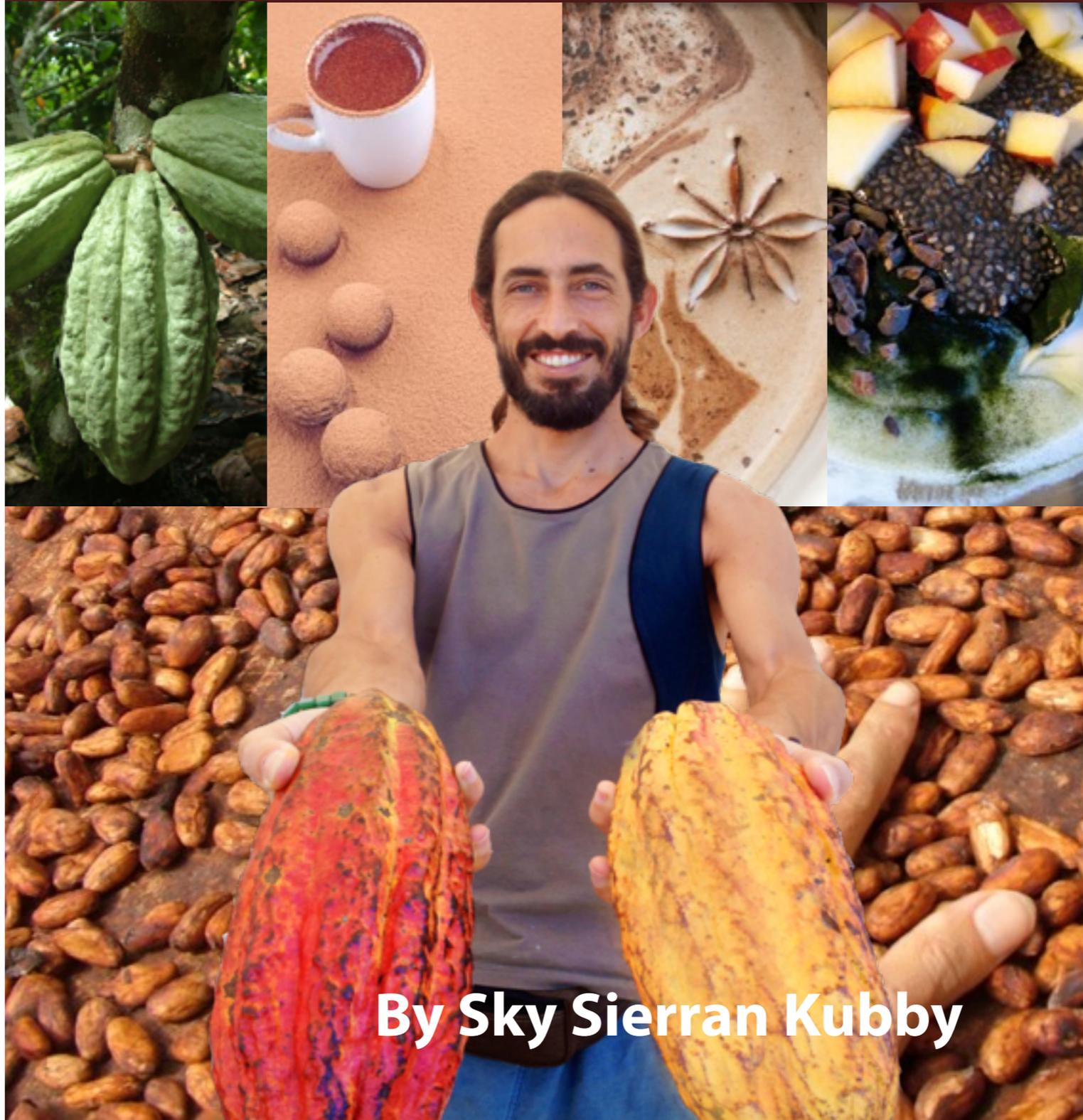


The Raw Chocolate Diet

Cleanse, Tonify and Live the Raw Chocolate Lifestyle



By Sky Sierran Kubby

The Good, the Bad and the Yummy



Throughout history chocolate has been a carrier of medicinal foods. Ancient Shamans travelled from village to village, mixing herbs together in their potent Cacao Elixirs, pouring from gourd to gourd for use their sacred Cacao Ceremonies.

