

THE HEALING POWER OF PURE CHOCOLATE



P

ure chocolate is medicinal food. There is a condition: the chocolate must be at least 75% pure. Then, wrong substances such as sugar and trans fat or vegetable oil, don't halt the medicinal capacities. Cocoa itself is super healthy. It is called food for the Gods. When the Spaniards discovered it in the 16th century, the Spanish king decided that it could only be used by the nobility. Cocoa was so healthy, the ordinary people did not deserve that for another 200 years. Today this medicine is available to everyone.

Naming

The Latin name of this evergreen tropical tree is *Theobroma cacao*. *Broma* means "food" and *theo* means "god of gods". *Theobroma* therefore means: "Food of the Gods". Cocoa comes from the Aztec word *xocolatl*. This word consists of two words: *xococ*, which means cocoa and *atl*, which is the Aztec word for water.

Medicinal nutrients from dark chocolate

Pure chocolate prevents a range of diseases, according to scientists. There are substances that inhibit inflammation and thus prevent diseases, and improve our immune system. Milk chocolate and white chocolate, on the other hand, are unhealthy and cause inflammation because cocoa is replaced with sugar and wrong fats. Fat from cocoa is very healthy, but in the chocolate factory the industry uses, cheap, transfat-rich fat, labeled as vegetable oil. This vegetable oil is chemically treated in such a way that the predicate "vegetable" can be considered misleading. The more pure, the less sugar is in chocolate. A chocolate of 90% cocoa contains very little sugar and has medicinal properties. It is even healthier to use pure cocoa in recipes. Some medicinal recipes have been written at page 31 of this issue. Pure chocolate contains proteins, saturated fat, calories, vitamins such as vitamin B1, B2, B3, folic acid, vitamin K, dietary fiber, and the minerals magnesium, calcium, phosphorus, manganese, selenium, iron, potassium, copper, and zinc.



Remarkable Dutch cocoa fact

The Dutch have planted large cocoa plantations in New Guinea, not so much for their own profit but to give the Papuans a healthy export economy when they were independent. After the Second World War, the Netherlands built up New Guinea, where there had never been a colonial system, by erecting houses, roads, government buildings, and agricultural areas. The Dutch government at the time wanted to make the Papuans 'resilient' against the modern, capitalist era. Many of the cocoa plantations have been destroyed by Indonesian governors, when the country eventually came under Indonesian rule, after an Indonesian military raid, and a proven fraudulent referendum under UN auspices. Currently there is still a huge cocoa plantation around Ransiki in New Guinea, but the fruits are not structurally picked and exported, because the corresponding export companies are missing. The Papuans living in the neighborhood are still drying the cocoa beans for their own home in 2018 and are selling this to earn some extra money. The cocoa plantation was built at the end of the 50s of the 20th century. Incidentally, the history of Dutch New Guinea is unknown to many people and differs from the history of the Dutch East Indies

Folk applications of cocoa in Europe

In Spain and the rest of Europe, more than 100 people's applications of cocoa have been written since the 16th century to the 20th century. It has been used to treat the following diseases: anemia, mental fatigue, tuberculosis, fever, gout, kidney stones, and reduced sexual drive. Nowadays, scientists are still researching the medicinal properties of cocoa. For example, there has been done research to its anti-cancer effects.

Methylxanthines in cocoa

Methylxanthines are substances with psychoactive properties. They improve cognitive abilities such as efficient thinking, learning processes, adaptive capacity and memory. Caffeine and theobromine are the most well-known methylxanthines in cocoa. Their health benefits are so remarkable that scientists have largely researched whether it can serve as functional food, according to Spanish researchers in 2013. They compiled a survey of all kinds of other studies that have mapped the medicinal effects of cocoa.



BRIEF OVERVIEW OF THE MEDICINAL EFFECTS OF COCOA:

1. Theobromine could be used in toothpaste because it provides a lot of protection to the tooth enamel.
2. Theobromine and caffeine together can expand the alveoli and improve lung function. Scientists suggest that asthma and bronchitis patients might eat extra coffee or chocolate products.
3. Theobromine and caffeine have similar psyche-stimulating effects. It turns out that people become slightly smarter and in a better mood after consuming these methylxanthines.
4. Coffee use leads to sleep disturbances in part of the people. Cocoa is not known to cause any sleep problem, while there is also caffeine in cocoa. It seems that people sleep better after cocoa intake.
- 5.
6. Methylxanthines may reduce the risk of the neurodegenerative Alzheimer's disease. Scientific research shows that if people consume cocoa and coffee on a regular basis, the risk of this disease decreases.
7. Methylxanthines from both cocoa and coffee can prevent heart disease and normalize high blood pressure. In 1910 theobromine was already used as a medicine for angina pectoris or heart cramps. In the first half of the 20th century, theobromine was used to relax the blood vessels, so that the blood pressure goes down. All kinds of research shows that cocoa is good for the heart, but to elevate it to official medicine of today's standards, there are still a number of studies to be done.
8. Dark chocolate increases the insulin sensitivity of cells, which makes it a good remedy for diabetes and Alzheimer's. The disadvantage of dark chocolate is that there is sugar in it. Normally, increased insulin sensitivity can lead to a decrease in organ fats and excess skin fat. But the sugar can stop this positive effect.
9. The combination of the methylxanthine theobromine and caffeine seems to work extra well, better than the individual substances.

