



MOLASSES: A NATURAL HEALTH TONIC

Along with its usage as a sweetener in food products, molasses also offers health benefits and is used for treating a wide range of ailments.

Some of these include:

WOMEN'S HEALTH



Molasses is a high source of iron, making it a natural supplement for women during menstruation to replace lost iron and improve mood.

MENTAL HEALTH



The B vitamins, calcium and magnesium in molasses help to combat stress and anxiety as they raise serotonin levels in the brain. This helps to control mood and prevent depression and fatigue.

LOW GI



The low glycaemic index of molasses naturally slows metabolism. Glucose tolerance is also assisted through the high level of chromium in molasses.

ANTIOXIDANTS



High antioxidant foods such as molasses help reduce free radicals in the body. If the concentration of free radicals in the body is too high, they can cause damage to cells.

SKIN AND BONE HEALTH



The lactic acid in molasses serves as a natural treatment for acne and other skin conditions. Being a high source of calcium, it helps to improve bone health, helps heal broken bones and reduces the risk of weak and brittle bones.

ANTI-INFLAMMATORY



Molasses has anti-inflammatory properties that help to relieve swelling and joint pain.