

Subject line:

Tripping on Chocolate

In 2007, Belgian chocolatier Dominique Persoone created a *chocolate-sniffing* device for a *Rolling Stone's birthday party*.

Now stop and think about that for a minute. *The Stones were snorting chocolate?*

Turns out Mick and the boys were on to something.

Check out these headlines from a quick Google search this morning:

- '*Feeling Alive at a Cacao Ceremony*' ~ Medium
- '*What I Learned Tripping on Chocolate in a Public Park*' ~ Vice
- '*Berlin Clubbers Are Now Snorting Chocolate to Get High*' ~ Dazed
- '*San Franciscans love 'cacao ceremonies', where people get high on chocolate*' ~ Business Insider
- '*Chocolate snorting offers new way to a cacao high*' ~ Reuters
- '*Food of the Gods: Cure for Humanity?*' ~ Oxford Academic

But you don't need to snort *raw cacao* to experience its nootropic benefits.

Two studies presented at the annual Experimental Biology meeting in 2018 demonstrated exactly *how potent chocolate can be as a nootropic*.

One study had healthy human volunteers eat dark chocolate (70% cacao). And found *cacao upregulated multiple intercellular signaling pathways*.

Chocolate boosted immune response and *activated genes involved in neural signaling and sensory perception*. Loma Linda University researchers termed it "*brain hyperplasticity*".

The 2nd study had volunteers consume 48 g of dark chocolate (70% cacao) and found it boosted brain *gamma wave (25 – 40 Hz)* frequencies.

Gamma waves are present in Tibetan Buddhist monks when meditating. And is associated with a heightened sense of consciousness, bliss, and intellectual acuity.ⁱ

Dark chocolate containing 494 mg total flavanols boosts *Brain-Derived Neurotrophic Factor (BDNF)*. BDNF is involved with *long-term potentiation* for *long-term memory* formation. And higher levels of BDNF *reduces anxiety*.ⁱⁱ

Flavanol-rich cocoa significantly *boosts cerebral blood flow* following the first dose. Boosting *general cognition, attention, processing speed* and *working memory*.ⁱⁱⁱ

And if you think biting into a piece of really good chocolate is akin to a spiritual experience ...

... dark chocolate boosts blood flow in several regions of the brain. Including the parietal cortex. The area of your brain that lights up during a profound spiritual experience of oneness.^{iv}

But not all chocolate is created equal.

Please see my latest review for what types of chocolate work best as a nootropic, dosage, side effects and types of chocolate to buy.

<https://nootropicsexpert.com/cacao/>

ⁱ Loma Linda University Adventist Health Sciences Center. "Dark chocolate consumption reduces stress and inflammation: Data represent first human trials examining the impact of dark chocolate consumption on cognition and other brain functions." *ScienceDaily*. ScienceDaily, 24 April 2018.

ⁱⁱ Neshatdoust S. et. al. "High-flavonoid intake induces cognitive improvements linked to changes in serum brain-derived neurotrophic factor: Two randomised, controlled trials." *Nutrition and Healthy Aging* 2016; 4(1): 81–93.

ⁱⁱⁱ Socci V. et. al. "Enhancing Human Cognition with Cocoa Flavonoids" *Frontiers in Nutrition* 2017; 4: 19.

^{iv} Miller L., et. al. "Neural Correlates of Personalized Spiritual Experiences" *Cerebral Cortex* 29 May 2018