



English



MMSNEWS
MMS, Jim Humble, Genesis II Church

ive communities in young adult fiction, youth audience discords layer.
ges of development, and treatment, the dewatering and dewatering of soils
progressive period by virtue of which mixes the subjective and objective,
l connections of things.



Jim's Humble's website, blog



A word from Jim Humble

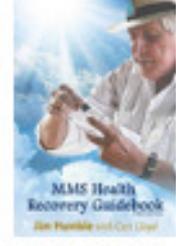
I want to tell you about a breakthrough that can save your life, or the life of a loved one. In 1996, while on a gold mining expedition in South America, I discovered that chlorine dioxide quickly eradicates malaria. Since that time, it has proven to restore partial or full health to hundreds of thousands of people suffering from a wide range of disease, including cancer, diabetes, hepatitis A, B, C, Lyme disease, MRSA, multiple sclerosis, Parkinson's, Alzheimer's, HIV/AIDS, malaria, autism, infections of all kinds, arthritis, high cholesterol, acid reflux, kidney or liver diseases, aches and pains, allergies, urinary tract infections, digestive problems, high blood pressure, obesity, parasites, tumors and cysts, depression, sinus problems, eye disease, ear infections, dengue fever, skin problems, dental issues, problems with prostate (high PSA), erectile dysfunction and the list goes on. This is by far not a comprehensive list. I know it sounds too good to be true, but according to feedback I have received over the last 20 years, I think it's safe to say MMS has the potential to overcome most diseases known to mankind.

It is important to note that MMS does not cure disease. MMS is an oxidizer, it kills pathogens and destroys poisons. When these are reduced or eliminated in the body, then the body can function properly and thereby heal. I often say, "The body heals the body". MMS helps to line things up so the body can do just that.

I have done many things in my lifetime—gone from a backwoods boy in Alabama, to the Marines, to a nutritional and alternative health enthusiast, to Aerospace, to electronics researcher, to inventor (of many things), to gold mining. Realizing I found "real gold" when I discovered MMS, from that point on I've dedicated all my time and effort to helping others recover their health and to bringing this technology to the world. It is my mission to bring this knowledge of health recovery to mankind. All profits from the sales of my books go towards this mission.

Disclaimer: The protocols described on this site are official sacraments of the Genesis Church of Health and Healing. The reader accepts 100% responsibility for any and all use made of any information herein. Licenses: Except where otherwise noted, content on this site is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License.

AVAILABLE NOW



WHERE TO BUY MMS
[MMS Systems Worldwide](#)

VIDEO SECTION

- **DISKED PROOF THE RED CROSS CAN DO 136 Malaria Cases with MMS**
- **Second Leased MMS Cross Video, Published Jul 1, 2013**
- **First Leased MMS Cross Video, Published May 2, 2013**
- **Jim Humble Interview Central Station**
- **Jim Humble responds to the NSA**

www.JimHumble.is

GENESIS II
CHURCH OF HEALTH & HEALING

Genesis II Church Documentary | Genesis II Group

Home | About Our... | Genesis II... | MMS (Master Worded Solutions) | Contact The Church

GENESIS II
CHURCH OF HEALTH & HEALING

We believe in...
 - Doing good deeds
 - Doing what is right
 - Good health for all mankind
 - Freedom for all mankind
 - Enlightening others with truth
 - Helping one another
 - Integrity in all things

Sign Up

The G2Voice Broadcast: Sundays 10AM CST

G2Voice #096 Crimes against Humanity from Governments of the world (9/11) - Part 1
 Speaker
 7:12:2018
 00:00 | 01:36:35

Visit the G2Voice Broadcast at www.G2Voice.is or email at info@g2voice.is
 See our new weekly videos of the broadcasts at G2Voice YouTube
 You can also find the G2Voice on [Twitter](#), [YouTube](#), [Facebook](#), [Tumblr](#) and plus there is a Live Chat during live shows.

MMS Video Course | Mark Green's Books | G2 Resources/Podcasts
 Video Course MMS | Jim Hamlin's Books | Church Membership
 SEMINARS | ON THE MAP | GUIDANCE

www.Genesis2Church.is

G2Voice Broadcast #93: Fantastic Benefits of Cacao; A Powerful Super-FOOD! (6-21-2018)



A FREE CHURCH UNDER COMMON LAW





**G2Voice Broadcast #93: Fantastic Benefits of Cacao;
Powerful Super-FOOD!**

Sunday, June 24th at 10 AM CST

www.g2voice.is

[Pray for Hawaii!](#)

Last week's G2Voice Broadcast

**G2Voice Broadcast #92: Why do we have deficiencies in
our bodies?**

Sunday, June 17th at 10 AM CST

www.g2voice.is

Next week's G2Voice Broadcast

G2Voice Broadcast #94: Crimes against Humanity and

GOD by International Red Cross and our own Governments!

NOTE: Spanish subtitling is being done each week now

G2Church Seminars

**Upcoming 2 day Genesis II Church MMS seminar:
Ngatea, North Island, New Zealand: 20th & 21st of July
2018.**

Become a Health Minister of the Genesis II Church of Health and Healing. **Bishop Roger is conducting a 2- day training seminar in Ngatea, New Zealand;** Friday the 20th and Saturday the 21st of July 2018, 9.30am to 5pm. Archbishop Mark will also be paying us a skype visit during the seminar.

The seminar will be held at Ngatea Water Gardens Function Centre, Bratlie Place, Ngatea; (approx 1 hour from Auckland and Hamilton; and one and a half hours from Tauranga).

You will learn about the sacramental protocols of the Genesis II Church of Health and Healing, and much more ... Contact for registration: info@miraclemineral.co.nz

Genesis 2 Church Seminar in Denver, Colorado.

Aug 18th-19th

It is in folks, we have the location for our seminar in Denver. It is near the International airport making it easier for those who will be traveling.

The hotel link: <http://homewoodsuites3.hilton.com>

Since lodging is not included in the seminar enrollment donation, you will have to reserve your own room. Below you will find a link containing all the information for this seminar. Hope to see many in attendance, it is gonna be fun!!!

Denver Seminar info: <http://genesis2church.is/seminar>

Hope to see many in attendance!!!

Israel - October?

Please let us know if you are interested in attending a G2Church Seminar in Israel! Love to share what we know and have learned with the people of Israel! Contact Jonathan at: jonathan@genesis2church.

Reviews of the G2Sacraments

Hello everyone!

Over the past year we have been accumulating reviews from our

customers!

We are happy to announce that we are sorting the reviews and will be publishing them on

<https://www.facebook.com/GenesisIIChurch/app/22266451473402>

You will not only see reviews but testimonies from you and many others! This is a great way to share with our loved ones the amazing results we have seen and experienced time and time again by taking the MMS according to the Genesis2church protocols.

Our reviews are available below all our products on g2sacraments.org, but you can see every published review at

<https://www.facebook.com/GenesisIIChurch/app/22266451473402>

Newsletter signup

***NOTE:** We are being BLOCKED by different servers or the newsletters are going into your spam! So, if you are not getting your weekly G2 Church Newsletter, signup with another e-mail account to ensure you receive these INFORMATIVE newsletters about how to practice SELF-CARE!*

<https://mmsnews.is/signup>

Archbishop Mark Grenon's New Book!

You can now donate at: www.g2churchbooks.org for the PRINTED book
“Imagine, A World Without DIS-EASE Is IT Possible? In English and Portuguese now available!

This will help the Genesis II Church to do more worldwide!

NOTE: 100% of ALL donations for this VERY Informative Book go to the Genesis II Church of Health and Healing. Let's get this book into 10's of thousands of people around the world to open their eyes to the Truth about DIS-EASE and what to do to **“restore health”** from ANY DIS-EASE of the body!

NOTE: For those with access to Amazon Shipping this might be your best way to secure a copy anywhere in the world!

[https://www.amazon.com/Imagine-World-Without-DIS-EASE-Possible-ebook/dp/B079XSTV86/ref=dp_kinw_strp_1?](https://www.amazon.com/Imagine-World-Without-DIS-EASE-Possible-ebook/dp/B079XSTV86/ref=dp_kinw_strp_1?dpID=41ch%252BoJFMdL&preST=_SY445_QL70_&dpSrc=detail)

[dpID=41ch%252BoJFMdL&preST=_SY445_QL70_&dpSrc=detail](https://www.amazon.com/Imagine-World-Without-DIS-EASE-Possible-ebook/dp/B079XSTV86/ref=dp_kinw_strp_1?dpID=41ch%252BoJFMdL&preST=_SY445_QL70_&dpSrc=detail)

BUT, only 50% goes to the Church when purchased on Amazon.

