

# CACAO BLISS



**How America's Leading Health Coach Gets Away With Eating Decadent Chocolate Every Day!**



Chocolate is a popular food in the United States, the United Kingdom, Germany, Switzerland, and other countries. It includes natural mood boosters and is a great date present. It is estimated that chocolate firms earn more than \$80 billion every year.



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According to reports, women are avid consumers of chocolate-based chocolates and bars. Unfortunately, current chocolate products include sugars, additives, preservatives, and other substances that may lead to a variety of health problems. Overconsumption of

chocolate containing chemicals has adverse effects on dental, bone, and digestive health, as well as disrupts natural metabolism. Multiple addictive components in modern chocolate may interfere with your desire for healthier meals.

According to history, the ancient Aztecs saw chocolate as a gift from the gods. Similarly, the legendary Spanish conqueror Hernando Cortes drank "divine" hot chocolate every day to maintain his energy levels. Cortes said that the hallowed drink provided him with immense mental and physical stamina to conquer the Spanish territory.

Danette May is a personal trainer and the founder of Cacao Bliss, which she says has many health advantages for people. She refers to the cocoa powder as a "superfood" containing many nutrients for your general health. Is Earth Echo Cacao Bliss a legitimate product? Who may use the cocoa powder? Find out if Cacao Bliss is worth the buzz in the next section.

### What is Cacao Bliss Exactly?

Cocoa Bliss is a healthy chocolate powder created from pure organic cacao harvested in Peru, providing consumers with several health advantages. It also contains seven more compounds that, among other

benefits, enhance metabolism, boost energy, combat cravings, and promote brain health.

Users have the option of using Cacao Bliss powder into hot or cold drinks as well as baked goods and desserts. Each scoop of cocoa powder is loaded with healing, rejuvenating, and energizing ingredients.

How exactly can Cacao Bliss promote health?

Cacao Bliss, according to Danette May, is a one-of-a-kind chocolate that is healthy. According to the manufacturer, you may take it everyday without feeling bad about adding more powders, creating tooth problems, or jeopardizing your health.

The effect of the chocolate-based supplement is to increase the body's metabolic rate. As a consequence, customers experience sustained high levels of energy. Cacao Bliss has an abundance of natural substances that stimulate thermogenesis and fat oxidation. It stimulates the release of fatty acids, hence supporting weight reduction objectives.

Cacao Bliss also improves blood flow, hence promoting cardiovascular health. According to the creator, it helps

unclog and dilate blood vessels for healthy blood circulation. Vascular health guarantees that the cells acquire adequate nutrients and oxygen for the body's general function.

According to research, eating a piece of chocolate helps stabilize your mood. Cacao Bliss has an abundance of "bliss molecules" that increase serotonin levels in the brain, hence preventing mood swings. Cacao powder's antioxidants decrease inflammation and promote healthy aging. Similarly, minerals and vitamins help prevent skin, dental, and cardiovascular disorders.

### Cacao Bliss Active Ingredients

According to the manufacturer, Cacao Bliss comprises natural, scientifically-proven health-enhancing nutrients. There are no GMOs, artificial sweeteners, fillers, or binders in the chocolate powder. Additionally, the maker of Cacao Bliss asserts that the product is produced in small amounts to retain nutrients and freshness. These are the active ingredients:

Raw cocoa for the Cacao Bliss powder is sourced from Peruvian organic farms. It is scientifically shown to be an abundant supply of magnesium, which regulates hundreds

of metabolic events inside the body. Magnesium increases metabolic rates and helps combat both physical and mental exhaustion.

Raw cacao is also high in anandamide, popularly known as the "bliss molecule." Multiple studies demonstrate that anandamide stimulates serotonin synthesis in the brain. The hormone promotes relaxation and prevents mood fluctuations, which explains why the majority of individuals feel joyful after eating chocolate.

Similarly, fresh cocoa is abundant in antioxidants that promote healthy aging, reduce inflammation, and enhance cellular health. In a similar manner, cocoa may boost immunity and lessen the chance of developing chronic cardiovascular problems and diabetes.

Originating in India, turmeric is a common element in Ayurvedic treatment. It contains curcumin molecules that reduce inflammation without causing adverse effects. Likewise, turmeric may improve brain health and assist cardiovascular health. Similarly, curcumin may reduce stress and improve sleep quality.

MCT Oil - Pure MCT oil contains lauric acid, which boosts the immune system and protects the body from

different illnesses. Additionally, it may assist in weight reduction by increasing the metabolism. According to studies, MCT oil may reduce dangerous glucose levels, increase energy levels, and improve brain function.

Lucuma — according to Danette May, they also get Lucuma from Peru. It was utilized by ancient Peruvian doctors to cure infertility and improve sexual wellness. Lucuma is a naturally occurring sweetener that may increase energy levels. In addition, it contains beta-carotene, zinc, calcium, iron, and vitamin C, all of which have distinct health benefits.

Mesquite possesses anti-inflammatory and antimicrobial qualities that enhance the immune system. Mesquite is a natural sweetener and a healthy choice for those with type 2 diabetes. Likewise, it contains ingredients that promote muscular development and omega-3 for improved cardiovascular health.

Black Pepper — According to clinical research, it enhances bioavailability, enabling the body to properly absorb other nutrients. Black pepper also prevents the production of fat cells, which is advantageous for those who want to lose weight.

Cacao Bliss powder is flavored with Himalayan Salt.

Cinnamon — There is evidence that it may treat a variety of gastrointestinal conditions, including heartburn and digestive problems. The antioxidant effects of cinnamon enhance immunity, reduce blood pressure, and improve users' health.

### Advantages of Cacao Bliss

Boost vitality and metabolic rates

Facilitate weight loss

Enhance the immune system

Enhance mental health

Support cognition

Improve bone and joint health

Harmonize moods

### Cacao Bliss Dosage

The formulator suggests using one scoop of Cacao powder with warm water, cold beverages, smoothies, or coffee. Additionally, it may be used to produce low-carb pastries and sweets.

### Cacao Bliss Costs

Customers may only get Cacao Bliss Powder through the official website. Domestic purchases are delivered in



fewer than ten days, but international orders may take up to three weeks.

## Conclusion

Earth Echo's Cacao Bliss is a unique nutritional supplement that may boost the user's health. Each scoop reportedly contains the safest and most effective therapeutic doses. The healthy chocolate powder is also tasty, devoid of soy, gluten, and animal products, and has no GMOs. According to Danette May, it may be used to substitute processed chocolate in sweets and reduce cravings. Cacao Bliss contains Theobromine, which mimics the effects of a stimulant; thus, it is not suitable for young children or individuals with health difficulties.

Today, get Cacao Bliss directly from Earth Echos!

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