



Video Transcript

Learn The Truth About Cacao FAQs

Hi, Gaia Goddesses. Thank you for joining me. My name is Gabrielle Marcherana, and I'm going to talk through the frequently asked questions as well as contraindications when working with sacred cacao. As I said earlier, cacao is also a superfood. So what does this mean?

Cacao actually is so, so good for your body. So you can feel amazing when you're drinking mama cacao. She has more antioxidants in her than blueberries, more calcium than milk. There are flavonoids in cacao.

She is actually a natural antidepressant. There are bliss chemicals naturally in cacao, serotonin and tryptophan. These are mood elevators. So when you're feeling down, you can come to Mama Cacao. Some people reference her as a hug in a mug. And this is because you literally feel like you're being held by Mama Cacao when you're sitting with her.

You can increase it even more by adding in these specific elements and customize your experience for you. So for example, if you're feeling a little sad or low or lethargic, you can add in some elements like cayenne or cinnamon to add some more agnes, some more fire to your body. If you're feeling anxiety and overwhelmed, you can add in some cardamom, some calming or some chamomile.

These are ways that you can use the base of mama cacao and then further customize your experience with her. A question I get asked a lot is, is there caffeine in cacao and how much cacao should I be drinking? So there is a stimulating property in cacao. However, it's not exactly the same as caffeine. It's like a sister or a cousin to caffeine.

The caffeine that's in coffee, for example, has a large peak and trough when it comes to your energetic experience. However, when you drink cacao, it's much more shaped like a hill. So you won't have that big spike and drop. And this is why people tend to enjoy cacao who are more sensitive to caffeine. She's a lot gentler on your nervous system.

Another piece to this is that different cacao from different places has more or less theobromine in it and more or less of this stimulant. So for example, this cacao here that's from Bali is very much like the land of Bali. It's very balanced. If you've ever been to Bali, there is a deep reverence for duality, for celebrating the light and the dark. It's all about balance and you can feel this in the cacao.

This cacao here is from Guatemala and it's from an area that is surrounded by volcanoes. So this cacao is very fiery. It's very stimulating. So I would not recommend having this cacao before bed. A good rule of thumb is to not drink cacao four or five hours before you'd like to go to sleep. However, there are some nuances to this because this Bali cacao I drink before I go to bed and I sleep just fine because it is not so stimulating.

It's actually really beautiful to drink right before bed because you could have lucid dreams or very vivid dreams or get information through your dreams, which is very fun. But in a general sense, if you're sensitive to stimulants, I would start with making sure that you have cacao a good four to five hours before you want to go to sleep.

When it comes to dosage, this is a very important part of cacao. So there's something called a ceremonial dose, which is 32 grams of cacao. And this is when you are sitting in ceremony and you have time and space to sit with mama cacao. You can also microdose cacao, which is where you have...

Less than that, maybe a quarter of that size, maybe even an eighth of that size, depending on how sensitive you are to the plant medicine. Also, if you are pregnant, I always recommend having a half dose or less. If you'd like to sit with Mama Cacao with your children, you can serve them a half dose or even a quarter dose. And I always, always recommend listening to your body.

Because I find that when I'm in different stages of my cycle, that I will crave more or less cacao. There's sometimes I sit with cacao and my body is like, yes, and I drink a lot. And there's other times when I sit with cacao in my body and I take a few sips and I can just feel it. And it's like, no, that's enough. That's all that's meant for me today. And then I take that cacao and I give it as an offering back to mother. You never want to throw away your cacao. You always want to give her as an offering back into the air.

But overall, I would say the biggest thing is to listen to your body because your body knows where you're at and how much of this plant medicine will serve you. Another thing to be mindful of is if you've had any heart conditions or high blood pressure to also listen to your body because cacao is a heart opener. So you feel a lot of sensations in this area. She's doing a lot of work in this part of your body. So I just want to offer this as another.

reminder to really listen to your body when you're sitting with mama cacao you absolutely can just listen to your body and have a smaller dose also if you have any dogs or horses around you when you are drinking your cacao the theobromine is not meant for them

So be sure that your pup or your horse, I don't know how your horse would get access to your cacao, but just make sure that they don't have access to your cacao because it is not good for their bodies or their systems. Another question I get asked a lot is, should I be consuming the cacao powder or should I be using cacao blocks? And the difference between the two is that the cacao blocks here have

the natural cacao butter, as well as the bean itself, where cacao powder is something that has gone through a much deeper process, a much more processing where they've stripped out the cacao butter from the bean. So I recommend not using cacao powder at all and only using the blocks where it's a more natural version of the bean with the cacao butter.

This is literally just the roasted cacao bean ground up. There are no additives, no preservatives, no nothing. And so this is the most authentic and the most simple and natural way of working with mama cacao. Thank you for taking the time, listening, and becoming knowledgeable about working with this sacred plant medicine.