NOTE: Spanish translation of: ***“Imagine, A World Without DIS-EASE”*** by Mark Grenon coming soon!

Lifetime Membership in the Genesis II Church of Health and Healing

Instead of renewing your G2 Church Membership yearly why not pay for a lifetime membership for a donation of 200 U.S. and be a G2 Church

Member for LIFE!! For more information contact us at:

membership@genesis2church.is

NEW G2Church map:

<https://genesis2church.is/contact-map>

Here is where some of our Churches are located worldwide. Contact Jordan at; jordan@genesis2church.is if you want yours listed.

Note: The Head Bishops will decide who is listed and who is not listed. There are some that prefer not to be listed due to the religious persecution of their governments.

Uncensored sites we are joining

Here is a new video/news/uncensored site we joined as the G2Church. Please go there and join and follow us to have a voice in this Health Revolution with are in! <https://oneway.com/g2church/posts>

We have applied for membership in another NEW uncensored site to take the place of YouTube. It is called REAL.Video which will be

launched worldwide July 4th by Mike Adams

Health Ranger announces Real.video as “the answer to YouTube censorship” bypass tyranny and censorship with p2p file sharing

<https://www.naturalnews.com/2018-03-07-health-ranger-announce-real-video-as-the-answer-to-youtube-censorship-bypass-tyranny-and-censorship-with-p2p-file-sharing.html>

Note: We have been approved by Real.video and will be able to upload our videos in mid June for another uncensored video site!

Weekly Testimonies

- **Mark,**

Just wanted to share good news about my Dad who is in his late 60's. years ago he was diagnosed with Multiple myeloma and simply preparing for his last days. When diagnosed He refused any Chemo & Radiation, and started using herbs to extend his life. So I couldn't convince him to stop using the herbs for MMS1. After years of the Herbs his blood cancer tests were still high, but herbs were keeping him alive. I didn't know where to turn, so I simply prayed for solution. Within months of prayer I listen to one of your broadcast with a Heal Minister from Peru who was healing people with MMS2. So picked back up Jim's book that I purchased a year earlier "MMS of the 3rd Millennium" and re-read the chapter on MMS2 at least 25 times. was excited to learn that herbs will not neutralize MMS2.

I made full size-0 MMS2 capsules for my dad to take. After 3 months o

MMS2 my dad had a normal blood test. His Hematologist just assumed it was fluke test or was an error and had him come back a month later for another test. That test came back with even better results. The doctor was shocked because he never had a patient ever get better. He asked my dad “What are you doing?” My dad only replied with “My son gave me something to boost my immune system”.

Thank you for your show. It’s a life saver.

- **Cat Healed**

BEFORE



AFTER



Nope

Nothing uncomfortable !

Thanks

Friday I will do a blood exams !

Ps Off the record or for the records , last week in the afternoon I was feeling a bladder infection was coming ...((I know my body))I had it before , one of those . And I said to my self (((Always I flush it away with vitC and a water . Water))))

“” o no again ..4 ... 6 days of pain “ ... “” strangely “” last only 1/2 days . The day after did not felt nothing ... and even remember later in the night ... saying to

My self “” hummm the sacraments !?! “

Ha ha ha

Ciao

Thanks

Marcello

- Dear Good Fellas,

First of all, I would like to thank Jim Humble, the Grennon Family, Daniel Smith, Adam Abraham, Grant Maanum, and everyone else not known to me for fighting the good fight to keep MMS alive and in doing so helping Mankind. I have been in touch with Jordan for the past few weeks as a newbie to MMS and he has been most kind in responding to my rather lengthy emails at times.

A little background:

I have been suffering with dis-ease for as long as I can remember, so pretty much since I was a young child, perhaps even as a baby, I just

can't remember that far back. I am a product of the Nestle Conspiracy. Many people do not know what Nestle did to destroy millions of lives. I happened to be born one year too late, in 1974. The very year Nestle decided to introduce a new baby formula to compete with mothers' breast milk. Every Allopathic Doctor (Medical Doctor) was trained to sell the formula to new mothers based primarily on Soy Bean and Grains; the story was that it is loaded with more nutrients than mothers' breastmilk and best of all it is convenient, no sleepless nights. Every woman that went to have her baby in a hospital was told, guided, instructed, practically forced to try the formula by being given a free 3-month supply. This is where it gets evil, this was done in first world countries & third world countries in all hospitals & clinics possible. They milled raw or heat-treated soy bean (toxic) along with all the other raw milled or heat-treated grain/bean ingredients, including heavy metals from the processing and non-organic vitamins and minerals, created the perfect formula for creating disease in the human body. I am one of the millions Nestle International poisoned. They have shaped a lifetime of disease for anyone who has known disease as a young child. For me this started with allergies, then asthma at a young age, in the 70's there was no real treatment for the asthma, so the Doctors loaded me up with penicillin via injection at each visit, destroying my homeostasis even further. Let's not forget about the Vaccines to top it off. As if all of the above is not evil enough, here is where it gets taken to a new level of evil. Nestle and their cohorts knew full well that most women would lose their breast milk within a week or two, if the newborn was not nursed, so even if they wanted to dump the formula and breastfeed they would not be able. This ensured Nestle millions of guaranteed consumers and profit. People of the first world could afford

guaranteed consumers and profit. People of the first world could afford to buy enough supplemental nutrition & formula to keep their newborns alive. The third world families who adopted the formula did not fare so well, as they could not keep up with the cost of the formula and since the mothers milk had dried up, they started watering down the formula, which led to the starvation of millions of newborns. Nestle to this day still continues to poison people with formula and processed packaged foods all over the world.

The words above are not just mine, they are for the many. This year I will be 44, I almost died twice in my life, once at the age of 7 from Asthma & at 37 auto-intoxication. Oddly, enough I had MMS 7 years ago in my hands with Mr. Humbles some months after I getting intoxicated/poisoning, but I was too weak to take 15 drops every few hours and that would have surely pushed me into Herxheimer Hell. As diatomaceous earth did, I was just taking a teaspoonful of diatomaceous earth in a full glass of water and within just 4 days, the DE started killing off more than my poisoned body could handle. That tidal wave of pain and inflammation left me unable to eat, sleep or rest for two + months straight. I went to allopathic doctors to alternative doctors, I bought every supplement imaginable, tried Ozone & H2O2 treatments, along with IV Vitamins/Minerals then bought a Rife Machine, an Ozone Sauna Machine, a UV Blood Irradiating machine Bob Beck's machines. I eventually ended up on high dose Vitamin C with a special diet that I created over the period of 7 years by trying 5 different diets. I tried the D'Adamo blood type diet (veggies & meat), the Gerson diet (Vegetarian), the 80/10/10 Raw Vegan diet, the Paleo Diet, lastly the Keto Diet. I ended up on a diet that is Biblical with

some fruit, some carbs and some animal foods daily. There is probably much more I did/tried that I am not even remembering at this moment in time. All helped with minimal improvements, but the C helped me get through many bad times. I was taking mega doses as high as 120 grams or 120,000mg. I remember telling my wife, if I thought I could get better eating dirt I would, with no hesitation, so when people say that MMS is bleach, I say so what, it is the only thing in 43 years that has truly made me feel human since birth and I am only up to 1.5 drops of CDS every hour within a couple of weeks. I started at an 1/8th and worked up the fractions gradually, even repeating some doses two or three days in a row till I felt it was time to move up. I can't imagine how 3 drops or beyond will make me feel, plus DMSO in the mix and eventually Calcium Hypochlorite.

It amazes me how some of us have even been able to survive into adulthood despite the maliciousness we have been subjected to as truly innocent and helpless beings. Still we are here, we are created and we are glorious in our perfection!

I am writing all of this to you to let you guys know that I have truly suffered in this life, so I am compassionate to those suffering. In consideration Having said that, I noticed that there is no GS2 Chapter here in Paraguay. If you guys ever decide to come down to Paraguay for a visit I would welcome it and be happy to assist with whatever I could. It would be good to keep in touch till that time. As soon as my health is restored I plan to make a road trip down to Colombia, so perhaps we can meet then.

To end, I will say that I am outraged with what has happened to Daniel Smith. It is unbelievable and unacceptable. It just goes to show that

there is no way to have a fair fight with the opposing interests. Making it even more critical for all in favor of MMS to work together smarter and harder. MMS can only continue growing grassroots as it started, but all must be on the same page and the sacrament supply structure must be changed in my humble opinion to avoid others suffering the fate of Mr. Smith. I see ways to improve the marketing, the network, the training, and the current supply system of Sacramento.

