

BLACKSTRAP MOLASSES



“Life Coaching For Your Individual Greatness”

4636 Lebanon Pike, PMB #251
Hermitage, TN 37076-1316

Internet: one80turn.com
Email: one80turn@comcast.net

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ABOUT ONE 80 TURN, LLC

One 80 TurnSM is a holistic life wellness service provider located in Nashville, TN. Our whole body approach utilizes results oriented tools and concepts, from various cultures and philosophies, to provide high school and college athletes with reliable information on various topics that have the potential to help them improve their athletic performance, as well as assist them in forming good habits that will benefit them throughout their lifetime.

The concept for the services of One 80 TurnSM was conceived by the owner after several years of personal interaction with teens through life coaching and athletic instruction. The goal is for our business to be recognized as the number one source of life enhancing information and instruction for high school and college athletes.

Our mission is to provide a supportive, non-judgmental environment to assist our partners in reaching their highest potential as athletes and achieving whole body wellness by utilizing resources, programs and tools that promote good health physically, emotionally, mentally and spiritually. Personal gains, such as improved self esteem and self motivation, combined with measurable benefits, will create tremendous life long advantages. Our holistic approach to wellness will establish our reputation as the best in the industry.

DOCUMENT INFORMATION

2.1 Description

The information in this document, on blackstrap molasses, is taken from various internet and book sources and is provided in this compiled format for easy reading.

2.2 Objectives

Provide general information about, and on the use of, blackstrap molasses.

2.3 Suggested Users

Any person desiring to increase their knowledge about blackstrap molasses as they make choices for their individual nutrition/exercise needs/requirements.

DOCUMENT CONTENT

3.1 Blackstrap Molasses

Regular molasses is the first or second boiling of cane sugar syrup while blackstrap is the third boiling of the syrup. Iron levels appear to increase 5% in the 3rd boiling. The best choice is **unsulfured organic blackstrap molasses** from organic sugar cane. Organic cane is more likely to be grown in mineral rich soil which will help the end product to be especially high in nutrients. Try to avoid non-organic molasses if you can. Sugar cane harvesters of non-organic sugar cane may use defoliant chemicals to make the sugar cane leaves fall off. The defoliant makes the cane much easier to harvest, but the chemical residues can end up in your molasses. Non-organic brands may also contain other chemical sprays and fertilizers. Look for brands that say "**unsulfured.**" Sulfur is an unhealthy chemical additive. It is used as a preservative. Some people are sensitive to sulfur, so it's best to avoid it altogether. Wholesome Sweeteners Organic Blackstrap Molasses doesn't contain any sulfur and has a really nice flavor (the bottle with the green label on the right). Unopened containers of molasses can last for 2 years or longer. To help your molasses stay fresh, be sure to store it in a tightly sealed container. Keep it in the fridge or in a clean, dry place. Depending on the brand (and where you purchase), a 16 ounce bottle will cost \$5 to \$10.



3.2 Health Benefits

IRON FOR ENERGY

In addition to providing quickly assimilated carbohydrates, blackstrap molasses can increase your energy by helping to replenish your **iron** stores. Blackstrap molasses is a very good source of iron. Particularly for **menstruating women**, who are more at risk for iron deficiency, boosting iron stores with blackstrap molasses is a good idea—especially because, in comparison to red meat, a well known source of iron, blackstrap molasses provides more iron for less calories and is totally fat-free. Iron is an integral component of **hemoglobin**, which transports oxygen from the lungs to all body cells, and is also part of key enzyme systems for energy production and metabolism. And, if you're pregnant or lactating, your needs for iron increase. Growing children and adolescents also have increased needs for iron. Just **2 teaspoons** of blackstrap molasses will sweetly provide you with 13.3% of the daily recommended value for iron.