“I do recommend a piece of good-quality dark chocolate as a healthy snack ... it is a source of polyphenols, the same type of antioxidants found in red wine, and the fat it contains is stearic acid, which doesn't affect cholesterol levels. The latest good news for chocolate lovers comes from a study indicating that flavonoids in chocolate are good for your heart. These compounds reduce the stickiness of platelets, cells that play an important role in blood clotting.”

-Andrew Weil, M.D

A Functional Food

Chocolate is gaining popularity as a Functional food, defined as, “Any food or food ingredient that may provide a health benefit beyond the traditional nutrients it contains.” Chocolate aficionados may like their chocolate as pure as possible. However, promoters of Healthy “Functional” Chocolate, like myself, enjoy working with the alchemy of chocolate, combined with other plant medicines to make the ultimate delivery system.

Raw Chocolate: A Nutrient Dense Superfood

The *Food of the Gods* is so mineral rich, a few bites is so satiating it's as if it were designed for weight-loss. With so many vitamins, minerals and other nutrients Raw Chocolate can simply shut down appetite. For some that means fuel for the rest of an epic ski day or to complete the day's work.

At my Elixir Bar in Hawaii, I've witnessed countless times when hungry people bite into my raw, low-glycemic, superfood choco-

Function Superfood Chocolate



Chocolate has been mixed with herbs spices and flowers for 1000's of years.

late bar and feel totally satiated. I've often heard, "I came to the market, ready to eat a *ton* of food", only to exclaim, "Now I feel great. That was perfect... hit the spot!" When people bite into my bar they get a hit of the *nutrients*, rather than the *sugar*.

Part of the problem with traditional chocolate bars is that people are chasing the *sugar*. I created a low glycemic bar that's less than 20% on the GI scale, packed with Superfoods, Superherbs-Aphrodisiacs, Mood Enhancers and is Gluten-Free. I wanted to create a bar that I could eat as I was healing from my chronic Candida, Asthma and Lung Infections.

Why Raw Chocolate ?

"The raw version of our Cacao Powder contains 367% more antioxidants than the very best cooked version." -Truelove Chocolate

It is a known fact that roasting *destroys* much of the antioxidant properties. Cacao beans are roasted to bring out flavor and aroma. Unbelievably, the mainstream is just now starting to catch on to the benefits of less or no roasting of cacao.

One paper I read was a Master's Thesis on the "Effects of Dry Roasting Cacao From Various Countries.

The author summarized,

"If research shows that the characteristic chocolate flavor and aroma is present in the cocoa beans

roasted at low temperatures then greater antioxidant contents may be available in cocoa products"

Well, yes! The author is onto something, just missing the point that, if done correctly, chocolate needs no roasting at all! The flavor and aroma *is* still present in raw chocolate, just different. A majority of the flavors are developed through the fermentation process. Raw chocolate is still fermented through the traditional way, to destroy much of the harmful phytic acid, developing much of the flavor. Cacao beans can be fermented just a few days to a week or more. If done right the cacao beans will sprout, then die as the fermentation process heats up to around 120 degrees F.

When cacao beans are roasted they are heated to levels between 260-350 degrees F. It appears that Chocolate can handle a higher temperature than other foods and still maintain integrity of the enzymes. However, roasting is a different story,

"Chocolate contains large amounts of the same beneficial plant chemicals that now have burnished the reputation of tea. In fact, just one ounce of chocolate has about as much of these plant chemicals as a cup of brewed black [or green] tea. One large, on going study of the benefits of exercise found that men who eat chocolate in moderation live longer than those who eat none."

