2-4 bags
- Pau D'Arco Tea, 2-4 bags
- 1.5 quarts water
  
- 1 ¼ cups total of a mix of: Sesame Seeds, Hemp Seeds, and Pumpkin Seeds
  
- ¼ tsp Nutmeg
- ¼ tsp Cinnamon
- 1 Vanilla Bean or 1 tsp Vanilla Extract
- 1 heaping T Maca
- 1 T Bee Pollen Granules
- 1 T Cocoa Powder (Unsweetened)
- 1 T Raw Carob Powder
- 8 T Ground Raw Cacao!
- 1-3 Bananas, to taste

## Directions:

Make a tea using nearly 2 quarts of water with 2 bags of Good Earth Original tea and 2 bags of Pau D'Arco tea.

Turn off the water after it boils, and allow all the tea to steep in the water as it cools to a slightly warm temp for 4+ hours. Remove the tea bags.

To a Vitamix container, add 1 cup of nuts or seeds. My favorites for this cacao recipe are sesame, hemp seed, and pumpkin seed.

Pour the slightly warm tea into the Vitamix. Blend and then strain to make nut mylk.

Pour the delicious Good Earth/Pau D'Arco nut mylk back into the Vitamix, and add:

¼ tsp Nutmeg  
¼ tsp Cinnamon  
¼ tsp Guarana  
1 Vanilla Bean or 1tsp Vanilla Extract  
1 heaping T Maca  
1 T Bee Pollen Granules  
1 T Cocoa Powder (Unsweetened)  
1 T Raw Carob Powder  
8 T Ground Raw Cacao!  
1-3 Bananas, to taste

Blend well and drink slightly warm in a small bowl. To go further, drink this beverage with a bowl of Durian! This drink, combined with Durian, really will fill you with joy and love, clear and open your mind, focus your concentration, and make all your friends and loved ones irresistibly curious about nutrient dense raw food nutrition.

## CHOCOLATE NUT MYLK

By David Wolfe

[www.nakedchocolate.com](http://www.nakedchocolate.com)



This amazing drink comes to us via [Nature's First Law](#) and [David Wolfe](#). If you like chocolate you are going to LOVE this drink.

If you are having a hard time finding the ingredients, you can order them online from the [rawfood.com](http://rawfood.com) super store.

## Ingredients

- 1 liter (4 cups) of coconut water
- 20 cacao beans (preferably peeled)
- 10 raw cashews (everyone loves cashews!)
- 3-5 tablespoons of carob powder and/or maca powder (maca is a powdered root from Peru that is an amazing high-protein superfood aphrodisiac, strengthener, and fertility enhancer)
- 3-5 tablespoons of honey and/or agave cactus nectar
- 2 tablespoons of hempseed oil
- 2 tablespoons of coconut oil/butter
- 2-3 pinches of sea salt (preferably celtic sea salt or Himalayan pink rock salt)
- 2-3 sprinkles of cinnamon

## Directions

Blend all ingredients, drink, and arrive back on Earth in about 2 hours!

## CHOCOLATE RAW FOODS ROUNDUP: THE BEST NEW CHOCOLATE SUPERFOOD BARS REVEALED

Thursday, March 29, 2007 by: Mike Adams, <http://www.naturalnews.com/021756.html>

Ah, the taste of raw chocolate! It's more than just a food, it's a superfood with increasingly well-documented health benefits. The very name of one of the active chemical components in chocolate (theobromine) is derived from the word *theos* (the same word root as *theology*), which gives you a hint of just how much our ancestors worshipped chocolate as, "food of the Gods."

As more consumers are seeking healthful chocolate bars without all the added sugars and milk fat, I set out to find the best new raw [chocolate](#) products made only with wholesome ingredients. No refined [sugars](#), no animal products and no junk, just pure ingredients with potent nutritional benefits.

This task required eating enormous quantities of chocolate. Or at least that's what I told everyone between bites. In reality, it required just as much research as taste testing, and in the end, I found four chocolate products worth including in this review. Three out of the four offer [raw cacao](#). Here's the list:

### Everything Raw ([www.EverythingRaw.com](http://www.EverythingRaw.com))

Through sheer chance, I stumbled into a raw chocolate [superfood](#) company just launching a new product called, "Raw Decadence." They didn't even have wrappers ready for their product (I sampled it out of a large plastic bag), but the product speaks for itself in terms of ingredients: all organic, raw, nutritious ingredients made into a delicious food bar.

Imagine raw cacao with [agave nectar](#), cinnamon, vanilla, nuts and [seeds](#), blended together in a tongue-teasing recipe that gives you a natural chocolate high without the blood [sugar](#) problems



found in sugary [chocolate bars](#). This chocolate food bar impressed me so much that I bought five boxes myself and have been handing them out to people ever since. The feedback? Everybody loves 'em.