HELPS YOUR CALCIUM NEEDS DECREASE

Blackstrap molasses is a very good **source of calcium**. Calcium, one of the most important minerals in the body, is involved in a variety of physiological activities essential to life, including:

- The ability of the heart and other muscles to contract
- Blood clotting
- The conduction of nerve impulses to and from the brain
- Regulation of enzyme activity
- Cell membrane function
- Calcium is needed to form and maintain strong bones and teeth during youth and adolescence
- Help prevent the loss of bone that can occur during menopause and as a result of rheumatoid arthritis
- Calcium binds to and removes toxins from the colon, thus reducing the risk of colon cancer
- Because it is involved in nerve conduction, may help prevent migraine attacks

Two teaspoons of blackstrap molasses will meet 11.8% of your daily needs for calcium.

ENERGIZING MINERAL-DENSE SWEETENER

Molasses is also an excellent source of:

- Copper
- Manganese
- Potassium
- Magnesium

Copper, an essential component of many enzymes, plays a role in a wide range of physiological processes including:

- Iron utilization
- Elimination of free radicals
- Development of bone and connective tissue
- The production of the skin and hair pigment called melanin

Numerous health problems can develop when copper intake is inadequate:

- Iron deficiency anemia
- Ruptured blood vessels
- Osteoporosis
- Joint problems such as rheumatoid arthritis
- Brain disturbances
- Elevated LDL (bad) cholesterol and reduced HDL (good) cholesterol levels
- Irregular heartbeat
- Increased susceptibility to infections

Using two teaspoons of blackstrap molasses to sweeten your morning cereal and the coffee or tea you drink during the day will supply you with 14.0% of the daily recommended value for copper.

That same amount of blackstrap molasses will also provide you with 18.0% of the day's needs for **manganese**. This trace mineral helps:

- Produce energy from protein and carbohydrates
- The synthesis of fatty acids that are important for a healthy nervous system and in the production of cholesterol that is used by the body to produce sex hormones

- Manganese is also a critical component of an important antioxidant enzyme called *superoxide dismutase*. Superoxide dismutase (SOD) is found exclusively inside the body's mitochondria (the oxygen-based energy factories inside most of our cells) where it provides protection against damage from the free radicals produced during energy production

Like calcium, **potassium** plays an important role in **muscle contraction** and nerve transmission. When potassium is deficient in the diet, activity of both muscles and nerves can become compromised. Potassium is an especially important mineral for **athletes** since it is involved in carbohydrate storage for use by muscles as fuel and is also important in maintaining the body's proper electrolyte and acid-base (pH) balance. When potassium levels drop too low, muscles get weak, and athletes tire more easily during exercise, as potassium deficiency causes a decrease in glycogen (the fuel used by exercising muscles) storage. Simply by adding two teaspoons of blackstrap molasses to your morning smoothie, you can supply 9.7% of your potassium needs for the day along with a healthy dose of carbohydrates to burn. Calcium's balancing major mineral, **magnesium** is also necessary for healthy bones and energy production. About two-thirds of the magnesium in the human body is found in our bones. Some helps give bones their physical structure, while the rest is found on the surface of the bone where it is stored for the body to draw upon as needed. Magnesium, by **balancing calcium**, helps regulate nerve and muscle tone. In many nerve cells, magnesium serves as Nature's own calcium channel blocker, preventing calcium from rushing into the nerve cell and activating the nerve. By blocking calcium's entry, magnesium keeps our nerves (and the blood vessels and muscles they enervate) relaxed. If our diet provides us with too little magnesium, however, calcium can gain free entry, and the nerve cell can become over-activated, sending too many messages and causing excessive contraction. Insufficient magnesium can thus contribute to:

- High blood pressure
- Muscle spasms (including spasms of the heart muscle or the spasms of the airways symptomatic of asthma)
- Migraine headaches
- Muscle cramps
- Tension
- Soreness
- Fatigue

In two teaspoons of blackstrap molasses, you will receive 7.3% of the daily value for magnesium. Switching from nutrient-poor sweeteners like white sugar or corn syrup, or from potentially harmful fake sweeteners like aspartame or saccharin to nutrient-dense blackstrap molasses is one simple way that eating healthy can sweeten your life.