That's all folks!

love, peace & chicken grease!

Sal

- **Testimony from the Bahamas: Sinuses and Lungs:**

- https://www.youtube.com/watch?v=t5kuL_HYXUA

- Hello,

I am trying to get rid of acid reflux. I did the MMS for about 1 week and the HCL seemed to cause my acid reflux to get extremely worse. I was taking 3 drops per hour for 8 hours each day. I followed the acid reflux protocol using the bentonite clay on two separate occasions about 1 week apart. I then found out about CDS and started taking that which was much better on the acid reflux which I took for about 10 days.

However, I discovered that the CDS was becoming non effective after four or five days. I stopped taking the CDS and started back on the MMS activated drops but the acid reflux has gotten worse again. I started MMS on May 3rd and it is now June 17th. Does anyone have any suggestions?

Thank you so much for everything you do. MMS has stopped the back

pain that I have suffered with for over 15 years and also stopped the tingling in my foot caused by the sciatic nerve damage. I also think I am starting to see a small amount of relief with my enlarged prostate. However it seems like it is very slow.

God bless you all.

Ricky

South Louisiana

- I just started and no more lung problems!

Shaun

G2Voice Broadcast #93:

Fantastic Benefits of Cacao; A Powerful Superfood!

As many of you know, I personally believe that we can get ALL the nutrients we need from REAL FOOD! FOOD that is naturally occurring and not synthetic or artificially processed!

There is a mentality that we all NEED SUPPLEMENTS or we just won't be healthy in this world. Billions are made from this lie.

Maybe it is because people today are lazy when it comes to preparing healthy foods in their homes, so they want an easy way to get health benefits. This is one reason or the MAIN reason why people like doctors. Just give me a pill Doc. Easy right? Well, if you don't do your due diligence about what you ingest into your body, then you are VERY foolish indeed! The toxins in pharmaceuticals will disrupt your whole body! This goes for the foods you eat also.

Even among the **naturalists, holistic and alternative health professions**. It is kind of comical to see people taking handfuls of supplements and SUPER drinks to keep themselves healthy. Did you know that most so-called natural supplements are owned by pharmaceutical companies? There are many good people that promote a lot of what I am talking about health-wise and are selling these INCREDIBLE supplements made from ALL natural ingredients with NO Preservatives, No filling, No TOXINS. They boast that they are the best and made in the cleanest labs etc. Logic tells me that they are not naturally occurring and they are heavy processed, full of additives synthesized or artificially made. Let me give you some examples.

Naturally Occurring

Not Naturally Occurring





Naturally Occurring

Not Naturally Occurring





So, for thousands of years, humans have eaten naturally occurring foods or foods that turned into other foods, like milk turns into cheese or grapes turn into wine and lived VERY healthy. So, now if we don't have supplements we are not going to be healthy, right? Wrong! You NEED to eat NATURAL foods.

NOTE: The ONLY "supplement" anyone should consume is one that is REAL food.

Case in point: Drying out or dehydrating fruits then eating the dried fruits. Drying out Moringa or Olive leaves and grinding them up and sprinkling on your foods to be consumed. That is a NATURAL Supplement! The label shouldn't say Anything but Dried Moringa leaves or Dried Olive leaves. When you see anything more than the REAL food, then this is usually additives, preservatives, flavors, and yes even poisons.

Toxic Chocolate: [https://www.asyouow.org/environmental-](https://www.asyouow.org/environmental-health/toxic-enforcement/toxic-chocolate/)

[health/toxic-enforcement/toxic-chocolate/](https://www.asyouow.org/environmental-health/toxic-enforcement/toxic-chocolate/)

Cacao Info

All chocolate is made from the raw cacao bean! Cacao is the seed of a fruit of an Amazonian tree that was brought to Central America during or before the time of the Olmecs. Cacao beans were so revered by the Mayans and Aztecs that they used them as money!

In 1753 Carl von Linnaeus, the 18th-century Swedish scientist, thought that cacao was so important that he named the genus and species of this tree himself. He named this tree: *Theobroma cacao*, which literally means "cacao, the food of the gods."

Cacao beans contain no sugar and between 12% and 50% fat depending on variety and growth conditions. Real Raw Food's cacao has around 40% fat content (low compared to other nuts). There is no evidence to implicate cacao bean consumption with obesity. Worried about allergies? Allergies to chocolate are quite rare. It is typically the case that the person is in fact allergic to milk, dairy products and chemicals mixed into the production of heat-treated processed chocolate bars

Cacao Beans Also Contain the Following Important Nutrients:

Magnesium: Cacao may be the highest source of Magnesium the relaxer mineral. Magnesium fights acid buildup, neutralizes toxins, calms sensitivity to pain, quiets nerves, builds strong bones and teeth and is essential for many other functions. Over 80% of Americans are chronically deficient in Magnesium

Iron: Cacao beans contain about 20% of the U.S. RDA of iron per 1 ounce (28 gram) serving. Iron is a critical mineral in nutrition. Iron is part of the oxygen carrying protein called hemoglobin that keeps our blood healthy.

Chromium: Chromium is an important trace mineral that helps balance blood sugar. Nearly 80% of Americans are deficient in this trace mineral. Chromium plays a significant role in detoxifying the liver from alcohols which build up during the fermentation process of sugars and starches when we overeat or make bad food choices. It has a major influence on blood cleanse.

Caffeine and theobromine. There is a persistent urban legend that Chocolate contains caffeine. It would seem that this rumor is based primarily on a confusion between two similar alkaloids: caffeine and Theobromine. Theobromine is the active ingredient in Chocolate and it occurs only in Cacao. The two stimulants are related and have similar structures, but are very different chemicals with different properties, effects and origins. There are of course, some Chocolate products that have added caffeine, but it does not occur naturally in Chocolate.

Cacao seems to diminish appetite, probably due to its monoamine oxidase **enzyme inhibitors** (MAO inhibitors) - these are different from digestive enzyme inhibitors found in most nuts and seeds. These rare MAO inhibitors actually produce favourable results when consumed allowing more serotonin and other neurotransmitters to circulate in the brain. According to Dr. Gabriel Cousens, MAO inhibitors facilitate youth regeneration and rejuvenation. Encourages weight loss naturally.

Phenethylamine (PEA): is found in abundance in cacao beans. Because PEA is heat sensitive, much of the PEA in conventional cooked and processed chocolate is missing. PEA is the adrenal-related chemical that we produce in our bodies when we fall in love. This is likely one of the main reasons why love and chocolate have such a deep connection. PEA also plays a role in increasing focus and alertness.

In trials, doctors at Harvard found that Antioxidant compounds called **Flavonols** in chocolate help the body to produce nitric oxide, a compound essential for proper heart function. (Nitric oxide is also believed by pro bodybuilders to help increase muscularity.) Again, with Raw Cacao Powder, this effect could easily be multiplied. Remember that raw cacao powder contains about seven times as many antioxidants as cooked cacao powder, that's about 723% more!

Raw Cacao Powder has at least 33% more **Arginine**, the aphrodisiac-like amino acid believed by body builders to build muscle and aid in recovery.

Anandamide (The Bliss Chemical) - A neurotransmitter called anandamide, has been isolated in cacao. Anandamide is also produced naturally in the brain. Anandamide is known as "The Bliss Chemical" because it is released while we are feeling great. Cacao contains enzyme inhibitors that decrease our bodies' ability to breakdown anandamide. This means that natural anandamide and/or cacao anandamide may stick around longer, making us feel good longer, when we eat cacao.

Vitamin C: Cacao beans must be raw to contain vitamin C. All cooked

and processed chocolate has no vitamin C. A one ounce (28 gram) serving of Cacao Beans supplies 21% of the U.S. RDA of Vitamin C.

Omega 6 Fatty Acids: Cacao beans contain essential omega 6 fatty acids when it is RAW.

Tryptophan: Tryptophan is an essential amino acid that is transformed into important stress-protective neurotransmitters including serotonin and melatonin. Tryptophan is heat sensitive and therefore is “cooked out” in many high protein foods and in conventional processed chocolate. At least 33% more when you use Raw Cacao.

Serotonin: Serotonin is the primary neurotransmitter in the human body. Serotonin is similar in its chemistry to tryptophan and melatonin. Serotonin helps us build up our “stress defense shield.”

