



*Minority/  
Woman-Owned  
local business*

# May "Oui"

## CHOCOLATS

*hand poured in small batches*

## There's Food And Then There's Chocolate

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*\* May has been in the health  
industry for over 20 years*

I have always been a lover of food in its purest form. When you can taste the ingredients individually, they transport you to a happy memory. Five years ago I embarked on a six week cleansing journey.\* Eliminating, adding and exploring new flavors in order to give my digestive system a fresh start. It was a tremendous journey and I've enjoyed food even more since the experience. In September 2023, I had to undergo a lumbar fusion in my spine which naturally required some rehabilitation on different levels. Digestion and good gut health seemed to be on the forefront of the rehab. I went through some digestive issues a couple months post fusion and found the one consistent tummy joy was homemade cacao. I could eat it morning and night and my belly was always happy. So I began to make homemade cacao bark for family and friends. I wanted them to share the same joy of well being! And that's how my chocolate story began.

### CACAO BENEFITS:

- Bursting with Antioxidants- 40 times as much as Blueberries
- Highest Plant-based Source of Iron
- More Calcium than Cow's Milk
- A Natural Anti-depressant & Mood Enhancer
- Cacao is known to contain anandamide, the bliss molecule (which creates an aphrodisiac effect), and promotes the release of tryptophan and serotonin (mood regulating neurotransmitters, which both protect the body against stress)
- Filled with Serotonin & Tryptophan
- Theobromine is a healthier source of caffeine
- Loaded with Magnesium
- Flavonoids aid with blood flow to the brain & heart lowering risk of diabetes
- Reduces appetite and helps in weight
- Dilates blood vessels and reduces blood clotting
- Assists in regulating heartbeat and blood pressure
- Reduces the risk of stroke and risk of heart attacks
- Helps to increase focus and alertness
- Detoxifies the liver
- Helps to reduce PMS symptoms and regulates it