NUTRIENTS

Blackstrap molasses is a fat-free food which gives you about 48 calories per tablespoon. Here are some of the nutrients you'll get in one tablespoon:

- **4.5 mg of useable iron** - You'll get **more iron** per serving than red meat! And, there's no need to worry about fat or cholesterol. That makes molasses an excellent addition to your diet if you're vegan, vegetarian, pregnant, or suffering from anemia. It is also great for children and adolescents who need more iron.
- **Calcium** - About the same amount of calcium that you'd get in a glass of cow's milk.
- **Magnesium and Potassium** - About 20 percent of the RDA (recommended daily allowance).
- **Vitamin B** - Molasses is high in vitamin B complex. B vitamins help your body cope with stress.
- **Chromium** - Your body uses chromium to help keep your blood sugar levels stable. You'll find a fair amount of this trace mineral in molasses.
- **Other Minerals** - Molasses also contains manganese, copper, and selenium.

Here is a sample comparison of the nutrition facts label on three popular brands based on a 2,000 calorie diet:

ORGANIC UNSULPHURED MOLASSES

Brand Name: **Wholesome Sweeteners**

Serving Size: 1 Tablespoon
Potassium: 730mg' (20%)
Calcium: 115mg (10%)
Total Carbohydrates: 14g (4%)
Sugars: 10g
Total Fat: 0g
Iron: 15%
Magnesium: 8%
Vitamin B6: 10%

ORGANIC DARK UNSULFURED BLACKSTRAP MOLASSES

Brand Name: **Trader Joe's**

Serving Size: 1 Tablespoon
Potassium: 730mg
Calcium: 10%
Sugars: 10g
Iron: 15%
Magnesium: 8%
Vitamin B6: 10%

ORGANIC UNSULPHURED BLACKSTRAP MOLASSES

Brand Name: **Plantation**

Serving Size: 1 Tablespoon
Potassium: 353mg (12%)
Calcium: mg not listed' (8%)
Total Carbohydrates: 13g (4%)
Sugars: 13g
Total Fat: 0g
Iron: 20%
Magnesium: 8%
Vitamin B: 10%

3.3 Consumption

Like anything else that is good for you, moderation is the key! Keep in mind that molasses does contain a fair amount of sugar, so you definitely do not want to overdo it—**and diabetics should use caution.** Below are some suggested ways to add blackstrap molasses to your diet:

- If you like the slightly bitter taste of blackstrap molasses, go ahead and eat a tablespoon right out of the spoon
- Add it to your morning cereal or hot oatmeal
- Add it to your smoothies or hot tea
- Make it into a delicious hot drink by adding 1 – 3 tsp. to warm or hot soy milk, rice milk, almond milk, or another milk type beverage of your choice
- If you don't want to take molasses with milk, try adding it to some water. The taste will remind you of prune juice. You can also try adding it to juice.
- Use it to replace some of the sugar or other sweeteners in your favorite recipes. It tastes great in cookies and gingerbread.

3.4 Testimonials

ANEMIA

Sharla said Blackstrap is also an alkaline food, in that it helps balance the body's ph. The body can only get sick when it is in an acidic state, cancer and other illness thrive on an acidic body, it is important that we keep the alkaline up and ph at 7.5 or very close. White sugar is acidic due to the processing. Blackstrap is good for dermatitis and helps regenerate nerve fibers in the spinal chord, it is also good for calming the nerves, anemia, eczema, constipation, psoriasis, fatigue, fingernails and hair. There is an excellent book titled Crude Black Molasses by Cyril Scott that has more testimony as to the goodness of Blackstrap.