Theobromine: Cacao beans usually contain about 1% theobromine.

Theobromine is an effective anti-bacterial substance and kills streptococci mutans (the primary organism that causes cavities). Theobromine and caffeine are similar in that they are related alkaloids. Theobromine is weaker in both its inhibition of cyclic nucleotidophosphodiesterases and its antagonism of adenosine receptors. Therefore, theobromine has a lesser impact on the human central nervous system than caffeine. Theobromine stimulates the heart to a greater degree. While theobromine is not as addictive, it has been cited as possibly causing addiction to chocolate. Theobromine has also been identified as one of the compounds contributing to chocolate's reputed role as an aphrodisiac.

Antioxidants: Cacao contains the highest concentration of antioxidants of any food in the world. These antioxidants include

antioxidants of any food in the world. These antioxidants include polyphenols, catechins, and epicatechins. By weight, Cacao beans have more antioxidants than red wine, blueberries, acai, pomegranates, and goji berries COMBINED. Antioxidants keep you looking young and help fight disease. ORAC antioxidant laboratory analysis confirms that there are over 25,200 antioxidants in a single spoonful of our raw cacao powder! Dark chocolate has been touted as a source of antioxidants, but this raw chocolate is way beyond that. Living proof that raw is better!

Italian researchers found eating 100 grams of dark chocolate each day for 15 days lowered blood pressure in the 15-person study. The University of L'Aquila team also found the body's ability to metabolize sugar -- a problem for people with diabetes -- was improved. Because the effect was believed to be due to antioxidant levels, with Raw Cacao Powder we can likely multiply this effect. Dutch researchers indicate that dark chocolate contains four times the amount of catechin antioxidants than black tea, which is suspected of having a protective effect against heart disease and possibly cancer, due to its antioxidant properties. With Raw Cacao Powder, it would be 28 times more than Black Tea and potentially 7 times the protection!

Manganese: Manganese helps assist iron in the oxygenation of the blood and formation of hemoglobin. Interestingly, manganese is also concentrated in tears.

Zinc: Zinc plays a critical role in the immune system, liver, pancreas, and skin. Additionally, zinc is involved in thousands of enzymatic reactions throughout the human body.

Videos about Cacao

- **Cacao Beans, Natures Raw Chocolate**

<https://www.youtube.com/watch?v=q6FDFYD-4Is>

- **Raw Cacao & The Cacao Health Benefits**

<https://www.youtube.com/watch?v=AkwRjCGmTtk>

- **The cacao nib is a powerful superfood that beats out other superfoods by a landslide**

<https://www.youtube.com/watch?v=Zsr-t38M2Q>

- **Making Chocolate: Cacao Tree To Chocolate Bar**

<https://www.youtube.com/watch?v=V-4FsJ6-bzc>

13 Science-Backed Health Benefits of Theobromine - Side Effects

Introduction



Theobromine is a naturally occurring compound found in cacao plants and tea leaves.

Named after the scientific name of cacao trees, *Theobroma Cacao*, scientists found it had similar stimulation and heart effects to caffeine.

Originated in the tropical rain forests of the Americas in times of the Mayan and Aztec civilizations, it was considered a “food of the gods,” *theo* meaning god and *broma* meaning food [R, R].

Theobromine is associated with increases in energy and urine production. It also decreases the likelihood of **high blood pressure** and **asthmatic** episodes [R].

Mechanism of Action

Theobromine primarily functions to improve your circulatory, respiratory, and excretory systems [R].

It blocks phosphodiesterase enzymes and increases the activity of a messenger called **cAMP**. This messenger activates an enzyme called PKA, which reduces inflammation and causes widening of blood vessels and increases stimulation [R].

Theobromine also blocks **adenosine** receptors. These usually trigger hormones such as **norepinephrine**, that can increase blood pressure, but theobromine acts to block this. It increases the speed the brain responds to signals, such as increasing **heart rate**.

Health Benefits of Theobromine

1) Theobromine Lowers Blood Pressure

Theobromine causes blood pressure decrease quickly due to widening of blood vessels [R].

In a study (DB-RCT) of 84 healthy patients, theobromine **significantly lowered blood pressure at doses between 250 and 1,000 mg** [R].

Another study (DB-RCT) of 24 participants showed that theobromine can help high blood pressure. Within 1 hour of consumption, 700 mg theobromine successfully lowered participant's blood pressure [R].

Additionally, in another study (DB-RCT) of 42 healthy individuals, cocoa enriched with nearly 1,000 mg of theobromine caused a clear decrease in blood pressure over a 3-week period [R].

2) Theobromine is a Stimulant

Theobromine **keeps the brain and heart active and stimulated** [R].

In two studies (DB-RCTs) of 42 and 80 healthy participants respectively, doses between 300 and 1,000 mg of theobromine **increased heart rate** in a dose-dependent manner. In 5 hours, heart rate increased by about 6-7 beats per minute. This helped the subject become more stimulated and active [R, R].

After theobromine consumption, 24 participants (DB-RCT) had increased interest in study activities due to brain stimulation. [R].

3) Theobromine Helps Brain Function

In a study (RCT), 24 participants were asked to do tasks before and after theobromine intake. After theobromine intake, the subjects showed more interest in the tasks and were **calmer**. When combined with the effects of caffeine (in cocoa), these positive effects on the brain further

improved [R].

In a 30-patient study (DB-RCT), cocoa-based drinks with varying amounts of theobromine and other chocolate components called flavanols were consumed. As these flavanols took effect, participants had **improved performance on mental tasks and reduced mental fatigue** [R].

4) Theobromine Helps Remove Toxins

Through widening of blood vessels, theobromine helps the body increase blood flow. This reduces excess fluid that can collect in blood vessels, and it is removed from the body as urine, allowing blood to **filter out and remove toxins** [R].

When high blood pressure causes fluid accumulation in the body, theobromine works to decrease the fluid through increased urination [R].

5) Theobromine Increases Airflow in Lungs

Theobromine opens up pathways for air to enter the lungs, **which can lessen coughing and asthmatic episodes** [R].

By opening up the bronchioles, where oxygen exchange takes place, breathing becomes easier. In a study (DB-RCT) of 21 young adults with asthma, theobromine capsules increased bronchial diameter, which increases airflow to the lungs [R].

In guinea pigs, theobromine **treated coughing**, due to inflammation of the lungs. A dose of 32 mg/kg theobromine was supplied to guinea pigs with a cough. The amount of coughing was significantly reduced for 4

hours. Results are promising due to its natural ability to be a cough remedy [R].

6) Theobromine Prevents Tooth Decay

Theobromine can naturally **promote healthy enamel in teeth** [R].

Human molars (teeth) were more protected when treated with theobromine solution. It has even been considered as an alternative to fluoride as a toothpaste ingredient [R, R].

7) Theobromine Is Anti-Inflammatory

Demonstrated by its effects on gout and asthma, theobromine is a natural anti-inflammatory [R].

It **reduces the levels of inflammatory cytokines** such as IFN- γ and TNF- α [R, R].

In a study (DB-RCT) of 21 asthma patients, theobromine minimized airway inflammation in the lungs. This increases the patients' ability to breathe [R].

8) Theobromine Improves Cholesterol Levels

Theobromine **raises HDL (good) cholesterol, as well as reduces LDL (bad) cholesterol**. By decreasing levels of LDL, the risk of coronary heart disease is also reduced [R].

In a study (DB-RCT) of 152 healthy participants, theobromine is the main ingredient in cocoa that causes the decrease in LDL cholesterol [R].

9) Theobromine May Help with Weight Loss

Theobromine suppresses appetite, which can lead to weight loss. Through a chemical analysis of weight loss products, its components compared with others showed it is a natural substance that reduce hunger [R].

Since it is a stimulant, it also provides energy for physical activity as well as shed water weight. Theobromine-rich cocoa powder induced significant weight loss in rats by breaking down fat in the body [R].

10) Theobromine May Reduce the Risk of Cancer

Theobromine has properties that reduce the development of tumors through an inhibition of an enzyme that can lead to cancer growth [R].

A study of human cells suggests that common brain cancers can be avoided due to theobromine's **inhibition of pathways (Ras-p44/42 ERK and Akt) that promotes tumor formation**. Theobromine also reduces rapid cell regeneration, which is effective in preventing tumor growth [R].

11) Theobromine Can Help You Sleep

In a survey of 5,587 people, 30 mg theobromine supplements contributed to staying asleep for a long period. Compared to other foods with caffeine, cocoa can result in a more restful sleep due to the theobromine component [R, R].