-U. of CA-Berkeley Wellness Letter

Highest In Antioxidants

Cacao is the most powerful antioxidant food there is. It contains more polyphenol, the antioxidant in red wine, than red wine itself. A couple squares of chocolate delivers about 4x the amount of polyphenols as a glass red wine. In reality, cacao contains more antioxidants than red wine, blueberries, goji berries acai, and pomegranates ... *combined!*

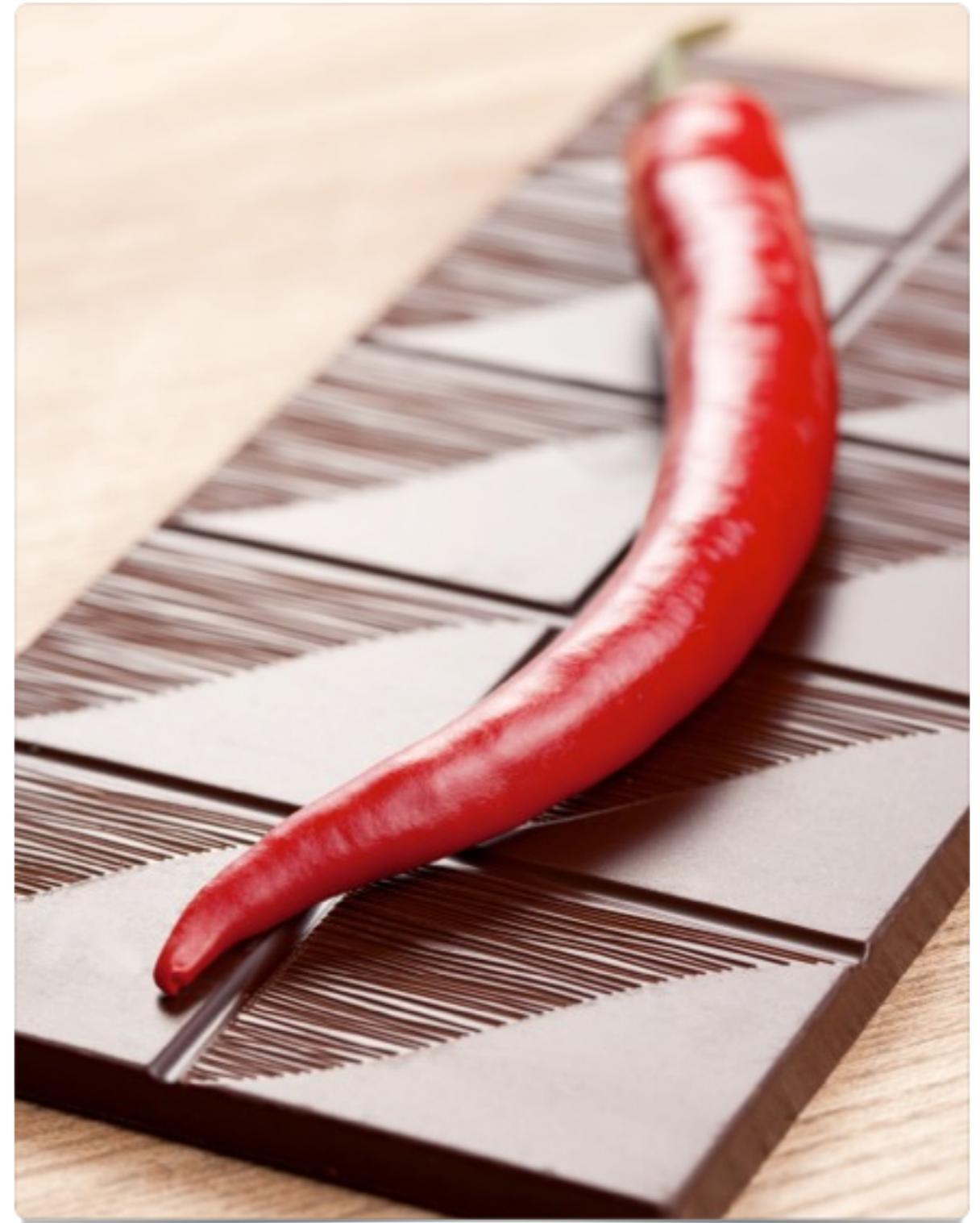
Raw Chocolate is also *loaded* in bioflavonoids, especially flavinols which are crucial in regulating blood pressure and optimal blood flow. These antioxidants are powerful free-radical scavengers.

