

Blackstrap Molasses: **Black Treacle**



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Blackstrap Molasses

WHAT'S THE DIFFERENCE BETWEEN MOLASSES AND 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.



Description - Blackstrap molasses is just one type of molasses, the **dark liquid byproduct of the process of refining sugar cane into table sugar**. It is made from the **third boiling of the sugar syrup and is therefore the concentrated byproduct** left over after the sugar's sucrose has been crystallized.

The thick viscous syrup we call blackstrap molasses that provides the robust bittersweet flavor to baked beans and gingerbread is available throughout the year.

Blackstrap Molasses



Health Benefits - Blackstrap molasses is a sweetener that is actually good for you. Unlike refined white sugar and corn syrup, which are stripped of virtually all nutrients except simple carbohydrates, or artificial sweeteners like saccharine or aspartame, which not only provide no useful nutrients but have been shown to cause health problems in sensitive individuals.

Blackstrap molasses is a healthful sweetener that contains significant amounts of a variety of minerals that promote your health.



Blackstrap Molasses

On the other hand, blackstrap molasses is considered superior in nutritional content, and may be especially touted as a healthy food.

Referred to as treacle in the UK, molasses was a common cure-all for many tummy upsets.

Brimstone and treacle - sulfur and molasses - was commonly used to loosen the bowels and thus “cleanse” the system.



Blackstrap Molasses = Treacle



The English word **treacle** has its origins in the Greek word **theriake**, or "**poisonous beast.**" Theriake was a recipe for a **poison antidote developed by the physician Galen**, and it included, among many other ingredients, the skin of a viper. The idea was that a poison could be cured using body parts from the creature from whence it came.



In Medieval Europe, treacle was used to treat a wide variety of ailments, including **heart problems, intestinal blockages, epilepsy, palsy, acne, insomnia, fever, prolapsed uterus, plague, and, of course, poisoning.**

Making treacle was a complex and time-consuming affair for apothecaries, as it took 40 days to make and 12 years to mature.





Blackstrap Molasses = Treacle

Treacle was still used as a pharmaceutical as late as the 18th century, when one recipe for **Venice treacle had over 70 ingredients**, including dried vipers, roses, licorice, spikenard, myrrh, horehound, pepper, valerian, gentian, St. John's wort, and gerimander.

With such a large number of sometimes-noxious ingredients, treacle was obviously not palatable on its own, and for this reason, it was flavored using honey or other sweet ingredients.

By the end of the 17th century, the syrup made in sugar refining became a popular option, and this syrup came to be known on its own as treacle.





Blackstrap Molasses

It is an **alkali-forming food tonic**, beneficial for maintaining a proper **acid-alkali balance** in the body. Molasses is also rich in iron, calcium, copper, magnesium, chromium, manganese, molybdenum, zinc, phosphorous, pantothenic acid, vitamin E and Inositol

Molasses contains more calcium than a glass of milk
Molasses contains more iron than nine eggs
Molasses contains an excellent supply of B Vitamins
It is a good source of natural carbohydrates and minerals.



Blackstrap Molasses



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.



Blackstrap Molasses



A Spoonful of Molasses Helps Your Calcium Needs Go Down - 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, and cell membrane function.**



Calcium is needed to form and **maintain strong bones and teeth** during youth and adolescence, and to 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, and 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.

Blackstrap Molasses and Cancer

Restorative Blood Tonic for Cancer Patients

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, calcium and minerals**.



Restorative Blood Tonic for Cancer Patients taking Chemotherapy and Radiation Treatments.

Blackstrap molasses aids in the recovery of the side effects of chemotherapy and radiation treatments. It helps with the **appetite, anemia, hair falling out, fatigue, nausea, vomiting, weight loss, depression**, etc. It also seems to help prevent cancers from returning or spreading.

Blackstrap Molasses and Homeopathy

Blackstrap molasses is similar in action to the following remedies:

Cadmium sulph - Toxemia, nausea, vomiting, weakness, weight loss.

China off - Blood loss, anemia, fatigue and toxemia.

Ferrum met. - Anemia, fatigue and blood loss.

Silica - Lack of stamina, weakness, nutritional problems, weight loss.

