

## Raw Cacao (Chocolate) Is Brain Food

Raw cacao (chocolate) contains a wealth of nutrients: essential vitamins and minerals that boost the body's neurotransmitters, and phyto-chemicals that activate the mood-elevating emotion of "euphoria." No wonder chocolate's so popular! Cooked cacao, which is what

you'll find in most chocolate bars and baked goods, loses much of its nutritional value. When the oils and fats within the cacao bean are heated, they actually can become toxic. And, as we know, chocolate is often highly processed with added sugars, dairy products and other ingredients that don't exactly improve nutrition. Using raw cacao and a natural sweetener, you can make your own healthy chocolate!

Here are a few companies that sell raw cacao or **chocolate that is either organic, fair trade or both**:

- > **Navitas Naturals**
- > **Love Bird Chocolates**
- > **Stirs the Soul**
- > **Earth Source Organics**
- > **Gnosis**
- > **Raw Guru**
- > **Sun Food**
- > **Wilderness Family Naturals**
- > **Mulu (U.K.)**