12) Theobromine May Help Reduce Gout Symptoms

For individuals with gout, a form of arthritis, theobromine can prevent the inflammation of joints by increasing blood circulation. It also

prevents uric acid buildup, which contributes to gout [R, R].

Moderate consumption of foods with theobromine is the key to reducing gout symptoms [R, R].

13) Theobromine May Prevent Kidney Stones

Theobromine extracted from cacao inhibits the buildup of uric acid, a type of kidney stone. Since theobromine is a diuretic, it can also reduce the risk of kidney stones by increasing urine flow [R].

Side Effects

Human consumption of theobromine is not toxic unless consumed in extreme amounts. There is no lethal dosage for humans, but a constant daily intake of up to 1,500 mg is associated with the following symptoms [R, R, R, R].

- Nausea
- Loss of appetite
- Headaches
- Negative mood changes

Drug and Supplement Interactions

Theobromine **interacts with caffeine increasing heart rate, alertness and widening of blood vessels more than either substance would if taken individually** [R].

Theobromine works with another component of cocoa, epicatechin, which improves muscular health and promotes strength and faster muscle recovery. In rats, **theobromine increased the absorption of**

epicatechin into the body, resulting in increased muscle strength and recovery [R, R].

Natural Sources

Theobromine is mainly found in cacao beans [R].

- A 70% dark chocolate bar can have as much as 810 mg of theobromine, while a milk chocolate bar has 65 mg [R].
- A single block of unsweetened chocolate has 375 mg of theobromine [R].

Theobromine is also found in tea leaves, guarana berries, and cola nuts, all of which also contain caffeine [R].

Supplements

Pure theobromine is a fine bitter powder, which is taken on its own or used in foods and drinks. Some also use the powder on top of their toothpaste when they brush their teeth for its fluoride-like effects [R, R].

Theobromine can also be found in capsules, ranging from 350 to 500 mg [R].

Dosage

If you're interested in a supplement that provides a full package approach to superior cognitive function and health, we recommend Qualia, which contains Theobromine and many other great brain boosting ingredients. Use the coupon code 'selfhacked' and get 10% off a 1 time order or 15% off of a recurring order.

A standard dosage of theobromine ranges from 50 to 1,000 mg

A standard dosage of theobromine ranges from 50 to ~1,000 mg, depending on the product. Dosages of 500 mg have the greatest benefits with little to no negative side effects [R].

User Experiences

For many people theobromine successfully lowers blood pressure. They also noticed less negative side effects when they take theobromine by itself instead of in a product that also has caffeine.

It is often preferred over caffeine due to the similar but significantly milder effects. The effects of theobromine also last longer. Those who take cocoa as a supplement experience the mental benefits of combining the two substances, such as better focus, concentration, and mood.

Users also notice improved physical health when combining theobromine with caffeine because of the long-lasting energy the substances provide during exercise.

Some users experience fast-paced heart rate and get slight trembling feelings or nausea with pure theobromine powder.

<https://www.selfhacked.com/blog/theobromine-benefits/>

21 Fantastic Benefits of Cacao A Powerful Raw Chocolate Superfood

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

Can the benefits of cacao really supercharge your health?

Well there is good news, with this powerful superfood that originated

in the foothills of Andes known as **raw cacao** *you can!*

The benefits of cacao are truly fantastic: it can improve your memory, increase your bliss, reduce heart disease, shed fat, boost immunity, and create loads of energy.

The Incas considered it the drink of gods, an association that gave rise to the scientific name of the cocoa tree, *Theobroma cacao*, from the Greek words theo (god) and bromia (drink).

It may surprise you to discover that raw cacao contains nearly four times the antioxidant content of regular processed dark chocolate, 20 times more than blueberries, and 119 times more than bananas.

Raw (naturally fermented) cacao and processed chocolate sold in bars and pieces are two completely separate foods. Processed chocolate is made with roasted cocoa, sugar, milk, and other ingredients that turn 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.*

How does raw cacao taste?

Most natural cacao available today has undergone a fermentation process (not roasting) that removes the bitterness. Both raw cacao beans and nibs undergo the fermentation process that preserves the antioxidants. If it is your first time eating cacao, we recommend using naturally fermented raw cacao beans. This intensifies the berry and coffee notes naturally found in chocolate's flavor. The intense flavor is similar to unsweetened dark cocoa powder or Baker's chocolate.

similar to unsweetened dark cocoa powder or Baker's chocolate.

If you prefer milk chocolate then you can add raw cacao to smoothies or mix with other foods to make it easier for you to get used to the stronger taste.

What is the difference between cacao beans and cacao nibs?

Cacao beans are the whole bean straight from the cacao fruit. Cacao nibs are cacao beans that have been peeled and chopped up. Think of them as the crunchy superfood version of chocolate chips and these tasty little treats work well as a replacement to chocolate chips.

Supercharge Your Health With 21 Benefits of Cacao

1) **Get Happy With Cacao** : Some days you just need to find your bliss cacao is one of the healthiest foods, you can consume. Cacao contains the mood improver, anandamide – known as the bliss molecule, which creates a feeling of euphoria.

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, which is probably why chocolate is so popular on Valentine's Day or as a token of love. Here at Daily Superfood Love headquarters we always accept gifts of cacao.

3) **Balance Hormonal Mood Swings**: Cacao boosts brain levels of serotonin, the feel good brain chemical. When women are

experiencing PMS serotonin levels drop dramatically. The benefits of cacao are proven to boost the brain levels of calming hormones and restore feelings of well-being.

4) **Protect Your Heart and Prevent Cardiovascular Disease:** Flavanols an anti-inflammatory and heart protective antioxidant found in raw cacao may protect against cardiovascular disease, reduce the risk of stroke, and help improve blood circulation.

Cacao contains over 700 compounds and the complex antioxidants found in it known as polyphenols help reduce 'bad cholesterol' and prevent hardening of the arteries.

It is mind boggling to think that no heart drug on the market can come close to the protective benefits of cacao.

5) The *Department of Nutrition at University of California, Davis* discovered that **cacao thins blood and can prevent blood clots**. This finding shows that eating raw cacao can be just as beneficial as taking an aspirin a day.

6) **Cacao can prevent premature aging** – polyphenol antioxidants found in cacao belong to the same group of antioxidants as green tea and red wine. These anthocyanins (found in dark colored fruits) and catechins (found in green tea) protect our cells from premature oxidation or destruction and can keep us looking and feeling younger longer.

7) Drinking a cup of hot cacao before meals can **help you shed fat**. This is due to cacao's MAO inhibitors, which shrink appetite.

MAO inhibitors are often found in weight loss products. However,

cacao's unique MAO's allow more serotonin to circulate in the brain. Don't consume more than 40 grams or four heaping teaspoons of cacao daily.

If you find the taste of cacao too strong, add coconut milk, rice, or nut milk. Avoid dairy, as it will prevent antioxidant absorption.

By gently heating and making your own delicious hot cacao beverage you will release more antioxidants and increase the appetite suppressant properties.

Add one teaspoon of cacao powder in a coffee cup of hot water or milk and drink 10-15 minutes before your next meal. *Who needs dangerous diet pills? Not us.*

8) **Create loads of energy and combat fatigue** with one of the highest concentrations of magnesium found in this natural food source. Magnesium also helps to protect against osteoporosis, reduces type I diabetes, and lowers blood pressure.

- Raw cacao powder (2tbsp) contains 52mg or 14% of daily value
- Raw cacao nibs or beans per 100 grams contain 272 mg or 65% of daily value
- The recommended RDA's for Magnesium for a Male are 420mg and 320mg for a Female

9) **Get shiny hair, strong nails, and take care of your liver and pancreas** with this great source of sulfur.

10) **Lower your blood pressure naturally**, in a study of 470 men from the Zutphen Elderly study, the benefits of cacao intake are found to reduce blood pressure by patients who took a small amount every

evening.

11) The antioxidant properties of cacao were also found to **reduce insulin resistance and sensitivity** in people with impaired glucose tolerance and smokers.

12) Cacao has the ability to help **improve kidney and stimulate bowel function.**

13) **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.

14) **Prevent sunburns** – A recent study by London scientists found participants who ate 20 grams of cacao for 12 weeks were able to stay in the sun for twice as long as those who didn't, without getting sunburned.

15) **Get glowing skin and improve skin texture** – In 2006 the Journal of Nutrition found that women who drank cacao with at least 326 mg of flavonols a day had better skin texture, improved microcirculation, increased oxygen saturation, and improved skin hydration than those who didn't. Stir some cacao powder in your cup of coffee or add to a smoothie.

