

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

The Black Goop that is like Gold

by Yvonne Salcido, M.H.



Sometimes I find it is easy to get out of the habit of taking the super **food** supplements that Dr. Christopher recommended. It seems so simple yet sometimes I allow myself to get so busy that I don't do those vital things that would secure great health for me and my family. Blackstrap molasses is an indispensable hidden treasure chest of minerals.

Molasses comes from the Latin "melaceres" which, by definition, means honey like. Molasses was the sweetener of choice during colonial times as it was less costly. Some historians believe that the Molasses Act of 1733 passed by England was the catalyst to colonial unrest and dissatisfaction. England by placing a tariff hoped to discourage trade with the West Indies. In the mid-twentieth century it became a popular

item with the health food movement.

Blackstrap molasses is made by boiling down the sugar cane. This process is repeated three times to crystallize and remove the crystals (refined sugar that is completely void of any minerals and is a toxic substance). The third cooking process results in this black goop that is full of minerals. Most people only associate it with the mineral iron. It has gems of minerals waiting to be easily assimilated into the body.

Blackstrap molasses is high in **Chromium**. 1 Tablespoon will supply 100% of the RDA (Recommended Daily Allowance) of Chromium. Chromium is needed to metabolize sugar. A deficiency of chromium has been shown to lead to weight gain and diabetes, which is interesting since sugar depletes your body of Chromium.

Calcium, which is essential to health, is high in blackstrap molasses. Just 2 teaspoons contains 11.8% of the RDA of Calcium. Calcium is important to healthy bones, teeth formation, and prevention of bone loss. Calcium assists in many bodily functions such as the contracting of muscles and heart, blood clotting, and nerve function. Calcium binds with toxins in the colon and helps in their elimination. This improves colon health and reduces risks of colon cancer.

Copper is another mineral that is in high quantities in this pot of wealth. You get 14% of the RDA in just 2 teaspoons of blackstrap molasses. An inadequate intake of copper in our diet can lead to numerous health issues such as elevation in LDL (bad cholesterol) and lowering HDL (good cholesterol), early graying of hair, osteoporosis, deficiency iron anemia, impaired brain function, joint problems and sporadic heart beat.

Manganese is very important for a healthy nervous system. Aren't we all stressed at times? It helps in the production of protein and carbohydrates. It is also an important part of the antioxidant enzyme superoxide dismutase (SOD) which protects us against free radicals. Just 2 teaspoons provides 18% of RDA.

Magnesium is responsible for the calcium intake to the nerve cells. It is critical in bone and cell energy production. It also helps in the regulation of calcium levels. You get 7.3% in just two teaspoons of blackstrap molasses.

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Blackstrap molasses is the highest food source of **potassium**. 1 Tablespoon of blackstrap molasses has 340 mg. of potassium. 1 Tablespoon of **organic** blackstrap molasses has 720 mg. of potassium. **Potassium** helps in the regulation of high blood pressure and cardiovascular problems. It helps in electrolyte balance and pH levels. It aids in the smooth functioning of the muscular and nervous system. Low potassium levels have been linked to cancer. A mere two teaspoons give 9.7% of RDA.

The crowning jewel that most associate with blackstrap molasses is **Iron**. Blackstrap molasses provides more iron than red meat, which is commonly used for iron, and has less calories and no fat. Another commonly used way to increase iron levels are pharmaceuticals. These iron supplements tend to be very constipating, while blackstrap molasses helps in regulating the bowels. Iron assists in hemoglobin production, transporting oxygen to the cells. It is also an essential part of energy systems for energy production and metabolism. Blackstrap molasses boosts iron reserves, energizing the body. This is a great benefit during menstruation cycle, pregnancy, lactation, and for growing children or when iron levels are taxed. Excellent results have even shown in blood tests in as little as three weeks taking just one tablespoon per day. 2 teaspoons have 13.3% of RDA.

Last but not least in our mineral treasure chest are **selenium**, 3.5% of the RDA, and **B6** at 5% RDA in only two teaspoons of black strap molasses. Selenium helps in protection of the elasticity of tissues. It is an antioxidant. It boosts the immune system and protects against cancer. It also plays a role in blood pressure levels. B6 (Pyridoxine) is critical in the development of the nervous system. It aids the body in utilizing amino acids. B6 aids in the production of serotonin, melatonin, and dopamine.

Word of caution - use **only UNSULPHURED blackstrap molasses!** Organic is best, but for sure use unsulphured. We don't want toxins with our food.

A definite super food, blackstrap molasses has been used as an aid for acne, acid reflux, anemia, regulating menstrual flow, colitis, cyst reduction, tumor reduction, dermatitis, hair damage, eczema, psoriasis, varicose veins, ulcers, restoring grey hair, angina pectoris, anxiety, constipation, joint pain, arthritic pain, heart palpitations and edema.

This black goopy goop that looks more like a prehistoric tar pit than a precious possession is one of nature's hidden treasures.

For more information on the Super Food Supplements please see:

<http://articles.herballegacy.com/supplements-for-maintaining-good-health/>

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