Nutritional Journal published this study of total antioxidant content of more than 3100 foods, beverages, spices, herbs and supplements used worldwide. Tested were various forms of chocolate and candy bars showing antioxidant content in mmol/100g. The value for a Hershey's Bar was 1.55, not far in front of a Tootsie Roll of 1.40. However cacao powder ranked 13.74 mmol/100g. - that's over 10% antioxidant content!

As great as this may be for cacao powder, there are significantly higher levels of antioxidants in **raw** cacao products than roasted.

"Chocolate just stands out [for antioxidant content]. It's much higher than anything else."
Joe Vinson, Ph.D., University of Scranton

Chocolat Con Chilé



Chili further enhances the delivery of nutrients in functional raw chocolate.

The USDA published ORAC (Oxygen Radical Absorbance Capacity) levels showing the amount of antioxidants in foods but then in 2012 they dropped the method of testing. Probably because there are different procedures to determine antioxidant levels such as, the Total Phenolic Assay, and DPPH assay. Another way of finding antioxidant content is the Folin-Ciocalteu assay. Though easier to run, the ORAC assay appears to be more comprehensive and is still plenty valid today.

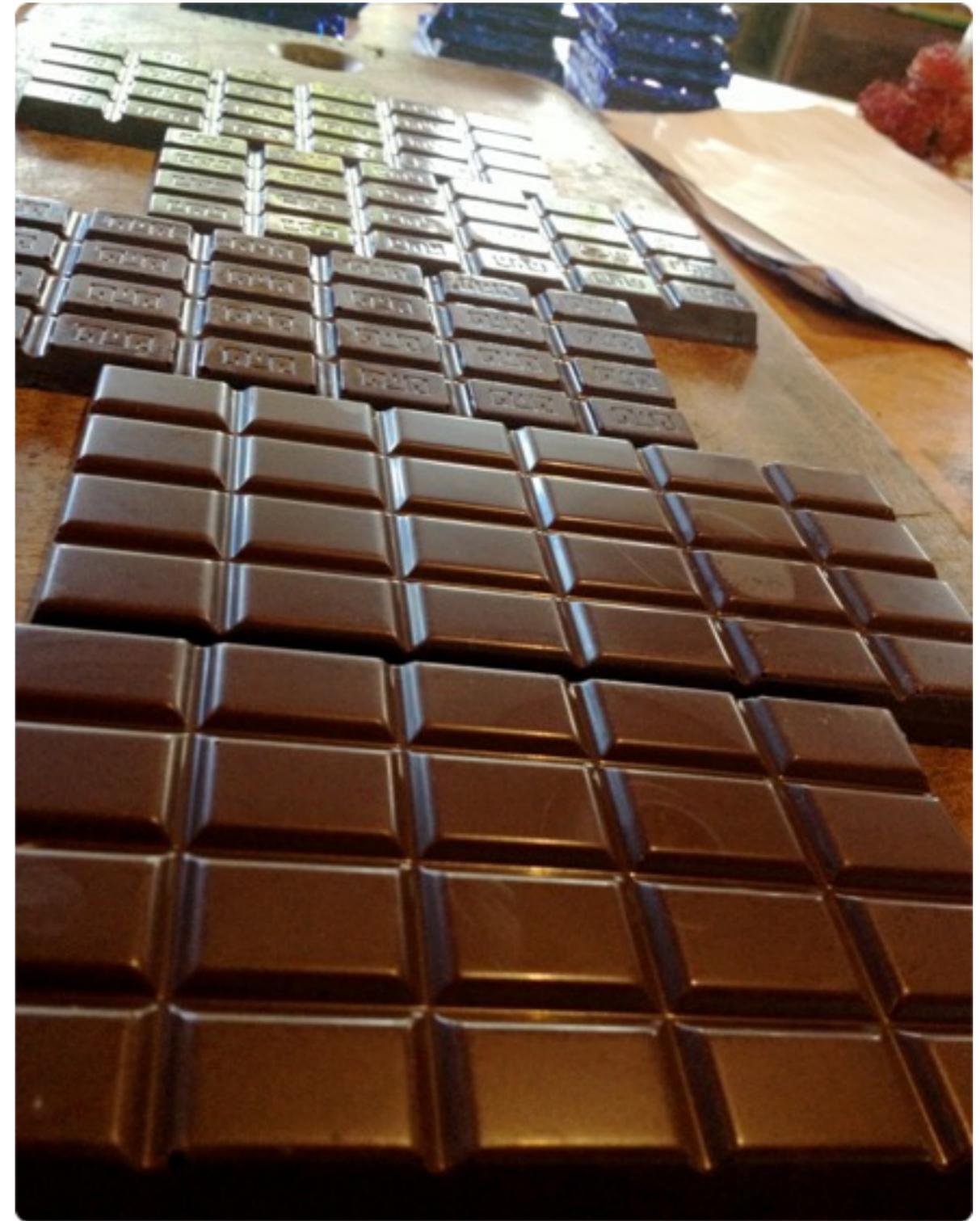
Raw cacao powder scores 95 500 μ mol TE/100g on the ORAC scale, compared with 26 000 μ mol TE/100g for Roasted cocoa powder . That's 3.67 time more, or *367% more antioxidants!*