16) **Skin cancer prevention** – German scientists found that cacao may protect against harmful UV rays that cause cancer.

17) **Fight tooth decay** – Recent studies from Tulane University

discovered that an extract of cocoa powder was even more effective than fluoride in preventing cavities. This crystalline extract similar to caffeine helps harden teeth enamel.

18) Theobromine found in cacao was found to **halt coughs better than codeine** or commercial cough suppressants with the equivalent of two cups. In fact the UK based study by the *British Lung Foundation* discovered codeine was only slightly more effective than the placebo preventing coughing with no side effects.

19) **Improves cognitive function and prevents Alzheimer's** – A *Harvard* study by Dr. Gary Small, showed that middle-aged people who drank two cups a day had improved memory and increased blood flow to the brain.

20) **Better digestion** thanks to the fiber found in raw cacao, that stimulates the body's digestive enzymes.

21) **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 fats found in olive oil.

Five Ways to use Cacao Everyday

1) The Ultimate Moisturizer

Whip up a batch of this homemade body butter that smells like you opened a European chocolate shop. Recipe adapted from Holistic Squid.

Ingredients:

- 1 cup unrefined cacao butter
- 1 cup coconut oil

Directions:

- Combine and melt all ingredients in a double boiler (gently!).
- Transfer to bowl (use the bowl you are going to whip it in) and chill in freezer for 20 to 40 minutes. Mixture should be firm and have some give in it when you touch it. Don't allow it to become completely solid.
- Whip the semi-solid mixture for 3-5 minutes until white peaks form. It will look like thicker whipped cream.
- Scoop into jars and cover.
- Chill for one hour in the fridge.

Note: If you live in a warmer climate you may want to keep your mixture in the fridge as it could melt. If it does, then simply whip again.

2) Cacao “Oatmeal” A Gluten-Free & Low-Carb Breakfast

Try cacao (*faux-oatmeal*) breakfast porridge for a yummy fudge-like alternative to oatmeal. We can't get enough of eating this chocolate treat for breakfast. It's almost like chocolate cake batter, but good for you. One bowl has approximately 150 calories if you use Stevia.

- ¼ cup coconut flour
- 1 tbsp raw cacao powder
- 3 tsp stevia or sweetener of choice
- 1 cup water

1. Mix coconut flour, cacao powder, and stevia together in a microwave safe bowl
2. Add water and stir until combined
3. Microwave for 2 minutes, stir well – you may need to add a tablespoon of water if using a different brand. Microwave for another minute.
4. Let cool for a couple of minutes and enjoy!

3) Cacao & Berry Power Smoothie

- 2 tablespoons raw cacao nibs
- 1 peeled banana
- 1 tablespoon goji berries
- ½ cup of frozen or raw raspberries
- 1 cup coconut milk or nut milk
- Handful of ice

-Add all ingredients to blender and blitz for one minute.

4) Relaxing Cacao Café for Two

- 2 cups coconut or cashew nut milk
- 3 pitted dates
- 1 tsp natural vanilla extract
- 3 ½ tsp raw cacao powder
- 1 tsp ground coffee (optional)

1. Add all ingredients to blender and blitz for one minute.
2. Transfer to pot and gently heat until warmed through
3. Pour into mugs and enjoy

5) Cacao Bean Steak & Garlicky Greens

Ingredient for the Cacao Spice Rub

- 2 tsp cacao nibs (ground in a blender or food processor) or cacao powder
- 1 tsp sea salt
- 1 tsp raw sugar, Lucuma, or coconut crystals
- 1 tsp each of smoked paprika, turmeric, black pepper
- ½ tsp each of cumin and thyme (optional)
- 2 Grass fed steaks (ribeye, filet, strip or even ground beef)

Ingredients for Garlicky Greens

- 4 cups chopped kale or spinach
- 3 crushed garlic cloves
- Sea salt & red pepper flakes
- 1 tbsp or a squeeze of fresh lemon
- ¼ cup water
- 2 tbsp olive oil, coconut oil, or grass fed butter

Optional step: We like to wrap our steaks in paper towels for at least 5 hours or even overnight if using ribeyes to give them a dry-aged taste. Flip the steaks over every couple of hours.

- 1) Combine all seasonings together adjust, as you like.
- 2) Rub steaks evenly on all sides with the cacao spice mixture right before cooking
- 3) Grill or fry in skillet. If frying in skillet add a tablespoon of coconut oil to the pan once it's heated and then sprinkle a little extra salt and cook to your desired doneness. We find the coconut oil helps the steak brown nicely.
- 4) Remove when done and cover with foil

5) Let steaks rest for five minutes

Time to cook your greens

6) In a separate pan heat the oil

7) Add in the crushed garlic and red pepper flakes once garlic is golden then add in your greens with a ¼ cup of water

8) Stir until greens are vibrant in color and wilted.

9) Sprinkle salt and squeeze of lemon

10) Stir well and remove bowl to serve.

Feel free to sprinkle cacao nibs on salad, in your baked goods, or add to other foods instead of nuts.

Cacao was considered a sacred food of the Aztec's and reserved only for adult males of high rank: priests, government officials, warriors, and military officers. It was thought to be too intoxicating a food for women and children...well we are happy that isn't the case now.

In fact, you should indulge in the health benefits of cacao whenever you want.

Just remember don't open a foil wrapper when reaching for chocolate **go for natural raw cacao** to get the maximum benefit of chocolate as a superfood.

14 Ridiculously Good Reasons To Eat Cacao!





Raw cacao offers amazing health benefits for your entire body! The Incas considered it the drink of gods, an association that gave rise to the scientific name of the cocoa tree, *Theobroma cacao*, from the Greek words *theo* (god) and *broma* (drink).

You should never feel "guilty" about eating certain foods, but if you've ever felt a little naughty when indulging in chocolate, these 14 ridiculously good reasons to eat cacao will help you realize that high-quality chocolate and cacao are, in fact, a fantastic, healthy addition to your diet:

1. Get Happy with Cacao

Some days you just need to find your bliss – cacao is one of the healthiest foods you can consume. Cacao contains the mood improver anandamide – known as the bliss molecule, which creates a feeling of euphoria. Plus it's loaded with theobromine, found to halt coughs better than codeine or commercial cough suppressants with the equivalent of two cups! In fact, the UK-based study by the British Lung Foundation discovered codeine was only slightly more effective than the placebo at preventing coughing with no side effects.

2. It Puts You "In The Mood"

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

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, which is probably why chocolate is so popular on Valentine's Day!

3. Helps To Keep Mood Swings At Bay

Cacao boosts brain levels of serotonin, the feel-good brain chemical. When women are experiencing PMS serotonin levels drop dramatically. The benefits of cacao are proven to boost the brain level of calming hormones and restore feelings of well-being.

4. Protects You From Heart Disease

Flavanols are an anti-inflammatory and heart-protective antioxidant group found in cacao. Studies show they can protect against cardiovascular disease, reduce the risk of stroke, and help improve blood circulation! Cacao contains over 700 compounds and the complex antioxidants found in it known as polyphenols help reduce 'bad cholesterol' and prevent hardening of the arteries.

5. Helps To Prevent Signs Of Premature Aging

Polyphenol antioxidants found in cacao belong to the same group of antioxidants as green tea and red wine. These anthocyanins (found in dark colored fruits) and catechins (found in green tea) protect our cells from premature oxidation or destruction and can keep us looking and feeling younger longer.

6. Boost Your Energy Naturally!

Mineral-rich cacao energizes the body without overstimulating the nervous system, giving you incredible long-lasting energy! Create loads of energy and combat fatigue with one of the highest concentrations of magnesium found in this natural food source. Magnesium also helps protect against osteoporosis, reduces type II diabetes, and lowers blood pressure. Raw cacao powder (2tbsp) contains 52mg or 14% of daily value.

7. It's A Beauty Food

Get shiny hair, strong nails, and take care of your liver and pancreas with this great source of sulfur. Sulfur has a significant impact on our complexion, hair and how our skin glows. It has the ability to continuously build and rebuild collagen and keratin which is important for hair, skin and nails to get their shine whilst also playing an important role in driving nutrients into and out of cells, blood sugar regulation, tissue repair and our immune system.

8. Improve Your Metabolism

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

9. Helps To Prevent Sunburn

A recent study by London scientists found participants who ate 20 grams of cacao for 12 weeks were able to stay in the sun for twice as long as those who didn't, without getting sunburned.