So have you drunk too much coffee and are you awake? Take some chocolate, or make a cocoa drink.



Pure chocolate against cancer

Malaysian researchers conducted research into the possible anticancer activities of cocoa. First of all, 7.6 million people die of cancer every year, worldwide. In addition, the current chemotherapy is partly based on medicinal plants. Furthermore, a number of studies are listed that have unraveled some of the anti-cancer effects of cocoa. Cocoa can cause apoptosis. Apoptosis is sudden death of a cancer cell. Furthermore, cocoa plays a role in the prevention of metastases. There are many procyanidins in cocoa. Together with other substances such as catechin, epicatechin, and quercetin, these organic components form an answer to the oncogenic inflammatory processes associated with cancer. Nuclear factor- κ B is an inflammatory process in a cancer cell line and procyanidins can switch Nuclear factor- κ B off or greatly reduce activity. Another way in which *Theobroma cacao* works against cancer, is the antioxidant effect of its flavonoids. The medicinal components, procyanidins, epicatechin, and quercetin, can counter cell damage eliminate free radicals, and inhibit a tumor in its development. The researchers from Malaysia also see that it is not easy to isolate the medicinally active substances from cocoa. Therefore, we still depend on raw cacao as the main supplier of medicinal components.

Epicatechin

In the study described above, the substance epicatechin occurred. This substance is known to improve different brain functions. In 2013, a study was published with the title "The neuroprotective effects of cocoa flavanol and its influence on cognitive performance". Here researcher Astrid Niehlig explains that several studies have been carried out into the effect of cocoa on the brain. Epicatechin is the flavonoid that is most prevalent in chocolate. This substance has been proven to improve various aspects of cognition. Astrid Niehlig sees that there are many studies showing that flavonoids ensure that the brain still works well later in life. Cocoa can reduce the risk of stroke and Alzheimer's, according to research. Though, it is not known how much cocoa a person has to take to benefit from this medicinal effect.

Epicatechin has been given to mice for two weeks. It appears that the mitochondria greatly improve in function. These are responsible for the oxygen metabolism and energy feeling of man. Improved mitochondrial activity is associated with anticancer activity by other researchers.

Chocolate and obesity, medicine can be pitfall

In several areas of life, you can see that positive forces can sometimes become a pitfall. How can a medicine be a pitfall?

Chocolate is tasty, but only pure chocolate promotes the physical and mental health of humans. Scientific research shows that people who consume milk chocolate and white chocolate do not show health benefits. This can even be detrimental to health because sugar and trans fats cause inflammation at the cellular level. These inflammations at the cellular level are the cause of a large number of diseases such as cancer, diabetes, Alzheimer's disease, ADHD, obesity and cardiovascular diseases. The psychoactive substances in chocolate work especially well if you eat dark chocolate. But there is a chance that if you often eat milk chocolate, your brain becomes, as it were, addicted to the endorphins production that results in the combination of cocoa, lots of sugar and lots of vegetable oil. Being addicted to this form of chocolate means that the risk of obesity is increasing. People start to crave for unhealthy forms of chocolate. Craving, that is the pitfall of chocolate. On the other hand, there is at least one scientific study that shows that people consume less or decrease in weight due to the consumption of dark chocolate. Since obesity is a disease, we can say that pure chocolate a potential obesity medicine.

The pitfall can be cushioned with a switch to eating dark chocolate or using cocoa in recipes.



Pure chocolate, a medication per tablet

Cocoa is healthy, but is chocolate also healthy? Can we enjoy the medicinal effects of chocolate when we use chocolate? Indian researchers answer this in a 2014 study. The researchers state that dark chocolate or dark chocolate is healthy because it contains relatively more cocoa. Milk chocolate and white chocolate are unhealthy because a small amount of cocoa is supplemented with bad fats and sugar. The purer the chocolate is, the better. VegaTales has developed recipes to enjoy cocoa without sugar.

The healing power of dark chocolate

The following data is in the research of Indian researchers: chocolate works protective against heart disease, high blood pressure, regulates blood sugar levels, increases insulin sensitivity, reduces diabetes risk, relieves colds and coughs, reduces cancer risk, improves the immune system, slows down aging, slows down AIDS development, fixes DNA, protects against Alzheimer's, relieves premenstrual syndrome, and prevents baldness. Each medicinal function is explained in the research. For Example: cocoa good for the brain and mood because it contains phenylethylamine. This substance releases endorphins in the body so that we feel finer. Phenylethylamine also ensures that we are more alert.



A

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

B

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

C

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

D

E

[Eggplant](#)

[Endive](#)

F

[Fennel](#)

[Food as medicine](#)

G

[Garlic](#)

H

[Horseradish](#)

[Hot pepper](#)

I

[Iceberg lettuce](#)

K

[Kale](#)

L

[Leek](#)

[Lettuce](#)

M

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

N

[Nettle](#)

O

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

P

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

R

[Root celery](#)

[Romaine lettuce](#)

S

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

T

[Taro](#)

[Tomato](#)

[Turmeric](#)

U

V

[Vegan milk](#)

W

[Watercress](#)

[Wild vegetables](#)

Z



**SUBSCRIBE TO VEGATALES
AND GET IT IN YOUR INBOX FOR**

18 EURO PER YEAR.

**THIS IS AN INTRODUCTION FEE FOR FRIENDS AND
EARLY ADAPTORS. PRICE GUARANTEED FOR THREE YEARS.**