Cacao is so chemically complex that much testing need to be done by companies to verify ORAC levels of their cacao as well as microbes such as *salmonella* and *e-coli*. I predict a future wave of standardization and testing to occur in the Chocolate World.

I've got to hand it to chocolate companies like Truelove Raw Organic Chocolate out of the UK, who test their product. Truelove's own ORAC antioxidant laboratory analysis "...confirms that there are over 25,200 antioxidants in a single spoonful of (their) raw chocolate powder.." This test made the world record for antioxidant levels in chocolate. Truelove writes,

"If you calculate the ORAC units per gram you quickly see that dark cocoa powder is at 260 and Acai is 185." That's nothing compared to the whopping 955 ORAC Units found in each gram of raw unsprayed cacao powder! The raw version of cacao powder contains 367% more antioxidants than the very best

Medicinal-Foods Superfood Chocolate



Functional Healthy Chocolate: With Superfoods, Superhebs, Aphrodisiacs, Mood Enhancers and Medicinal Mushrooms.

cooked version.”

When it comes to nutrition the *rawer and fresher*, the better. This goes for most of the foods you eat... and drink. For example, a majority of the antioxidants are gone from orange juice within 24 hours of juicing. Agribusiness studies like the *Effect of Processing Techniques at Industrial Scale on Orange Juice Antioxidant and Beneficial Health Compounds*, published in Agribusiness Journals may be deeply flawed. Although they may show that heat has no effect on the degradation of antioxidants, that is because most of them are gone by the time they do the testing. The truth is that the Phenols in the vitamin C are greatly diminished when exposed to oxygen, and heat!

Living on an exotic tropical fruit tree farm includes plenty of citrus. We drink fresh-squeezed OJ throughout the winter harvest season. There is a clear difference. Fresh squeezed straight from the tree zings my brain and gives me instant energy.

