

#7 Cacao = Superfood

Use it to Flavour the Protein & as a Treat

Protein tastes of nothing much usually, especially casein does not have any taste. Adding a little pure **cacao powder** (no sugar) helps a lot. And this is not a ‚sin‘ – cacao is superfood and contains a lot of valuable things. **And also makes you happy.** This weight loss strategy allows pleasure & indulgence.

To lose weight, you need to stop eating sugar confectionery & start eating dark chocolate instead. Around 75g per day should be enough, eaten during afternoon & evening. If you need more, eat more (try to reduce). **>> But eat dark chocolate.**

The little sugar in dark chocolate is no problem. Small amounts of sugar are used to fill up the carbohydrate stores of the body that are emptied during brain work, sprints, weight exercise, etc.

Ishaq, S., & Jafri, L. (2017). Biomedical Importance of Cocoa (*Theobroma cacao*): Significance and Potential for the Maintenance of Human Health. *Matrix Science Pharma*, 1(1), 1-5. doi:10.26480/msp.01.2017.01.05

For many centuries, humans have used **Cacao** in healing practices and religious rituals.

Today, research relates the powerful impact of Cacao on human health to the high concentration of **polyphenols**.
(Ishaq & Jafri, 2017)

Polyphenols are naturally occurring organic compounds that act as a **defense against cancer** development during cellular division. Phenolic compounds block carcinogens by inciting apoptosis, cell death.
(Lewandowska, Kalinowska, Lewandowski, Stępkowski, & Brzóska, 2015, Pandey & Rizvi, 2009)

Lewandowska, H., Kalinowska, M., Lewandowski, W., Stępkowski, T. M., & Brzóska, K. (2015). The role of natural polyphenols in cell signaling and cytoprotection against cancer development. *The Journal of Nutritional Biochemistry*, 32, 1-19. doi:10.1016/j.jnutbio.2015.11.006