10. Get Glowing Skin

In 2006 the Journal of Nutrition found that women who drank cacao with at least 326 mg of flavonols a day had better skin texture, improved microcirculation, increased oxygen saturation, and improved skin hydration than those didn't. Stir some cacao powder in your cup of coffee or add to a smoothie.

11. May Protect Against Skin Cancer

German scientists found that cacao may protect against harmful UV rays that cause cancer. Dietary flavanols from cocoa and cacao contribute to sunlight protection, improves dermal blood circulation and improve your skin's surface and hydration!

12. Fights Tooth Decay

Recent studies from Tulane University discovered that an extract of cacao powder was even more effective than fluoride in preventing cavities. This crystalline extract similar to caffeine helps harden teeth enamel. Fascinating! Though we don't recommend brushing your teeth with chocolate just yet...

13. Helps To Improve Brain Function

Cacao appears to improve cognitive function and prevents Alzheimer's! A Harvard study by Dr. Gary Small, showed that middle-aged people who drank two cups a day had improved memory and increased blood flow to the brain.

14. It's Nature's Aspirin!

The Department of Nutrition at University of California, Davis, discovered that cacao thins blood and can prevent blood clots. This finding shows that eating raw cacao can be just as beneficial as taking an aspirin a day.

It's official, we love chocolate even more! From improving your memory, increasing your bliss, reducing heart disease, boosting immunity, and giving you loads of energy. It really is a superfood worth enjoying regularly!

The key to getting the most benefit is making your own chocolate, or consuming raw chocolate, as studies have found that by adding dairy to cacao, it stops you from absorbing the antioxidants. So it's definitely worth the extra effort to make your own! Plus, you'll know exactly what's in it, avoiding processed sugars and other unwanted ingredients.

Source: <https://www.foodmatters.com/article/14-ridiculously-good-reasons-to-eat-cacao>

The Ultimate Guide To Raw Cacao (Powder, Butter, Nibs) – Nutritional Benefits & Uses





What is cacao?

Cacao is known as the food (or drink) of the Gods! It has been traced back to the Maya people who were thought to be the first to cultivate the cacao plant around 400AD. The plant that is recognised today is actually a result of cross selection that started over 35,000 years ago and the scientific name is *Theobroma cacao*.

100% cacao has a rich, chocolate flavour but is also very bitter. The taste of cacao can actually vary depending on the variety of plant, soil, temperate, sunlight and rain that is received during the growing process.

Once the cacao bean has been processed (cold pressed, unroasted beans) – you can end up with raw cacao powder, cacao nibs and cacao butter (the oils of the beans).

Cocoa vs cacao powder

Cocoa is the term used for cacao that has been roasted at high temperature, which changes the chemical nature of the bean. This exposure to high temperature lowers the antioxidant capacity and reduces the nutrient density that is found in the raw, cold pressed cacao. Otherwise, cocoa powder and cacao powder are interchangeable.

Cocoa butter vs cacao butter

Cacao butter is the pure, cold-pressed oil of the cacao bean. Raw cacao butter production doesn't exceed 40 degrees Celsius whilst cocoa

butter production doesn't exceed 46 degrees Celsius, whilst cocoa butter might undergo some heating during the pressing process. Raw cacao butter is more nutrient dense but otherwise they are totally interchangeable. Both are edible, stable vegetable fats that can be used in cooking and in preparations of skin and beauty products. You might also come across refined and unrefined cocoa and coconut butter, where in the refined version the colour and aroma are stripped. Unrefined is more supreme in our opinion.



Raw cacao health benefits

Be sure to note here – the benefits we are going to talk about all relate to raw cacao and cacao dark chocolate. We are not talking about sugary and dairy laden milk chocolate!!!

One of the greatest health benefits of cacao comes from the flavonols class of flavonoids – antioxidants) that are found in cacao. Schardt notes that “Flavonols are bitter tasting, so to make cacao more palatable, chocolate manufacturers roast, ferment, pulverise and sometimes alkalinize the beans or cocoa...unfortunately, this processing can destroy a lot of the flavanols”.(2013)

Antioxidant – Heart and Renal Health

- Cacao is a powerhouse FULL of antioxidants! The flavanols found in cacao can increase nitric oxide bioavailability, activate nitric oxide synthase and exert anti-inflammatory and anti-platelet activity – all of which may improve vascular function and reduce blood pressure.
- Cacao has been studied for its ability to reduce blood pressure and has been shown to produce “a small but statistically significant effect in lowering blood pressure by 2-3mm Hg in the short term” (Schardt, 2013)
- It has also been shown that the consumption of dark chocolate can increase renal medullary oxygenation and therefore may be a renal (kidney) protective agent.

Happy, Happy, Happy + Energy

- Eating cacao makes you happy! It contains phenylethylamine which is responsible for our state of mood and pleasure and the same feelings you get when you are in love. It also acts as a stimulant and can improve mental alertness.
- Cacao also contains serotonin and dopamine – which also stimulate good mood and ‘pleasure’ feelings.
- Anandamide is also in cacao which is present in the brain as an endogenous substance and interacts with cannabinoid receptors.

Nutrients in cacao

- As we mentioned above, cacao is a powerhouse antioxidant and rates in the top 20 on the Oxygen radical absorbance capacity (ORAC) scale. The ORAC scale is used to rate the antioxidant capacity of foods.
- Cacao also contains great levels of magnesium, which is an essential

mineral during times of stress and helps you to feel more relaxed. also contains manganese, zinc, calcium and potassium.

- Raw cacao even contains good levels vitamin C!

Cacao/cocoa butter skin benefits

- Cocoa butter has been widely used to reduce or prevent stretch marks. There is no substantial clinical evidence that it really works but the butter provides deep hydration and antioxidants to fight free radicals so we'd definitely use it to keep our skin supple and moist, which in turn can prevent or reduce the appearance of stretch marks.
- It has been noted to help with sensitive skin problems such as irritations, eczema and dermatitis.

Be aware

- Raw cacao is a stimulant so it is advised not to consume it after about 2-3pm as to not interfere with a good night's sleep!
- Researchers at the Agricultural Research Service found that the higher cacao content of chocolate the higher the benefits of the antioxidant properties found. So the darker – the better J
- It has been reported that dairy in chocolate reduces the bioavailability of the flavonoids found in cacao. It should be noted that the jury is out on this one! There are studies for and against – so I'm not convinced either way just yet. At Rejuvenated for Life we acknowledge that there are many people who benefit from following a dairy free diet, as it can cause an inflammatory response in a lot of people and so for now would hedge our bets that you

would be receiving more benefit from consuming chocolate and cacao that is dairy free.

- There is such a thing as ‘chocolate poisoning’ or ‘theobromine poisoning’, which is an overdose reaction to the alkaloid found in cacao. Theobromine has an effect primarily on the central nervous system and cardiovascular system, as well as on respiratory system and acting as a diuretic.
- Although the risk is very small and it would be very hard to consume enough theobromine to make yourself sick – it is just a reminder that anything eaten in extreme quantities is not good for you! This is why pets such as dogs can’t eat chocolate; it is the theobromine that makes them so sick.

Where to get raw cacao

You can find raw cacao powder and cacao butter in most health food stores these days and even at some major supermarkets.

You can find raw chocolate at good health food stores, variety stores or online. Just be aware of the sugar content and still look out for the highest percentage of cacao.

Dark chocolate can be hard to get used to if you try to switch straight from milk chocolate to 90% cacao. The best tip is to gradually start buying chocolate that has a higher percentage of cacao, say by about 10-20% every month. Dark chocolate is very palatable once you get used to it. It takes 21 days to change your tastebuds, so before you know it, you will be eating 95% dark chocolate.

How to use it

Cacao powder can be added to smoothies, to make chocolate desserts or to make a yummy hot chocolate.

Cacao butter can be used in conjunction with cacao powder and natural sweetener to make your own chocolate (see some recipes below). It is also great to add to bliss balls or nut bases to hold them together and can be used in the place of coconut oil. It will add a lovely velvety, chocolate flavour. Cacao butter is edible, but it is also used in skin care products.

Cacao nibs add a lovely crunch to muffins, ice-cream or as a topping on your favourite dessert. They are also great to add to your favourite granola mix for breakfast or on top of a smoothie.

Will cooked raw cacao retain its benefits?

There is no scientific verdict on whether raw cacao's nutrients diminish during heating. We recommend using it in its raw form as much as possible but even if you cook with it, it will still be more beneficial than the already processed and heated cocoa powder.