Fresh fruits and vegetable are abundant in Negatively-Charged Hydrogen (H⁻), the essence of antioxidant free radical scavenging, if right out of the garden or fresh picked from the tree. It's the Hydrogen or H⁻ content that is a major reason for the energy boost with Orange Juice, noticeable different from canned. Your body creates ATP (Adenosine *Tri* Phosphate) which is the energy source that your body burns and makes out of ADP (Adenosine *Di* Phosphate).

This occurs, if you can remember back to Biology class, in the *Krebs* cycle. The mitochondria- the powerhouse of your cells,

needs free H⁻ to make ADT from ATP. By the time fruits and veggies are in the store, most of the H⁻ is gone as well. **Mega Hydrate**, the worlds most powerful antioxidant *supplement* can provide this massive amount of free hydrogen. Raw cacao is natures version.

Minute Maid and Tropicana, owned by Coke and Pepsi hire chemists and perfumist to get customers, from different parts of the world to like their chemicalized sugar water. In her book, "Squeezed: What You Don't Know About Orange Juice." Aliissa Hamilton says,

“Unless bought at harvest time, OJ can sit in a deoxygenated vat for a year.”

That's why the OJ companies put chemicals like ethyl-butyrate to compensate for the lost flavor.

If the additives weren't bad enough, the cooking with heat and frequencies, *pasteurization and radiation* eliminates more nutrients. Most pasteurized products are also irradiated, exposed to powerful Gamma Rays that alter the molecule of the food. Not only are enzymes destroyed but vitamins A, B-12, D and E as well.

Many chocolatiers are focused more on taste and less on function. That's why one of the only local bean to bar companies here in Hawaii sadly microwaves their chocolate to keep it in temper in order to more easily pour their bars. Bean to bar means that the beans are ground in a *mélangeur*, or stone ground and turned into chocolate without adding any cacao butter.

Chocolate Producers, and other aspects of the emerging functional food industry are beginning to realize they can produce a product that is less processed, healthier... and sometimes even cheaper.

Lowers Blood Pressure

Flavinols:

Catechins, Procyandins and especially Epicatechins are Anti-clotting Flavinols that make platelets in blood less sticky. These Flavinols are good news if you're worried about a stroke or heart attack as they greatly reduce the risk. The Epicatechins especially prevent oxidation of the blood that would build up and possibly block the arteries. Raw chocolate is loaded in powerful flavinoids, which improves blood vessel function and have an anti thrombotic effect, inhibiting platelet adhesion in the arteries, regulating blood pressure and creating an optimal blood flow.

Mega Hydrate works in a similar way as it can really get the blood flowing.

The Kuna Indians living on an Island off the Caribbean Coast of Panama drink up to 5 cups of their Cacao Elixir per day. A Harvard Medical study of these people showed they had no heart disease or high blood pressure ... and it's attributed to the cacao!

Flavinols can also help you with Candida Overgrowth, or *Disbiosis*. A study printed in the American Journal of Clinical Nutrition showed how Flavinols in Cacao are an effective prebiotic,

feeding healthy Bifidus and Acidophilus bacteria. In this randomized, double-blind, crossover, controlled intervention study they showed the healthy gut flora was *digesting* the flavinols and making more good bugs.

Chocolate Is Brainfood

Anandamide “The Bliss Chemical”

Cacao and Cannabis are connected. It was just in 1992 that a team of researchers began discussing the properties of Anandamide. Recent studies are showing that chocolate contains Anandamide, what some are calling the “Bliss” chemical that binds to the same receptor sites as THC binds to in the brain.

Anandamide is also a Cannabinoid, one of the active psychoactive compounds found in Marijuana. When produced by the body, it's called an Endocannabinoid.

This “inner” or *Endo*-cannabinoid system of the body is quite complex and fundamental to our health and immune system. If the body is capable of creating Morphine, why should we be surprised that it could create Marijuana as well?

