



# Raw Cacao:

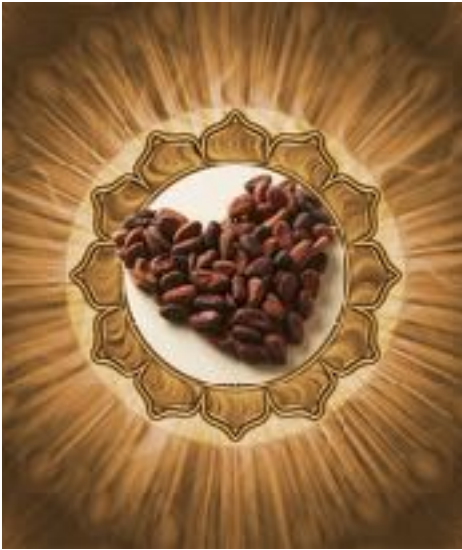
- is the MOST recommended form among all forms of chocolate
- was found to be the number 1 antioxidant food on the planet
- contains over 300 identifiable chemical compounds
- is the most nutritionally complex food on the planet

**BENEFITS OF CACAO:**

- Regulation of blood sugar
- Lifts your mood with bliss nutrients
- Support of weight loss reduces appetite
- Heart/ Cardiovascular protection



# Sacred Cacao Ceremony And Authentic Sharing Circle



Red Deer, AB  
131 Inkster Close  
Saturday, April 20, 2019 2pm

Cacao is the seed from the fruit of the Theobroma Cacao tree, native to Central and South America. This is the chocolate bean. Most chocolate though is highly processed, cooked and with many other ingredients added, and so loses much of it's therapeutic affect.

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