Our favourite raw cacao powder recipes

This no bake chocolate caramel slice is dairy, gluten and processed sugar free as is this chocolate hazelnut tart.

We like this easy Raw Chocolate Bark from Detoxinista.com or one of Irena's recipes for raw cacao butter chocolate bark.





[http://eatdrinkpaleo.com.au/ultimate-guide-to-raw-cacao-powder-butter-nibs-nutritional-benefits-](http://eatdrinkpaleo.com.au/ultimate-guide-to-raw-cacao-powder-butter-nibs-nutritional-benefits-uses/&is_video=false&description=raw_chocolate_bar_recipe)

[uses/&is_video=false&description=raw_chocolate_bar_recipe">S](http://eatdrinkpaleo.com.au/ultimate-guide-to-raw-cacao-powder-butter-nibs-nutritional-benefits-uses/&is_video=false&description=raw_chocolate_bar_recipe)

[http://eatdrinkpaleo.com.au/ultimate-guide-to-raw-cacao-powder-butter-nibs-nutritional-benefits-](http://eatdrinkpaleo.com.au/ultimate-guide-to-raw-cacao-powder-butter-nibs-nutritional-benefits-uses/&is_video=false&description=raw-cacao-body-butter)

[uses/&is_video=false&description=raw-cacao-body-butter">S](http://eatdrinkpaleo.com.au/ultimate-guide-to-raw-cacao-powder-butter-nibs-nutritional-benefits-uses/&is_video=false&description=raw-cacao-body-butter)

References

Verna, R, *The History and Science of Chocolate*, 2013, Malaysian Journal of Pathology, 35(2) : 111-121

Roura, E, Andres-Lecueva, C, Estruch, R, Mata-Bilbao, M, Lzquierdo-Pulido, M, Waterhouse, A, Lamuela-Raventos, R, 2007, *Milk Does Not Affect the Bioavailability of Cocoa Powder Flavonoid in Healthy Human*, Annuals of Nutrition and Metabolism, 51: 493-498

Sudano, I, Flammer, A, Roas, S, Ensleit, F, Ruschitzka, F, Corti, R, Noll G, 2012, *Cocoa, Blood Pressure and Vascular Function*, Curr Hypertens Rep, 14:279-184

Schardt, D, *How Bittersweet It is*, 2013, Nutrition Action Healthletter, Dec

Pruijm, M, Hofmann, L, Charollais-Thoenig, J, Forni, V, Maillard, M, Coristine, A, Stuber, M, Burnier, M, Vogt, B, *Effect of Dark Chocolate on Renal Tissue Oxygenation as Measured by BOLD-MRI in Healthy Volunteers*, 2013, Clinical Nephrology, Vol 80- No3 (211-217)

Source: <http://eatdrinkpaleo.com.au/ultimate-guide-to-raw-cacao-powder-butter-nibs-nutritional-benefits-uses/>

What Are the Ingredients in Hershey's Chocolate?

By Kristen L. Depken

Hershey's is perhaps the most popular brand of chocolate in the country. However, many people may not realize all of the ingredients that go into a standard bar of Hershey's Chocolate.

Sugar

Sugar is the number one ingredient in a Hershey's chocolate bar. It is what gives chocolate its sweet, satisfying taste. There are 23 grams of sugar in one 43 gram Hershey's bar.

Chocolate Liquor

Contrary to its name, chocolate liquor does not contain alcohol. It is the substance produced when cacao beans are allowed to ferment,

then roasted and cracked to reveal the cacao nibs inside. The cacao nibs are then ground to produce chocolate liquor. Milk chocolate must contain at least 10 percent chocolate liquor.

Cocoa and Cocoa Butter

Cocoa butter is the vegetable fat extracted from the cacao bean. It gives chocolate its smooth, creamy texture. In addition, cocoa processed with alkali is also added to Hershey's bars. The alkali makes the chocolate less bitter and gives it a darker color, however it also removes antioxidants found in raw cocoa.

Milk products

For chocolate to be considered milk chocolate, it must contain at least 12 percent milk ingredients. The milk ingredients in a Hershey's bar include milk fat and lactose. Milk fat, as its name suggests, is the fat content in milk, while lactose is the sugar found in milk. In addition to the ingredients, Hershey's Bars also contain regular milk.

Additives

Hershey's chocolate bars contain several additives. Soy lecithin is made from soybean oil and added to Hershey's chocolate to keep the cocoa and cocoa butter from separating. PGPR, or polyglycerol polyricinoleate, is made from castor bean oil and added to chocolate to improve its viscosity. Vanillin is the main chemical component of vanilla bean extract. It is also a flavoring added to chocolate. These additives along with artificial flavors are what give Hershey's its signature sweet taste and smooth, creamy texture.

<https://www.leaf.tv/articles/what-are-the-ingredients-in-hersheys-chocolate>

Are Nestlé's New Artificial-Free Candy Bars Actually Healthy Now?

Source: <https://www.prevention.com/food-nutrition/h>

By [Jill Ettinger](#)



Justin Sullivan/Getty Images

Good news for anyone secretly addicted to Butterfingers or Baby Ruth ("Ruth! Ruth! Baby? Ruth!" — because we know you've seen *Goonies* like two dozen times): America's old-school chocolate makers have finally decided that they give a damn about your health—or at least keeping you as a candy-consuming customer.

Nestlé recently announced that it's phasing out all artificial colors and flavors from some 250 confectionary products by year's end. At the same time, Hershey has stated, very vaguely, that it will transition to using cleaner and "simpler" ingredients, including swapping corn syrup for cane sugar and removing genetically modified ingredients.

Does this mean you can forsake those expensive, organic candy bars (that you can never find at a 7-11 when you really need them) for the

nostalgic treats of yesteryears? Let's discuss while taking a look at Nestlé's best-selling candy bar, the Butterfinger.

For the Butter, the change will mean no more Yellow 5 or Red 40, both which now work to give the bar that familiar peanutty glow its "crispety-crunchety" center. Instead, that glow will come from annatto, a yellow-hued seed from the tropical achiote tree that's already widely used as a natural food coloring. Also being phased out artificial vanillin, which will be replaced by real vanilla—a costly ingredient for Nestlé, but one that the megacorp (who we assume can afford it) says its customers will appreciate.

Totally awesome, right? Butterfinger is coming clean? Ummm, not so much. Let's take a look at what else is in Butterfinger's current ingredient list:

Corn syrup, sugar, ground roasted peanuts, hydrogenated palm kernel oil, cocoa, molasses, and less than 1% of whey, confectioner's corn flake nonfat milk, salt, lactic acid esters, soy lecithin, soybean oil, cornstarch, artificial flavors, TBHQ and citric acid (to preserve freshness), yellow 5, red 40.

So even after stripping yellow 5, red 40, and "artificial flavors," it's still dirty doozy.

While candy is never going to be healthy per se—that would completely defeat its role in our hedonistic existence—mainstream chocolate makers have only begun to graze the tip of our sweet tooth before we can feel less shitty about shoveling their products into our mouths during movie previews.

Source: <https://www.prevention.com/food-nutrition/healthy-eating/a20440303/nestle-healthier-candy/>

Tune in Sunday!

**G2Voice Broadcast #93: Fantastic Benefits of Cacao;
Powerful Super-FOOD!**

Sunday, June 24th at 10 AM CST

www.g2voice.is

Let's change the world together!

Archbishop Mark S. Grenon

MMS Saves Lives.

View this newsletter in in your web browser if we post it

<http://mmsnews.is>

[{modify}Modify your Subscription{/modify}](#)

[{unsubscribe}Unsubscribe{/unsubscribe}](#)

Social Share: [!\[\]\(8788d6226d88855d9bbf85b0b21fc5ea_img.jpg\)](#) [!\[\]\(ce0014fd68cc235b7d49052b290ca82e_img.jpg\)](#) [!\[\]\(0aac7821dbd2b4fffe8d5d7407c0afaf_img.jpg\)](#) [!\[\]\(92c55be0bac3cefe25aa9b8d52527770_img.jpg\)](#) [!\[\]\(fa9ceb09b2547ffc65613a7c0d0ba517_img.jpg\)](#)

[Prev](#)

[Next](#)

License: Except where otherwise [noted](#), the content on this Genesis II Church of Health and Healing website is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. 

Disclaimer: The protocols described on this site are official sacraments of the Genesis II Church of Health and Healing. The reader accepts 100% responsibility for any and all use made of any information herein.