

Cacao "substance of happiness") is contained is raw



**ASSIGN  
BUSTER**

Cacao Scientific studies that talk about the incredible benefits of chocolate do not refer to the product we buy in stores (commercial chocolate, processed, refined, etc.). They refer to raw cocoa. Raw cocoa is obtained by cold pressing of non-fried or heat processed cocoa beans.

In this way, Cacao enzymes are kept and fat is removed. Cocoa looks somewhat the same, but it's not. Cocoa powder is raw cocoa that has been fried at high temperatures. Unfortunately, this process alters the molecular structure of Cacao, reducing by up to 90% the content of enzymes and nutrients.

For example, one of the amino acids that abound in raw cocoa, tryptophan, is completely destroyed at boiling point. Another component, phenylethylamine (a class of chemicals produced by the body when we fall in love, with an important role in amplifying lucidity and concentration power) is destroyed in the roasting of Cocoa beans. Omega 6, one of the most beneficial fatty acids, but which can not be synthesized by the human body, is found in raw cocoa. In processed Cocoa, omega 6 rots and can cause inflammatory reactions in the body. Let's see what health benefits are: - The only food in which anandamide (an endorphin that the human body produces after exercise, also known as the "substance of happiness") is contained is raw Cacao.

- Cacao also contains a number of chemicals that prevent inflammation of the walls of the blood vessels. - Reduces insulin resistance - It protects the nervous system. Cacao contains high-dose resveratrol, a powerful antioxidant known for its ability to pass the barrier between blood and the brain, helping to protect the nervous system.

- Reduces the risk of cardiovascular disease due to antioxidants that maintain a healthy level of Nitric Oxide in the body. The real benefit from this point of view is the fact that Nitric Oxide has real heart benefits, such as relaxing blood vessels and lowering blood pressure.

- Reduces the risk of heart attack

- It reduces blood pressure - Protects against toxins due to the powerful antioxidant effect that repairs free radical damage and can reduce the risk associated with certain types of cancer. In practice, Crude Cocoa contains much more antioxidants per 100g than Acai, Goji or Blueberry. - Improves mood: Crude cocoa can increase the level of certain neuro-transmitters, which promotes a well-being in the body.

- The same chemical that occurs in the body when we fall in love is present in Cocoa: phenylethylamine - 9 g of cocoa contain the recommended daily dosage of iron, chromium, manganese, zinc, copper), vitamins, tryptophan and triptamine serotonin (mood-enhancing substances), omega 6 fatty acids. Research in food chemistry shows that dairy products inhibit the absorption of antioxidants from raw Cocoa. The chocolate we find in stores (which you must not forget is only 10% of the raw product) does not lack milk. You can figure out by yourself that, because dairy products inhibit the absorption of antioxidants from raw cacao, combining these two can harm your body. If you still want to enjoy the "commercial" chocolate taste - there are enough chocolate options with a high Cocoa content - 50%, 70% and even more.

These are the best options, in the absence of the raw product, Cocoa.