



Why do we recommend 100% Ceremonial Cacao?

Our Ceremonial Grade Cacao is sourced from the Ashaninka tribe in the Peruvian Amazon. They cultivate their cacao organically according to their traditional culture. We are honored to support an indigenous tribe in maintaining their identity and freedom by bringing you this high-quality product.

Ceremonial Grade Cacao is a **superfood**, bursting with essential flavonoids, amino acids, and antioxidants. When combined they trigger the release of neurotransmitters known as the *bliss molecules*; serotonin, dopamine, anandamide and the endorphin phenylethylamine. Cacao also contains important nutrients, such as magnesium and valeric acid that block stress hormones.

SEROTONIN

Cacao contains the essential amino acid *tryptophan*, which increases production of serotonin - a neurotransmitter. This is commonly known as the 'feel-good chemical.' Serotonin is an important brain chemical that helps us remain positive and happy. It is well known for its ability to reduce stress, and improve our mood by generating feelings of comfort, contentment, happiness, relaxation, and well-being. This in turn helps us to rest and sleep better, improving our mood and stress levels.

DOPAMINE

Cacao plays a key role in dopamine production, an essential neurotransmitter that helps us to feel pleasure. Dopamine is vital for both physical and mental well-being, as it has a direct affect on our mood. It enhances our enjoyment of life by helping us to feel motivated and focused. It increases our feelings of satisfaction, improves our attention and concentration levels, and ignites our arousal and passion.

ANANDAMIDE

Anandamide is a neurotransmitter found naturally in Cacao, and also in the human brain, (the only two places it has currently been discovered). Anandamide works like a stimulant which increases mood and decreases depression. Anandamide produces a feeling of euphoria without leaving you in a mind-altered state, confused or fearful.

(In Sanskrit '*ananda*' literally means '*internal bliss*')

Both dopamine and anandamide act like endocannabinoids because they uniquely resemble THC (tetrahydrocannabinol). With the help of Cacao, both neurotransmitters directly fit and connect into the cannabinoid receptor cell sites of our nervous system, lifting depression and giving us the same high.

PHENYLETHYLAMINE

Cacao contains a compound called Phenylethylamine (PEA), an adrenal-related chemical that plays a role in helping us to feel more focused and alert. Cacao triggers the release of PEA, that is also created naturally when we are excited. It sends endorphin's and mood-enhancing neurochemicals into the brain, causing similar feelings to when we are excited, engaging in sexual activity, or falling in love.

THEOBROMINE

Cacao contains the alkaloid theobromine which is a cardiac stimulant. It relaxes blood vessels producing an effect of 30-40 % higher blood circulation. This improves absorption of the other important nutrients in Cacao, listed below.

Whilst theobromine and the small caffeine content boosts energy levels and relieves fatigue, the neurotransmitters also remain in the bloodstream longer, creating a natural antidepressant feeling.

MINERALS

Magnesium is chronically deficient in many western diets, and Cacao is the highest naturally occurring source. Magnesium is used in all key brain functions, especially memory and concentration. It is also beneficial for the function of the heart, acting to relax blood vessels and decrease strain. Besides magnesium, cacao is also the highest naturally occurring source of chromium, and high in copper, calcium, manganese, zinc, sulfur, iron, and phosphorous.

Drinking Breathe Pray Love 100% Ceremonial Cacao consistently brings many therapeutic health benefits. It allows you to feel more Joy, Love, and Connection.

Ceremonial Cacao – a Spiritual Perspective.

Western Culture can often condition us into thinking that to be happy we are supposed to look, feel, and act a certain way. These thoughts and beliefs can become embedded within our subconscious mind, leading us to think and behave in ways that are often far removed from our real, authentic selves. With its heart opening properties, Ceremonial Grade Cacao allows us to discover and welcome back our true self.

Ceremonial Cacao is a packed full of spiritual goodness because she can:

- Dissolve emotional blockages and trauma around the heart
- Help us let go of past and toxic relationships
- Heal the 'echoes' of past negative experiences
- Understand ourselves better
- Help us find forgiveness for ourselves and others
- Face our addiction.
- Give us guidance and clarity.
- Show us solutions.
- Ignite our creativity and passion.
- Enhance our focus and concentration.
- Improve our memory.
- Enable a deeper spiritual practice, with any discipline.

The messages from Cacao can be felt physically, emotionally, spiritually, and visually. The Cacao Spirit works uniquely with every individual, gently offering you guidance and support.

How to make Breathe Pray Love

100% Ceremonial Cacao: -

We recommend receiving Breathe Pray Love Cacao on an empty stomach, upon waking.

Weigh out your chosen quantity, 20-25g daily is recommended for a daily dose.

Bring enough water to fill your cup (or mug) to the boil. Whilst it is boiling, connect with the Cacao whilst chopping it finely. If you wish to, you can listen to some music that may assist you in enjoying this moment.

You may want to set an intention for the day at this point.

Pop the finely chopped cacao into the pan of water, immediately turning it down to a simmer. The key is to not burn the Cacao.

Lovingly stir the mixture.

You will see some white froth come to the surface, keep stirring and this will disappear. You may then see the Cacao start to glisten as the fat molecules reach the surface. If you look hard enough you will see swirls. Check to see if the Cacao has dissolved, and if it has then...

Your Breathe Pray Love 100% Ceremonial Cacao is now ready to drink.

Pour carefully into your chosen cup. Feel free to add plant-based milk and some spices and/or natural sweetener: - Agave syrup, Cinnamon, Cayenne pepper.

We recommend keeping it natural.

Sit with the Cacao, breathe it in, take in the divine smell and then start to sip.

Enjoy this plant elixir of life, filling your day with wonder and Joy.

Love Rachel & Natalie xo

Recommendations.

To truly feel the benefits of Breathe Pray Love 100% Ceremonial Cacao we recommend that you enjoy 20-25g cacao drink daily, whilst avoiding the consumption of any other caffeinated drinks.

It can take several days to connect with cacao, and you may feel a little nauseous during the first day or two. This is quite normal, due to the detoxifying properties of Ceremonial grade cacao. If you do experience nausea, we advise you to go low and slow, reduce the dose and take your time when drinking in the cacao. The feelings will pass. Very soon you will start to connect.

Your journey to feeling Wonderful has begun.

Contraindications

Please be aware that if you are currently taking SSRI or MAOI based anti-depressant, then we would recommend consulting your GP prior to enjoying BPL Cacao.

*Although typically amazing for the heart, people with **serious heart** conditions should note that Cacao is a vasodilator, which can increase your heart rate and lower blood pressure. Please consult your GP and go low and slow with the dosage enjoyed.*

Pregnancy and Breast feeding: The theobromine in Cacao has a stimulating effect, thus we recommend lower dosages if your body is already accustomed to ceremonial grade cacao. If you are new to Cacao and already pregnant then please seek medical advice prior to consumption.

Pure Cacao can be fatal to dogs and possibly horses and parrots. Please keep BPL Cacao away from pets.