



Information and Contra-indications

Please read and take note of the following information before participating in the Cacao Ceremony with Clare Savage.

Ceremonial cacao has been documented as being part of ancient civilisations including the Olmecs, Aztecs and Incas. It was used then, as it is now as a sacred drink in ceremonies and gatherings.

Our source of cacao holds the traditions and wisdom of the indigenous people and elders who have kept and nurtured this plant medicine in great reference. The Fly Kakao sourcing model stands in complete and wholehearted integrity in working with the keepers of this cacao in a way that contributes to and supports their communities.

Further sourcing info: <https://www.flykakao.co.uk/pages/our-process>

We are so grateful to them for their work so that we can experience and taste the ceremonial cacao here today; this act of gratitude is a part of the ceremony too.

Fly Kakao ceremonial-grade cacao is made from native beans and our particular strain is cacao chuncho, meaning from the jungle. Small farmer families in Peru keep growing and processing this for us. We use the native whole bean, which means it includes cacao butter. The beans are stone ground and have the least amount of processing possible.

Ceremonial-grade cacao is loaded with unique plant compounds known for their beneficial effects on human physiology, especially the brain and body. This is a brief overview and more detailed information can be found here: <https://www.flykakao.co.uk/pages/the-science>.

Theobromine an essential amino acid is the precursor for the neurotransmitter serotonin, commonly known as the feel-good chemical known for promoting feelings of relaxation and contentment.

PEA known as the love drug signals the body to release endorphins and promotes focus and clarity.

Anandamide the Sanskrit word meaning bliss molecule promotes a feeling of happiness; while it won't leave you in a mind, altered state it has a happiness-producing effect.

Magnesium and Copper are incredibly supportive of our bodies and logical processes and functions.

Contraindications:

Due to the naturally occurring compounds of cacao, some contraindications need to be noted.

It is the participant's responsibility to check with their medical advisor if there are any contraindications concerning drinking cacao.

- **Theobromine** which will increase blood flow could have contraindications with
 - pregnancy
 - serious heart conditions
 - other blood pressure/flow-related conditions.
- **Tryptophan** could have a particular reaction with some dosages of antidepressants

The above may mean you do not partake in the physical drinking of cacao but join us in the whole experience of the ceremony or we could offer a smaller dose of 20 mg rather than 40 mg - please do not hesitate to [reach out to Clare](#) if you have any concerns.

Waiver: By registering for this free cacao ceremony, you agree that you have read the above information and asked for medical advice if you need it.



clare-savage.com