Nux vomica - Toxemia, nausea, vomiting, hangovers, headaches.

Sepia - Hormonal imbalances, menstrual disorders.

Carcinosin - Insomnia, cancer miasm, fatigue, immune weakness, depression.



Blackstrap molasses is similar in action to the following planets:

Mars - Immune weakness. Blood loss, weakness and toxemia. Anemia, fatigue and blood disorders.

Jupiter - Lack of stamina, nutritional problems, weight problems, blood sugar problems.

Moon - Hormonal imbalances, menstrual disorders. Insomnia, fibroids, fatigue, immune weakness, depression.

Saturn - Toxemia, hangovers, osteoporosis, constipation, nausea, vomiting, headaches.

Blackstrap Molasses



How to Select and Store - Look for blackstrap molasses that is **unsulphured** since not only does it not contain this processing chemical to which some people are sensitive, but it has a cleaner and more clarified taste. **Blackstrap molasses made from organic sugar cane** is available in some markets and health stores.

Molasses should be stored in a tightly sealed container in the refrigerator or **a cool, dry place**. Unopened containers should keep for about one year, while opened containers should keep for about six months.





Blackstrap Molasses Clinical Uses



ACID REFLUX

ACNE

ANEMIA

ARRHYTHMIA

ARTHRITIC PAIN

CANCER

CANKER SORES

CARPAL TUNNEL

Chemotherapy

CONSTIPATION

DIARRHEA

FIBROIDS

ENERGY

FINGERNAILS

GAS



GRAY HAIR

HANGOVERS

HEADACHES

IMMUNE SYSTEM

INSOMNIA

MENSTRUAL DISORDERS

MONONUCLEOSIS

NUTRITION

PREGNANCY

RADIATION THERAPY

RESTLESS LEG SYNDROME

SKIN RASHES

SUGAR CRAVINGS

TOOTHACHES

TOXEMIA



Blackstrap Molasses Experiences 1



RECIPE: 1 Tablespoon of Blackstrap Molasses, first thing in the morning.

ACID REFLUX - 8/19/2007: Kita from Detroit, Michigan writes: "I had **acid reflux bad for the past two years**. One day my aunt went to a health food store. Her and a lady got to talking about blackstrap. The lady had tried everything for her acid reflux so the doctor finally told her about blackstrap molasses. My aunt brought some for me and within days the acid reflux started to go down. **Now I have been taking it for 4 months now**. It is just about cured! It is the best thing for acid reflux. I took two teaspoons of it everyday in April and now I take less because it doesn't bother me. **One or two teaspoons will help get you through the whole day.**"

ANEMIA - 5/5/2007: Maria from Houston, Texas writes: "I was **suffering for years with anemia** and I had even been let go from my job due to the fact that I could not keep my strength up. I had been told by several doctors that my **multiple fibroids required a hysterectomy**. I had **no tolerance for ANY type of iron supplement**. I was steadily getting worse. One doctor even gave up treating me. When that happened I was greatly distressed. I began to recall an island friend telling me that I needed to take blackstrap molasses. So I began using it and lo and behold I improved immediately. My **blood count went up from 6 to 7.8 in one month**. I now am going through **menopause** and have found that it helps even with that. I love it and tell everyone about it. My husband takes it daily. **I also have no more symptoms of anemia and fibroid issues**. I take it now for the calcium and other minerals that are great for menopause troubles."



Blackstrap Molasses Experiences 2



RECIPE: 1 Tablespoon of Blackstrap Molasses, first thing in the morning.

ANEMIA - 12/13/2006: Krystal from Memphis, TN writes, "I have been **anemic all my life**. When I decided to change my eating habits and study herbalism, I came across a book that talked about how **blackstrap molasses could shrink tumors and how high it was in iron**. I use to have the **ice cravings** but no more. For the first time in my life I am not anemic. My mother was very surprised and has started using the product for herself. It works! I am living proof; if you're anemic, **take 1 tablespoon each morning in a half cup of warm water** and it will do the trick! Nature is a wonderful thing!"