This is an outstanding chocolate superfood bar from a company that deserves some good recognition for keeping their products honest and well-intentioned. Highly recommended. Five stars. Order Raw Decadence bars at <http://www.everythingraw.com/store.htm>

### **Superfood Snacks ([www.superfoodsnacks.com](http://www.superfoodsnacks.com))**

This company makes Chocolate Goji Treats, which contain blended [goji berries](#), raw cacao and other ingredients (see below). They look like chocolate balls (about the size of a quarter) and taste like a free vacation to chocolate Heaven. Plus, thanks to the goji [berries](#) and other ingredients, they have a super high ORAC value of nearly 15,000 units per serving (91g). That's a higher rating than blueberries!

Even the bag is really interesting. It's made with sacred geometry patterns and a color scheme that looks like a Tibetan Mandala. I noticed good vibes just from the bag itself, not to mention the fantastic food inside! And the bag is made from biodegradable and compostable cellulose films processed from sustainably harvested wood pulp. Can you eat the bag? I don't know. I was too busy eating the chocolate inside.

Speaking of what's inside, here's the ingredients list: Agave nectar, Goji berries, Ecuadorian [cacao](#) powder (non-hybrid criollo variety), walnuts, Hunza raisins, coconut, dates, sesame seeds, black sesame seeds, maca powder, truly raw sun-dried vanilla powder, [cinnamon](#), sustainably hand-harvested Himalayan crystal [salt](#), cayenne pepper, and "lots of love."

You'll notice that just about every ingredient listed here is a superfood of one kind or another. This is truly a chocolate superfood product. Five stars, highly recommended.

### **Life Force ([www.LifeForceLLC.net](http://www.LifeForceLLC.net))**

Have you ever felt like you actually fell in love with a food product? It sounds strange, but I recently fell in love with the Life Force line of chocolate products made by Life Force LLC.

It's hard to give this company all the credit it deserves in such a brief article (I could write an entire article just about Life Force products), but here's the short version: Outstanding taste, all raw, organic ingredients and lots of good vibes. They have a healthy variety of flavors available (and I encourage you to try them all), even beyond mere chocolate.

My favorites are the Apple Granola Spice, Chocolate Vanilla, and Sun-Flax Raisin raw organic bread. They also have an **Oat Vanilla Goji** bar that will absolutely blow your mind. Check out the ingredients:

Raw Organic Almonds, Raw Organic Oat Groats, Raw Organic Agave Nectar, Raw Organic Dates, Raw Organic Goji Berries, Raw Organic Flax Seeds, Raw Organic Coconut Oil, Raw Organic Mesquite Meal, Raw Organic Vanilla Bean, Raw Organic Celtic Sea Salt, Raw Organic Nutmeg, Raw Organic Cardamon, Raw Organic Fennel.

(The Cardamon / Nutmeg mixture will send you on a taste sensation vacation, believe me. Unless you're big into [raw foods](#), you've probably never tasted food like this.)

When it comes to raw, nutritious foods, it doesn't get any better than this, folks. I spoke with the owner, Aaron Suttchenko, and he said they're ready to ship right now. They offer a 10% discount when you buy the **Sampler Pack**, which is what I recommend. It gives you a taste of all their products so you know what to order in bulk the next time.

Their [e-commerce](#) system isn't all that great (PayPal only), but if you get stuck, you can call them at 513-470-1787 and order over the phone. Hopefully they'll upgrade their e-commerce in the future and make it easier to order from their website.

### **Also worth mentioning**

If you're looking for just a straight chocolate bar, without all the [superfoods](#), try **TheoChocolate** ([www.TheoChocolate.com](http://www.TheoChocolate.com)), which offers a jaw-dropping 91% cacao content bar that tastes downright delicious. It's rich. I mean really rich. It tastes like you sledged face-first down the hillside of a cacao plantation with your mouth open, cramming raw chocolate beans into your face (and I mean that in a good way). Compared to this bar, a typical store-bought chocolate candy bar is but a shadow of the real thing.

The bar you're looking for is called *Theo Venezuela Limited Edition Dark Chocolate Bar 91%*, and you can grab details at <http://www.theochocolate.com/products/>

Enjoy all the chocolate, folks! Although you can't really eat your way to happiness, these chocolate superfood bars are the next best thing. Just remember: Enjoy your chocolate, but don't forget to balance your diet with other nutritious items, too.

If you order from any of the companies mentioned here, tell 'em you read about them on NewsTarget!

Full disclosure: Neither Mike Adams nor NewsTarget.com have received any payment or compensation to write this review. We earn nothing from the sale of the products mentioned here. We did, however, eat a lot of chocolate product samples in researching this story. Expect frequent updates.