Tanya said: I am very happy to report that since my previous comment/post and the beginning of my taking blackstrap molasses in tea every day has really decreased the amount of bleeding I have had by having Anemia. It feel like a miracle, and I'm really not saying that! It didn't even take a week until I saw the differences with less bleeding. After a week, I had extremely LIGHT bleeding to none at all. I was able to start moving normally again, not have to go to the bathroom all the time, I was even able to

exercise in peace at the gym because I didn't, and STILL don't have to go to the bathroom several times throughout my workout. I'm getting my old self again, it's truly been about a month or so now and it feels GREAT! --- I don't take blackstrap molasses daily any longer, but I do still try to take it once or twice a week to keep the ball rolling. I would seriously recommend it to everyone! - Even if your problem(s) doesn't go away totally, you can't risk the chance that it or you pain, can be decreased dramatically! You've gotta try this!! There is real healing powers in this stuff! You won't regret it!

CONSTIPATION

Nathan from Ho Chi Minh City, Vietnam: "Supplementing my diet with molasses has decreased my acne about 97% in two weeks. I take two tablespoons when I wake up in the morning and two before I go to bed at night. It eases digestive problems, so if your acne is related to constipation, it's a sure-fire bet. It also supplements you with minerals such as chromium, which about 90% of Americans are deficient in."

Fred G from Charlotte, NC: "My father is 87 and suffers from Parkinson's. He started having severe constipation problems as a result of intestinal muscles just not working. The doctors prescribed packets of chemical laxatives which marginally worked. He had to keep increasing these packets to a max of 7 packets. The expense was huge with many side-effects. On a follow up exam he asked if there was any alternative to help with the expense. The doctor recommended that he try black strap molasses. He incorporated 2 tablespoons a day and immediately was able to reduce the laxatives. Within 2 weeks and since he takes 0 laxatives and just the two tablespoons of blackstrap molasses. He feels so much better and of course his mental state has improved greatly due to the relief that he now has. He is not constipated at all and is just doing great. On that recommendation my elderly aunt, who has had constipation problems for years, tried the same remedy and had similar results. The doctor said he heard about this cure from his grandmother and figured it was worth a try."

Karen from Kingsland, Georgia: "I have been taking the blackstrap molasses for two weeks now. I have super energy now with in days of using it. I've also been having regular bowel movements daily."

Vickie from Ontario, Canada: "I started taking molasses; 1 tbsp in warm water in the morning and again in the evening; a few minutes before meals and I think it's cured my constipation..."

GRAY HAIR

Donald from Muskegon, MI writes: "This has been my experience using blackstrap molasses. I take it three times daily. Once in the morning, once at midday and once in the evening. I pour about one inch in a regular size glass, mix well with warm water and down the whole thing. I am 56 and started graying in my early 20,s. I am pretty much all grey with some white. I have been on this regiment for over three months. I also take B vitamins. My hair now is getting some color at the top of my head and working downward. I visited my son the other day and he said that my hair was getting darker and asked was I using a hair dye. I assured him that I was not. Then about one week later I visited a friend i had not seen in a long time. She looked at me and asked if I was dyeing my hair. And finally when I went to get my hair cut my barber commented that my hair was getting darker. This change of my hair can only be the result of the unsulfured blackstrap molasses I use only unsulfured blackstrap molasses which can only be bought at health food stores in my area."

Angie said: I have used blackstrap molasses probably since March of 06, and I must tell you it works great for gray hair, white too. The entire front of my head used to be mostly white and now its as it should be brown and grey mix. I have long hair and underneath there is so much brown. My mother has used it too. Hers used to be all white hardly any grey and now its gray and brown. It does make a difference."

Jeannia from Salem, OR writes: "Last year at 50-yrs old I began seeing silver hair and wanted to nip it in the bud, and found this site on gray hair. The benefits of blackstrap molasses (BSM) purchased at a health food grocery store has been that my new hair growth is my natural color. I began taking BSM January of '09 and a "war-bonnet" of 2" of natural black hair is quite visible as of July '09. I intend to keep faithfully using this habit."

3.5 Sources

1. <http://www.earthclinic.com>
2. <http://www.healthdaries.com/eatthis/blackstrap-molasses.html>
3. <http://www.bodybydesignonline.com/diet/blackstrap-molasses-health-benefits/>
4. <http://www.natural-health-restored.com/blackstrap-molasses.html>