ARRHYTHMIA - 6/7/2007: Renee from El Dorado, Kansas writes: "I too found Molasses an **instant treatment for my heart problem**. Every night my **heart has a delayed beat** (confirmed with overnight monitor) but doctor gave me no treatment beyond giving up caffiene. While that helps, it doesn't totally eliminate it and I admit no caffiene is difficult for me. After the first day of 2 Tbls Molasses, I sleep through the night with no problems. And this is such a relief as it really is extremely scary to awaken to no heart beat, over and over and over."



Blackstrap Molasses Experiences 3



CANCER - 9/21/2007: Tammy from St. Louis, MO writes: "Hi. I have been diagnosed with **Stage IV metastatic breast cancer (spread to the bones)**. I have become **anemic**. Dr. said to take in more iron. I bought blackstrap molasses unsulphured. Took a tablespoon Tuesday evening, a tablespoon Wednesday morning.

Noticed Wednesday afternoon I "**had energy**" & then realized that after a 4 block walk at a fast pace did not leave me winded and fatigue my legs (the Saturday before I became winded and fatigued after only 1 block). Went home from work, took another tablespoon, did heavy gardening until 10:00 that night. **Was still feeling energized!**

Took the same amount of blackstrap Thursday and Friday. Here is the amazing part: **when I am anemic, I get tinnitus** - sound in my ears. It is a pulsating sound like I can hear my blood pulsating through my veins. The more anemic I am, the louder the tinnitus. I've been through this before. Took blood transfusions and the tinnitus went away.

My last treatment regimen for the cancer worked (for awhile) and as I got better from the medication, my blood got better, and the tinnitus gradually went away. **Now, since taking the blackstrap (starting three days ago), each night I notice the tinnitus is lessened.** Last night it was BARELY audible and was not constant.

Blackstrap Molasses Experiences 3



CANCER - Glen, from St. Mary's Newfoundland, sent us this information: "A friend of mine who's **dog was riddled with cancerous tumors** gave him blackstrap molasses each day for a month. she took him back to the Veterinarian and the **cancer and tumor were gone!** Her mother, who was a medicine woman in the hills of West Virginia suggested she do this as the ancient egyptians used the remedy for consumption."

CANCER - Pam from the UK writes, "my daughter was diagnosed with an **inoperable brain tumor 13 years ago**. i was told she had not long to live. i gave her black molasses after reading a book. last week she was told the tumor was still there but had not grown in 13 years."





Blackstrap Molasses Experiences 4



RECIPE: 1 Tablespoon of Blackstrap Molasses, first thing in the morning.

CONSTIPATION - 10/30/2007: Fred G from Charlotte, NC writes: "**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 blackstrap 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. **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."



Blackstrap Molasses Experiences 5



RECIPE: 1 Tablespoon of Blackstrap Molasses, first thing in the morning.

DIARRHEA - 11/24/2007: Mary Lou from Harwich, MA. writes: "When I was a little girl if I had an upset stomach **my grandmother would mix up blackstrap molasses and a small amount of baking soda**. She would wait for a while as it puffed up and then would give me a spoonful. It always worked, so I tried it recently and after 45 years it still does."





Blackstrap Molasses Experiences 6

FIBROIDS - 1/2/2007: Nuria from Madrid, Spain writes, "About a month ago I was **diagnosed with a 6 cm Fibroid tumor in my uterus**. At that point I was having **very heavy periods** that will last over a week with **a lot of pain and passing very big blood clots**. I also suffered from **back pain** due to the fibroid and had problems peeing as the **fibroid was pressing my bladder**.

After I was diagnosed, I started to look for natural cures on the internet I started to take **blackstrap molasses three times a day (1 tablespoon)**. The first thing I noticed was that my period lasted only four to five days and I have to say I was a little afraid because my blood flow was abnormally light and I did not have not even a blood clot.

Also, **when I started to have horrible pain I took 4 tablespoons** on one go as another reader suggested and after about 40 minutes the pain totally disappeared!!! **Today I went to the doctor and they did a ultrasound scan and said the fibroid is gone!!!** I am totally amazed and I am not too sure what to think, I don't know if it is gone for ever or what but I will keep molasses in my diet just in case.

