



Pura Vida Foodology Planet-wide

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Ensenada | Mexico | Costa Rica | Hawaii | Bali | Indonesia | Philippines | Thailand | Africa | New Zealand

SUSTAINABLE HEALING FOODS: HEALING CHOCOLATE SAUCE

My favorite Chocolate Sauce is easy to make, full of antioxidants, trace minerals and tons of vitamins that actually boost your immunological library and metabolism to burn more fat. So don't be stingy with this chocolate sauce, it's an aphrodisiac and an indulgence that helps you loose weight. This chocolate does it all while containing all 9 essential amino acids with 84 healthy compounds and it's high in fiber, a great source of iron, copper, magnesium, zinc, potassium, selenium, calcium, potassium, chloride, bicarbonate, bromide, borate, strontium, fluoride, sodium, and iodine.



This superfood increases focus, decreases cholesterol and insulin resistance, regulates diabetes, lowers risk of calcified artery plaque, protects against sun damage, increases skin density and hydration, improves blood flow to brain, increases cognitive function, increases verbal fluency, increases deductive reasoning, increases logic and improves math skills. Support nitric oxide production, improve circulation, prevent anemia, regulate blood pressure, lower fluid retention, create and maintain electrolyte and fluid balance, reduce gastric acidity, balance ph levels, reduce

cramps and muscle spasms, boost metabolic functioning, strengthen bones, teeth, and hair. This magic Chocolate Sauce can also balance hormones, lower adrenaline and cortisol, increase dopamine and anandamide to boost mood, increase negative ions, reduce respiratory allergens, aide digestion, improve cardiovascular health, promote healthy sleep, improve cellular oxygenation and regeneration, improve nutrient absorption, boost lymphatic system, boost lymphatic drainage and reduce formation of varicose veins.

It promotes serotonin, decreases pain while reducing pain and boost-ing overall strength, fitness and athletic performance as well as detoxing heavy metals and being a powerful anti-inflammatory, anti-bacterial, anti-fungal, antimicrobial and anti-parasitic. Our Healing Choc-olate Sauce makes you smarter, stronger, quicker, thinner and heal-thier. Yes, a dessert sauce can do all that and more which are only some of the reasons why all of these ingre-dients are staples in my kitchen.

INGREDIENTS

- 1/2 Cup Extra Virgin Cold Pressed Olive Oil
- 1/2 Cup Organic 100% Pure Maple Syrup
- 1/2 Cup Organic Raw Cacao powder
- 1/4 tsp Himalayan Pink Salt
- 1/2 tsp Vanilla extract



Let's prepare some food...

UTENSILS

- Squeeze Bottle
- 1/2 Cup
- 1/4 Teaspoon
- 1/2 Teaspoon
- Small Funnel

PREPARATION (Chocolate Sauce)

- 0) Open Squeeze Bottle
- 1) Using your funnel and measuring cup add all ingredients to Squeeze Bottle
- 2) Close and secure lid to Squeeze Bottle
- 3) Shake vigorously until all ingredients are thoroughly integrated
- 4) Drizzle on everything and enjoy guilt free because every bite nourishes your body

May your life be full of great joy with the health and abundance to enjoy it.

Dr. Ava Perez

