

WHAT IS CACAO?

MORE THAN DRINKING CHOCOLATE

Cacao is the purest, most original state of chocolate

Cacao contains the highest concentration of **antioxidants** and **magnesium** of any food worldwide. It is rich in **zinc, copper, iron, vitamin C, omega-6 fatty acids** and more. It has been found to improve **digestion, fatigue, longevity, libido**, as well as **skin, heart and brain health**.

Additionally, it is a natural **anti-depressant** due to its **Serotonin** and **Anandamide (chemical of bliss)** content. If you are taking any *pharmaceutical anti-depressants*, *consuming cacao may cause headaches*, so please be mindful with your body and drink plenty of water. Cacao also contains **PEA**, a chemical that we produce in our bodies when we fall in love, that additionally supports focus and alertness.

Contrary to popular belief, **cacao is not caffeinated**. Rather, it has a stimulating and energy boosting chemical called **Theobromine**. This is a healthy, sustainable alternative to caffeine, although it *does increase heart rate*. Cacao is **non-addictive** and there is no general recommended limit for consumption.

CACAO HISTORY

ANCIENT MAYAN & AZTECAN ORIGINS

Cacao was once revered as valuable as Gold

Cacao was once reserved only for the elite class of the Ancient Mayans and Aztecs, for it was considered the "Food of the Gods." Cacao was a pillar of their communities, economies and religions as a sacred medicine. The word "cacao" originated from the Mayan word, "Ka'kau." In Mayan and Aztec creation mythologies, humans are partially composed of cacao through their blood and hearts.

CACAO TODAY

Grown and shared worldwide

Cacao grows across the world, from Bali to Africa to Central and South America. Nigeria, Ghana, Ecuador, Ivory Coast, Indonesia and Cameroon produce over 90% of the global cacao supply. Europe and North America, on the other hand, consume 70% of the world's cacao.

With the rising demand of chocolate from North American and European consumers, it is essential that folks consider how they source their chocolate to ensure ethical, fair trade and sustainable practices. Cacao is produced primarily by smallholder farmers who live on less than \$2 a day and rely on cacao for the majority of their income.

ORIGINS OF CACAO KING

Cacao King founder, Andrew Anunciation, first communed with cacao medicine when living on the island of Kauai. After hand-crafting cacao on an indigenous family farm in Panama, Andrew became devoted to ethically sharing this sacred medicine with the world. From personal experience, we know this special earth gift has the potential to help heal countless people worldwide.

"Cacao King" symbolizes the sense of royalty inherent in all of us, highlighted when we commune with this sacred chocolate medicine.

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TYPES OF CACAO

NIBS, BEANS, POWDER

Nibs

are great as a healthy topping on your breakfast, snack or dessert. They can also be finely ground into drinks.

Beans

are awesome little energy snacks, that pack a delicious bitter-chocolate kick. The skin contains concentrated medicinal properties.

Powder

is oftentimes found at stores, but many reputable sources do not recommend it for consumption. The extraction of the natural fats from the paste into powder removes the healthy nutrients and benefits.

CACAO PASTE

Organic, Fair Trade, Ceremonial Grade

Cacao paste is made by crushing roasted cacao beans into a liquid, then is naturally dried. This is the best to use for making cacao drinks.

MAKING CACAO DRINKS

RATIO

Using Cacao King Paste and Water/Milk

10-20 grams : 4-8 oz | Serves 1 person

20-40 grams : 16 oz | Serves 2 people

1/2 lb-1 lb or 200-400 grams : 1/2 gallon-1 gallon | Serves 20 people

1 lb-2lbs or 400-800 grams : 1-2 gallons | Serves 40 people

Note: These are starting ratios; a little goes a long way. Drink as much as you please and feel free to adjust to taste as desired.

RECIPE

Ingredients

- Cacao paste (*preferred*) or nibs, best finely chopped
- Water or milk of choice
- Spices or adornments of choice (*optional*) can include cayenne, cinnamon, Redmond Real Salt, cardamom, turmeric, lavender, rose petals
- Natural sweeteners of choice (*optional*) can include maple syrup, vanilla extract, honey

Easiest Method

- Heat liquid of choice from **stovetop** or **kettle**

*Note: Stop heating before water boils, as boiling can retract cacao health benefits

- **Combine** cacao, liquid and additional ingredients in **blender**
- **Blend** until smooth; enjoy!

Note: Blenders help break down the paste chunks/nibs for a smooth texture. If you are not using one, chop down the paste into fine powder and combine all ingredients on stovetop. Be sure to stir well (and with love).

CACAO FOR CEREMONY

Opportunities for Healing, Connection and Love

When making cacao for sacred consumption in ceremonies, it is recommended to use a traditional **cocoa stirrer**, known as a **molinillo whisk**, rather than a blender in order to best **imbue the medicine with love and gentility**. However, you can choose whichever method is best available to you because ultimately, what matters most when making ceremonial cacao are the **intentions and prayers** you place over the medicine. **Expressing gratitude and calling in** what you'd like the medicine to assist with helps to **activate the cacao spirit** within.

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CACAO CEREMONY

HONOR TO THE MEDICINE'S ORIGINS

Thank you, Creator of all for this Sacred medicine

Prior to each ceremony, including during the making of the cacao drink, it is essential to **give honor to the origins of this medicine**. It is such a privilege to have access to it. Cacao was traditionally used only in ceremony, and so communing with this plant intentionally can offer many personal benefits. Spend a moment by yourself or shared with others thanking the ancestral carriers of this medicine that brought cacao to your hands. Please give thanks to the Creator of all, known as the "Great Creator."

Ask Great Creator to assist you and those in your circle with whatever you desire that is for the purpose of Love; *ex: heart-centered connection, clarifying your higher purpose, embodying true unconditional love for yourself and others*. Listen to your intuition and the feelings the medicine provides you for divine guidance.

WHAT ARE YOU GRATEFUL FOR?

Attitude of Gratitude is Everything

From there, you are warmly invited to consider all the things in your life that you have to be grateful for. Remember that gratitude is one of the highest frequencies we can feel and the healthiest human emotion, and giving presence to all of the good in our lives helps us more deeply commune with the Spirit of Cacao.

CACAO CAN ASSIST IN ALL RITUALS

Many occasions can benefit from cacao, including but not limited to:

- Meditation
- Heart-to-heart dialogues, including therapy
- Gardening, Hiking, Camping- any connection to nature
- Enhancing Creativity, including crafting and writing
- Gaining Career or Life Path Clarity
- Healing the Mind, Heart and Body
- Shamanic Journeying and deep meditation work
- Restoring love in relationships; *ex: Divine Masculine and Feminine Union, healing inter-personal wounds with friends, family, partners*
- Moon circles and elemental rituals
- Women's, Men's, Moon Circles and other intentional gatherings
- Sound healing and music creation
- Yoga, Qi Gong, Chi practices
- Channeling and Mediumship
- Stepping into your Sensuality and Body's natural wisdom
- Adventures of all types and most importantly, having fun!

JOIN US IN CIRCLE

You are warmly invited to join the Cacao King family in upcoming cacao ceremonies. **Let's connect** to stay in touch and honor this sacred medicine together. The Cacao King team offers cacao at a variety of music festivals and community gatherings of all sizes across the United States and beyond.

What do you love about cacao? We'd love to hear!



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