Blackstrap Molasses Experiences 7



FIBROIDS - 2/4/2006: Sharon from Sonora, California writes us, "I am **65 today** but when I was in my mid 40's, I was told by my doctor that I needed a **hysterectomy because of excessive bleeding and fibroid tumors. I also had been literally crunching ice cubes from the tray in the ice box for quite sometime.** A wonder they didn't break every tooth in my head plus it was driving everybody around me crazy. I had read this literature at some point about blackstrap molasses being able to get rid of fibroid tumors and I told my doctor I would let him know about having the hysterectomy and immediately started drinking **1 tablespoon black strap in a cup of water in the a.m. and another in the p.m.**

It wasn't long before I noticed I wasn't craving the ice cubes and the bleeding slowed to normal. When I went back to my doctor **6 months later the fibroid tumors (and there were many) had all but shrunk away.** I continued drinking the molasses for a time after that and never had another problem in that area. That is the only thing I did. I was so glad I had found that little book on blackstrap and its cures. Great stuff."



Blackstrap Molasses Experiences 8



RECIPE: 1 Tablespoon of Blackstrap Molasses, first thing in the morning.

GRAY HAIR - 11/25/2006: Venice from Atlanta, GA writes, "**2 tablespoons of blackstrap molasses cured gray hair. ENERGY BOOST.** It took several months, but my gray hair along my hairline has begun to turn brown! IT WORKS! It's also a great energy boost. I'm a 40 year old female who weighs 120, and I leap out of bed. No aches; no pain. I have no health complaints because I use the following on a daily basis: **blackstrap molasses, apple cider vinegar, yerba mate tea, cayenne pepper, and MUCH PRAYER.**"

MENSTRUAL CRAMPS - 5/16/2007: Becky from Queen Creek, AZ writes: "I tried the blackstrap molasses remedy last month for **menstrual cramps and heavy bleeding.** I started taking it right about when my period started. It helped a little bit, but I did still have some cramping. But I have been taking it every day for the past month and a half, and when I had my period this month, I had **ABSOLUTELY NO CRAMPING!** How wonderful! I think the bleeding was a normal level as well. Thanks for much for the info! I take 2 tablespoons of blackstrap molasses every morning in a glass of water along with 2 tablespoons of apple cider vinegar."

Blackstrap Molasses Experiences 9



RESTLESS LEG SYNDROME - 9/10/2007: Su Su from Sacramento, Ca writes: "Blackstrap Molasses which I was taking for something else, **cured my RLS**. I had been drinking **warm soymilk with one tablespoon of molasses every morning** and when I ran out my RLS came back. I then read about a new study that said iron might cure some RLS. The day I started back on molasses, my symptoms disappeared."

SKIN - 11/24/2007: Nini from Los Angeles, Ca. writes: "Drinking at least **3 cups of African Red tea**, commonly called Rooibos is not only beneficial to your immune system but it also helps your skin stay clear. Also **applying blackstrap molasses every night for about an hour after washing your face helps smooth your skin** and gives you a glow due to all the vitamins and minerals it contains, and don't forget to take at least **2 tbsps of it daily** to keep regular. I like to put it in my **red tea or in some warm almond milk along with some coconut oil, yum yum!** Hope this helps all of you."





Blackstrap Molasses Experiences 10



ANXIETY - 8/21/2005: Victoria from united state virgin islands writes, "I was suffering from **anxiety** -- was **afraid of traveling by myself** and after drinking black strap molasses I was able to travel to Switzerland all by myself without any fear."

DEPRESSION - 9/6/2007: Archie (archieferrarini@yahoo.com) from West Covina, Cal writes: "**Dogs Sad after Owner Passes are CURED!!!** Well for 8 solid months I've been taking care of **2 older dogs who are deeply sadden by the passing of there owner** and very good friend of mine. These 2 did nothing but **mope around depressed!** They needed something soon before they would die of depression.

I found out the Healing power that molasses has given me and thought maybe it could help these 2 dogs.??? So, **I poured some on there dog food** and was amazed they ate it. **In less than 1 day these dogs turned had turned completely around!!!** They started playing & barking and to this day (2 months later) **they are high spirited and ALIVE !!!** I'm only a Maytag Repairman & I came up with the cure of dog sadness."

