

The Nutrition of Good Oils & Sugars

Molasses - loaded with antioxidants that fight cancer and effective in healing wounds and skin burns



Extra Virgin Olive Oil - rich in antioxidants like oleocanthal and oleic acid that fights inflammation much like ibuprofen does



Virgin Coconut Oil - a superfood that can boost metabolism and make you feel full



Honey - helps you sleep better and can decrease seasonal allergies



Maple Syrup - Dark and Raw - anti-diabetic, anti-bacterial, anti-cancer, and helps keep your heart healthy



Cold-Pressed Avocado Oil - improves skin and eye health, boosts the immune system, and helps memory and mental processes

Health Benefits of Good Sugars

Honey - Raw

- * has antioxidant and anti-bacterial goodies that can strengthen your digestive system, which can help you stay healthy and fight disease
- * can prevent carcinogen and tumors
- * has antiseptic abilities that stops the growth of certain bacteria and helps keep wounds on your skin clean and free from infection.
- * helps you sober up and have less of a hangover
- * soothes sore throats
- * can help acid reflux and prevent GERD
- * helps you sleep better
- * can decrease seasonal allergies
- * has antioxidants that fight against bad cholesterol and can protect against heart disease

⇒ Honey and vinegar mixed together is used as a detox, and it helps arthritis.

Honey and cinnamon has its own few pages of benefits.

Honey and lemon can help you lose weight, even while you sleep.

Honey and milk or yogurt can improve your digestion and bowel movements.

Honey can be the best sugar for diabetics to use because of all of its health benefits, but it must be used in moderation and according to blood sugar level needs.



Cinnamon Iced Tea with Raw Honey & Lemon

Honey and Cinnamon

(This article is from a friend)

It is found that a mix of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also note honey as very effective medicine for all kinds of diseases. Honey can be used without side effects, which is also a plus. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Researched by western scientists:

- **HEART DISEASES:** Make a paste of honey and cinnamon powder, put it on toast instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from heart attack. Also, even if you have already had an attack studies show you could be kept miles away from the next attack. Regular use of cinnamon honey strengthens the heartbeat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.
- **ARTHRITIS:** Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain – and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.
- **BAD BREATH:** People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

- **BLADDER INFECTIONS:** Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder....who knew?
- **CANCER:** Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.
- **CHOLESTEROL:** Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol-could be cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.
- **COLDS:** Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses, and it's delicious too!
- **FATIGUE:** Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.
- **GAS:** According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.
- **HEARING LOSS:** Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing.

- IMMUNE SYSTEM: Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.
- INDIGESTION: Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals
- INFLUENZA: A scientist in Spain has proven that honey contains a natural ingredient that kills the influenza germs and saves the patient from flu.
- LONGEVITY: Tea made with honey and cinnamon powder, when taken regularly, can slow the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age.
- PIMPLES: Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.
- RASPY OR SORE THROAT: When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.
- SKIN INFECTIONS: Applying honey and cinnamon powder in equal parts on affected areas cures eczema, ringworm and all types of skin Infections.
- WEIGHT LOSS: Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.
- UPSET STOMACH: Honey taken with cinnamon powder cures stomach ache and also is said to clear stomach ulcers from its root.

Molasses – Unsulphured or Blackstrap



- * loaded with antioxidants that fight cancer
- * eases menstruation discomfort, relieves menstrual cramps, and helps keep uterine muscles healthy
- * high in iron
- * good source of calcium for strong bones and teeth
- * has anti-inflammatory and antioxidant elements that help rheumatism, neuralgia and other similar disorders
- * helps the body absorb fewer calories, which encourages weight loss
- * rich in manganese, a mineral needed in the healthy production of sex hormones and a healthy nervous system
- * reduces constipation
- * has potassium, a mineral that keeps a healthy acid-base balance in the body, prevents heat exhaustion, helps in nerve and muscle contraction, keeps your heart healthy, and lowers blood pressure
- * effective in healing wounds and skin burns

⇒ Blackstrap molasses helps stabilize blood sugar levels by slowing down the breakdown of sugars and preventing too many fats and sugars from going into the bloodstream at once. It also has a low glycemic index, making it a safer sweetener for diabetics as long as it is used in moderation and according to blood sugar level needs.

Maple Syrup – Dark and Raw



- * has a lot of zinc and magnesium, which boosts your immune system
- * loaded with polyphenolic antioxidants and has vitamins and minerals
- * improves liver function
- * anti-cancer, anti-bacterial, and anti-diabetic qualities
- * helps keep your heart healthy
- * strengthens male reproductive health
- * protects against stroke, atherosclerosis, and other cardiovascular disorders

⇒ Maple syrup encourages the pancreas to release insulin, which makes it a good sweetener for diabetics when used in moderation and according to blood sugar level needs.

Tips for Choosing Sugars Wisely

Carbs = Sugars

1. Make sure you are drinking your daily amount of water. You can add a lemon or lime to give the water. If you miss the flavored drinks, find a time during the day to treat yourself to a juice that is 100% juice.
2. Find healthy ways to satisfy your craving for something sweet. Have yogurt instead of ice cream, or a small piece of dark chocolate instead of your usual milk chocolate bar.
3. If you want dessert with a meal, cut back on the other carb-foods, like bread or white potatoes.

