



NO. 11 THE BLACKSTRAP MOLASSES PROTOCOL

THE “BLACKSTRAP MOLASSES” PROTOCOL.

By: Tony A. (2015)



Blackstrap Molasses is the dark **viscous** residue that remains after the maximum extraction of sugar from raw **sugar cane**. Regular molasses is the first or second boiling of the cane sugar syrup while during the third boiling the majority of the **sucrose** from the original molasses has then crystallized leaving blackstrap molasses as the liquid residue. It is estimated that the Iron levels of the molasses increases by approximately 5% with the third boiling.

BLACKSTRAP MOLASSES CONTAINS IRON, CALCIUM, COPPER, MANGANESE, MAGNESIUM, SELENIUM, CHROMIUM AND VITAMIN B6.

Unfortunately, while the toxic, unhealthy and addictive refined white sugar will end up on supermarket shelves, the highly nutritious blackstrap molasses, which contains the minerals and nutrients absorbed by the plant, is more generally sold as feed for livestock. It is also a source of carbon and is effectively used in horticulture to feed and boost the microbial activity of the soil.

Blackstrap Molasses is high in iron and helps to maintain the healthy levels of iron in the hemoglobin. Hemoglobin is found in the red blood cells and plays a key role in carrying the oxygen from lungs to all body parts. Iron is also vital for the production of energy and aids in maintaining a healthy metabolism. Iron deficiency is associated with many different conditions, including dizziness, fatigue, hair loss, irritability and anaemia. Iron is particularly important for women during menstruation. Iron prevents various disorders like **menorrhagia**, which causes excessive blood flow for a longer duration during menstruation.

Other minerals such as magnesium and calcium also present in **Blackstrap Molasses** help to control the thickening of the blood plasma and stickiness of blood cells. **Blackstrap Molasses** helps relieve menstrual cramps and helps in maintaining the health of uterine muscles. **Blackstrap Molasses** is a healthy alternative, as compared to other medications for menstrual discomfort, which might have certain side effects. People who are anaemic (including pregnant women) will benefit from consuming 1-2 tablespoons of **Blackstrap Molasses** per day.

Iron in Blackstrap Molasses plays a critical role in blood and cell function and is essential for energy production. It also helps the body fight off infections, supports brain and muscle function and helps to improve immunity.

Blackstrap Molasses also provides vitamin B6, which also plays a key role in energy production. It is also rich in the trace mineral manganese, which helps, in the production of sex hormones. Manganese also plays a vital role in the functioning of the nervous system, the prevention of blood clots and the production of energy from proteins and carbohydrates. A deficiency of manganese can lead to infertility, general fatigue and weak bones.

Blackstrap Molasses provides many of the daily nutrients needed to help keep the bones healthy and strong, including iron, calcium, potassium, magnesium, manganese and copper. Maintaining a recommended daily allowance of these minerals can greatly reduce the risk of osteoporosis and other degenerative bone diseases.

Blackstrap Molasses contains an ideal calcium-magnesium ratio to help the body absorb large quantities of each. Both of these minerals aid the growth and development of bones, making **Blackstrap Molasses** a good safeguard against osteoporosis and other bone diseases. Calcium is not only essential for maintaining healthy bones and teeth, but plays a vital role in heart health, blood clotting, brain nerve activity and muscle function. Calcium also has an important role in maintaining the functioning of our enzyme system, the removal of toxins from the colon and cell membrane function.

Blackstrap Molasses contains a considerable amount of copper, an important trace mineral that helps rebuild the skin structure that supports healthy hair. Consequently, long-term consumption of blackstrap has been linked to improved hair quality, hair regrowth in men and even a restoration of your hairs' original colour! Foods that contain manganese, copper, zinc and selenium can provide the body with the necessary components to make more catalase, an enzyme that helps break down hydrogen peroxide and turn it back into water and nascent oxygen. It is theorised that any accumulation of unbroken down hydrogen peroxide (a potential source of toxic free radicals) could strip the colour from hair.

Blackstrap Molasses is a natural stool softener that can improve the regularity and efficiency of your bowel movements.

Blackstrap Molasses contains substantial amounts of manganese, which helps produce energy from proteins and carbohydrates, and which also helps in the healthy production of sex hormones. It also plays a vital role in the functioning of the nervous system, the prevention of blood clots and the production of energy from proteins and carbohydrates. A deficiency of manganese can lead to infertility, general fatigue and weak bones.

Blackstrap Molasses is a very good source of potassium.

Potassium is essential to maintaining good cardiovascular health and improving bone density and plays an important role in nerve transmission and muscle contraction. It can help keep blood pressure low; supports proper carbohydrate metabolism and can help reduce the risk of heart attack, stroke and osteoporosis. Potassium deficiency is also associated with an increased risk of arthritis.

Blackstrap Molasses is a good source of selenium.

Selenium plays a key role in thyroid function, antioxidant protection, cancer prevention, cardiovascular health and inflammatory diseases like rheumatoid arthritis. Selenium deficiency can lead to these and other health conditions.

Blackstrap Molasses is a good source of Vitamin B6

which aids brain and skin development and is needed for the immune system, the nervous system, cell formation, blood health and energy production. **Blackstrap Molasses** also contains other vitamins such as niacin, thiamine and riboflavin.