Phenylethylamine (PEA) “The Love Chemical”

PEA can bring a sense of clarity and make you feel alert. It's total Brain Food! There's a diverse class of compounds derived from PEA that include stimulants, psychedelics, bronchodila-



Raw chocolate has higher concentrations of the Bliss and Love Chemicals than roasted

tors and antidepressants. Similar to Dopamine and Adrenaline produced by our own bodies, PEA is sometimes referred to as the Love Chemical produced in our brain when we are in Love. No wonder PEA can have antidepressant qualities. Furthermore the fats in chocolate trigger a pleasure response in the dopamine-based pleasure parts of our brain adding to the mood-enhancing effects.

PEA is broken down quickly by the body. However in the presence of a Monoamine Oxidase Inhibitor (MAOI) concentrations can build up in the brain 1000 - fold! Conveniently, Choco-

late itself contains **MAOI's** inhibit the breakdown of Phenylethylamine, present in the chocolate as well as our brains. Other amines present in our brain are allowed to build up as well, like Dimethyltryptamine (DMT), and Dopamine contributing to the mood-enhancing effects.

Medicinal-Foods Superfood Chocolate Products also contain two more MAOI's: Ashwaganda, an Ayurvedic herb call "Indian Ginseng" and Mucuna, the *anti-stimulant* that traditional Cacao Shamans put in their brews. It is a bean with the highest plant levels of LDOPA, which the body uses as a precursor to make dopa-

mine. Mucuna also contains some DMT, adding to the amount already produced in our brain. These 3 MAOI's work together to boost Neurotransmitter levels in the brain and create the Mood Enhancing effect that the product line is known for.

Tryptophan

Tryptophan is an essential amino acid that acts as a precursor to neurotransmitters like serotonin and melatonin. Part of their role is protecting the body from the biggest badest monster: *Stress*. Raw chocolate may also help with depression as it can boost levels of serotonin in the brain.

A woman named, "Julie Girl", out on the Big Island of Hawaii, used to buy bars from me at my Elixir/Chocolate Bar in Hawaii for her daughter. Julie told me anytime was going to visit her on the mainland, her Daughter would say,

"Mom, bring me some of that Antidepressant Chocolate!"

Vitamins and Minerals

Beside being the highest in Antioxidants and Magnesium, Chocolate is the most chemically complex food there is. Containing over 600 different volatile chemicals, the combination of these compounds create distinct flavor profiles. Some of these have been tested and attributed to as strange of flavor as Cabbage, Beef and Human Sweat, among other much more pleasant flavors like citrus, berries and nuts.

Hot Cacao Elixir, anyone?



Raw chocolate is medicine, and the carrier thereof.



Magnesium, Iron and Chromium, Zinc, Copper, Potassium and Manganese.

Chocolate contains more Magnesium, Iron and Chromium than any other food! Magnesium and Chromium are two minerals that Americans are said to be 80% deficient in. Most people are severely magnesium deficient and may be at risk factor for high blood pressure, stroke and heart attacks.

It is truly amazing that chocolate contains such high levels of magnesium. Although stimulating, chocolate can have the dual effect of relaxing the muscles because of the amount of mag-

nesium. Chocolate is generally acidic so it's convenient that it is balance with such a powerful Alkalizer such as Magnesium.

Iron is a great blood builder especially for women, another reason many women crave chocolate on their moon cycle.

The significant source of chromium can really help with metabolism and energy levels as it regulates blood sugar. This can be crucial to fat loss.

The Essential Trace Minerals: Copper, Zinc and Manganese

Copper can be more important than Iron for building the blood.

Zinc is crucial for unlocking the power of Enzymes in your body, catalyzing thousands of metabolic processes beyond simply digesting food.

Manganese works with iron to oxygenate your blood and create Hemoglobin.

All of these special molecules and nutrients are only as beneficial as their ability to absorb into the cell. In the next section: **Good Fats, Bad Fats**, we'll learn how these nutrients are ideally absorbed at a cellular level.

We'll also go into "**Theobromine**", Food of the Gods, **Oxalates**, What Donna Gates says will turn the raw food Industry on its head and **Superfood Chocolate**- Yum!