4. Fat slows down digestion, so choose desserts with healthy fats
 - a. Peanut butter, almond butter or any nut butters
 - b. Ricotta cheese
 - c. Yogurt
 - d. Some nuts



5. Eat desserts with a meal instead of by themselves. This will keep your blood sugar from spiking as quickly.
6. When you do eat dessert, enjoy every bite slowly and pay attention to textures and flavors. Enjoying it to the max will help you not to overeat.
7. If you bake, use $\frac{1}{4}$ to $\frac{1}{3}$ less sugar than the recipe asks for. You can also use cinnamon, nutmeg, or vanilla extract to sweeten what you are baking.
8. Use 100% natural sweeteners in their most raw unprocessed form instead of refined or artificial sugar.
 - a. Blackstrap molasses
 - b. Maple syrup
 - c. Raw honey
 - d. Agave
9. Try eating half of the dessert you normally eat, and then eat some fruit instead of the rest of the dessert.

Healthy Oils and Fats

Eating good fats will protect your heart, help your cholesterol, and keep you healthy physically, mentally, and emotionally. Good fats are monounsaturated fats, polyunsaturated fats, omega-3s and a small amount of omega-6s. These good fats decrease depression, help you manage your moods, and keep your mind alert and “on top of things”. They also decrease fatigue, and even control your weight. Omega-3s and omega-6s are found in these foods and oils:

Monounsaturated Fats

- Olive oil
- Canola oil
- Sunflower oil
- Peanut oil
- Sesame oil
- Avocados
- Olives
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Nut butter (peanut butter, almond butter, etc.)

Polyunsaturated Fats

- Soybean oil
- Corn oil
- Safflower oil
- Walnuts
- Sunflower, sesame, and pumpkin seeds, flaxseed
- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- Soymilk
- Tofu



Healthy Fats

Saturated fats are not bad when used in moderation. They very are resistant to heat, so they are good to use for cooking.

Monounsaturated fats are okay with heat, so they are okay to use for cooking.

Polyunsaturated fats are chemically reactive and sensitive to heat, so they should NOT be used for cooking.

Healthy Oils

The Healthiest Oils and Fats

Extra virgin olive oil, virgin coconut oil, avocado oil

Good Oils for Cooking

Virgin coconut oil, extra virgin olive oil, palm oil, avocado oil

Oils Never to Use for Cooking

Fish oil, flaxseed oil, canola oil, nut oils, peanut oil

Oils to Avoid Completely

All seed oils and vegetable oils

Health Benefits of Good Oils

Extra Virgin Olive Oil

- * probably the healthiest fat on the planet
- * has vitamins E and K
- * loaded with antioxidants like oleocanthal and oleic acid that fights inflammation much like ibuprofen does
- * can raise HDL (the good) cholesterol and lower LDL (the bad) cholesterol
- * fights against heart disease and stroke
- * improves the lining of the blood vessels
- * can prevent blood clotting
- * lowers blood pressure
- * helps fight cancer and Alzheimer's disease

Fatty Acid Breakdown:

Saturated: 14%

Monounsaturated: 75%

Polyunsaturated: 11%



Cold-Pressed Avocado Oil

- * rich in oleic acid, which helps fight cancer and certain auto-immune diseases
- * speeds up the healing of wounds
- * helps to stabilize blood pressure
- * can raise HDL (the good) cholesterol and lower LDL (the bad) cholesterol
- * loaded with vitamin E, which improves skin and eye health, boosts the immune system and the efficiency of the digestive tract, and helps memory mental processes
- * improves digestion
- * helps you lose weight by making you feel fuller faster and longer
- * detoxifies your body
- * strengthens your skin through topical use
- * nourishes your hair to make it grow faster and more full
- * can give relief to skin conditions, including but not limited to dandruff, cracked heels, keratosis pilaris, insect bites and stings, sunburn, eczema, and psoriasis

Fatty Acid Breakdown:

Saturated: 14%

Monounsaturated: 75%

Polyunsaturated: 11%

Virgin Coconut Oil

- * 90% of the fatty acids are saturated, so it is the best oil to use for cooking
- * can last for months and years without going rancid
- * helps improve cholesterol
- * helps to kill bacteria and other pathogens
- * fats can boost metabolism and make you feel full
- * is a superfood

Fatty Acid Breakdown:

Saturated: 92%

Monounsaturated: 6%

Polyunsaturated: 1.6%

Butter



Fatty Acid Breakdown:

- great source of Vitamins E and K
 - rich in the most easily absorbable form of Vitamin A needed for thyroid and adrenal health
 - vitamin D in butter is essential to absorption of calcium
- Saturated: 68%
Monounsaturated: 28%
Polyunsaturated: 4%

The bad: This food is very high in Saturated Fat.

The good:

1. full of anti-oxidants that protect against weakening arteries
 2. has lecithin, essential for cholesterol metabolism
 3. the only source of an anti-stiffness factor that protects against calcification of the joints
 4. anti-stiffness factor in butter also prevents hardening of the arteries, cataracts, and calcification of the pineal gland
 5. has Arachidonic Acid (AA) which is an essential for health and plays a role in brain function of cell membranes
 6. has lauric acid, which is important in treating fungal infections and candida
 7. protects against gastrointestinal infections in the very young and elderly
 8. very rich source of the vital mineral selenium
 9. saturated fats have strong anti-tumor and anti-cancer properties
 10. has conjugated linoleic acid, which is a potent anti-cancer agent, muscle builder, and immunity booster
 11. protects against tooth decay
 12. has anti-oxidants that protect against free radical damage
 13. important source of Activator X, which helps your body absorb minerals
 14. source of iodine in highly absorbable form
 15. can encourage fertility in women
 16. source of quick energy and is not stored in the body's adipose tissue
 17. cholesterol in butterfat is essential to children's brain and nervous system development
 18. important for a baby's developing brain, bones and teeth
 19. loaded with fatty acids Conjugated Linoleic Acid (CLA), which can lower body fat percentage, and Butyrate, which helps fight inflammation and improve gut health
- * Butter from grass fed cows is higher in these vitamins and fatty acids than butter from grain-fed cows.