Blackstrap Molasses can be used as an alternative sweetener without many of the negative side effects of regular cane sugar and artificial sweeteners. Unlike refined sugar, **Blackstrap Molasses** has a moderate glycemic load of 55, requiring very little insulin production and altering blood sugar levels far less than regular cane sugar. This makes it a good white sugar substitute for diabetics and individuals who are seeking to avoid blood sugar spikes. **Blackstrap Molasses** has a very low fat and fibre content.

Diabetes: Blackstrap molasses helps in stabilizing blood sugar levels. It has a low glycemic index and aids in slowing the metabolism of glucose and carbohydrates, which subsequently means less insulin production. This helps in preventing the accumulation of excess fats or lipids in the blood stream. Molasses possesses a substantial amount of the essential trace element of chromium, which is valuable in relation to insulin action and maintenance of glucose tolerance in the body as well. Scientific **research** has shown that molasses contains the highest amount of chromium (0.266 mg/kg) as compared to refined white sugar and brown sugar. A deficiency of chromium can result in weak glucose tolerance, which can lead to diabetes. This can represent a serious risk for chronic diseases like atherosclerosis, blood cholesterol and other cardiac disorders.

Hypokalaemia: Molasses contains the essential mineral **potassium**, which is required for the proper functioning of cells. It helps in maintaining the acid-base balance of the body and prevents **heat exhaustion**. Potassium also plays an important role in nerve and muscle contraction and helps to maintain cardiac health. Adequate intake of potassium rich foods like molasses helps to prevent disorder like **hypokalemia** and reduces blood pressure.

Red Blood Cells: Molasses is rich in **copper**, which aids in eradicating the free radicals from the body. It helps in the absorption of iron; the formation of red blood cells and it maintains a healthy immune system. A deficiency of copper can result in anaemia, thyroid problems, cardiac arrhythmia and osteoporosis.

Formation of New Cells: Blackstrap Molasses also provides vitamin B6, which plays a key role in **energy production**, and is also rich in the trace mineral manganese, which helps, in the healthy production of sex hormones. It also plays a vital role in the functioning of the nervous system, the prevention of blood clots and the production of energy from proteins and carbohydrates. A deficiency of manganese can lead to infertility, general fatigue and weak bones.

Nervous System: Molasses contains magnesium, which helps in the proper functioning of the nervous system. It keeps our nerves and blood vessels relaxed by balancing calcium volume and blocking it from rushing into the nerves. Unblocked and speedy flows of calcium into the nerves can over-activate them and can lead to the transmission of too many signals and excessive nerve contraction. A deficiency of magnesium in the body can lead to hypertension, muscle cramps, spasms and general body fatigue.

Energy Production: Blackstrap Molasses also provides pyridoxine (vitamin B6) which plays a key role in **energy production**, and is also rich in the trace mineral manganese, which helps, in the healthy production of sex hormones. It also plays a vital role in the functioning of the nervous system, the prevention of blood clots and the production of energy from proteins and carbohydrates. A deficiency of manganese can lead to infertility, general fatigue and weak bones. Also sometimes referred to as pregnancy tea, owing to the presence of iron, vitamin B and other essential minerals and cofactors, eg. folic acid. Consumption of molasses during pregnancy also provides calcium, which is required for the growth and development of the baby.

By: Tony A. (2015)

DISCLAIMER

Always consult your health care professional for guidance for all medical conditions. Nothing “quoted” above by the “research scientists” and “scientific records” from ancient and recent publications should be considered as medical advice. It is information that is available in the public domain, and is reproduced here for information and education purposes only.

We make no medical claims as to the benefits accruing from the use of Kalaya Blackstrap Molasses.

www.kalayaproducts.com.au

Ph.: (07) 32767347

**FACT: For EVERY
MOLECULE OF SUGAR
you consume, it takes
FIFTY-FOUR
MOLECULES OF
MAGNESIUM
for your body to
PROCESS IT.**



-FoodForThought RawForBeauty.com

This is why most people are deficient in Magnesium in the U.S. Sugar is present in just about every packaged & processed fake food.

Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, necessary for transmission of nerve impulses, temperature regulations, detoxification in the liver, and formation of bones and teeth.

However, magnesium shows its true power in cardiovascular health. The Weston A. Price foundation writes, "Magnesium alone can fulfill the role of many common cardiac medications: magnesium inhibits blood clots (like aspirin), thins the blood (like Coumadin), blocks calcium uptake (like calcium channel-blocking drugs such as Procardia) and relaxes blood vessels (like ACE inhibitors such as Vasotec)

Just about every single person you come into contact with – especially those with a health problem, but even those with only minor complaints – are suffering in some way from this nationwide deficiency. Including you! Most processed & packaged fake food are loaded with sugar. This is why so many people that eat this junk have a magnesium deficiency. How much sugar are you eating?

Why We're All Deficient In Magnesium, The Many Signs & What To Do

Read More: <http://www.collective-evolution.com/2015/03/25/why-were-all-deficient-in-magnesium-the-many-signs-what-to-do/>