

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Blackstrap Molasses

November 5, 2008

Did you know that by taking just 3 tablespoons of molasses a day you can help cure:

- Arthritis
- Ulcers
- Dermatitis and eczema
- High blood pressure
- Constipation and colitis
- Varicose veins
- Anemia
- Bladder troubles such as difficult urination
- Nerve damage



Molasses also:

- Helps to preserve your teeth
- Provides necessary nutrients for pregnancy and helps with morning sickness
- Helps with menopause
- Will restore unhealthy fingernails and hair

What is molasses and why is it so good for you?

Molasses comes from sugar cane. Its roots go 15 feet in the earth, so it pulls a lot of minerals from those deep roots that are very good for you.

Here are a few of the beneficial nutrients found in just 2 teaspoons of blackstrap molasses:

- 11.8% of your daily need for calcium
- 13.3% of your iron
- 14% of your copper
- 18% of your manganese
- 9.7% of your potassium
- 7.3% of your magnesium

Of particular note, blackstrap molasses can increase your energy by helping to replenish your iron stores. This is particularly important for menstruating, pregnant, or breast-feeding women, who are more at risk for iron deficiency. In addition, growing children and adolescents also have increased needs for iron. Iron is an integral component of hemoglobin, which transports oxygen

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from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism.

Make sure you buy unsulphured molasses from a health food store.

To get your daily molasses you can either take it by the spoonful, or if that is too strong for you then mix a tablespoonful in a glass of water three a day. Your body will thank you for it!

RECOMMENDED RESOURCES

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=118>

<http://www.ahradio.com/Molasses.html>