

THE HEALING POWER OF PALM SUGAR

The arenga pinnata is a tropical palm tree, that produces a large amount of fruit. The giant bunches with fruit that characterizes this tree produce two main products: palm sugar and palm wine. Palm wine can only be kept for a very short time, often no more than one day. That is why it is used exclusively by local people in South East Asia. Palm sugar is has a long, natural shelf life, and is an export product. This type of sugar is many times healthier than white sugar. In the old days, palm sugar was used as topping on bread and as sweetener in the coffee. For many people of today, doing exactly this, would be a huge improvement in the pattern of consumption.

Nutrients in palm sugar

Palm sugar consists for 95% of carbohydrates. That makes sense because sugars are carbohydrates. But what else is in it? Actually, that is what makes palm sugar a medicine. The remaining 5% consists of raw fats, vitamin C, fiber, minerals, moisture and proteins. Palm sugar has nearly 150 times as many antioxidants as refined sugar, which actually has no antioxidants.

Antioxidants, necessary substances for sugar digestion

Perhaps we can clarify the fact there should be antioxidants in sugar. This substances are vitamins, minerals, and flavonoids that help the body to process the sugar in the body. When we eat sugar depleted from these necessary elements, the body will develop imbalances such as obesity, because the sugar is stored as organ fat tissue instead of being burnt.

The research where this data comes from was done in Malaysia. It is known that refined sugar from Malaysia contains some other vitamins and minerals, in contrast to refined sugar from the Netherlands and Western Europe. That contains 0% antioxidants. Refined sugar in Malaysia is still about 10% raw cane sugar because it is not 100% fully refined, and its colour is light yellow, instead of bright white. That is why the researchers could say: "Palm sugar has 150 times more antioxidants then refined sugar". Probably, this statistics would be differently when European or American white sugar was used, that is depleted from antioxidants more intensively.



Jaggery

In India, jaggery is made, which in some ways can be used the same way as palm sugar. Jaggery is pure raw cane sugar and is healthier than palm sugar. It contains a larger amount of antioxidants than palm sugar. Jaggery is mainly used in India and South East Asia. In countries like Malaysia and Indonesia palm sugar is used more often during food preparation. As an addition to jams, pastries, coffee and tea, both are used. Raw cane sugar is used more often, while palm sugar is also suitable for this. Jaggery and palm sugar are both much healthier chemically treated, and heavily refined white sugar.

Palm sugar against diabetes

An Indonesian study would show that a juice of palm sugar better regulates blood sugar levels in rats than the standard drug glibenclamide. The investigation would further notice that the islets of Langerhans are not restored by palm sugar juice. The researcher leaves in the middle what the reason is. But it is only logical that if palm sugar regulates blood sugar better than a medicine, this is due to the action of the lever, which takes over from the pancreas if it is defunctioned too badly.

In the research they used chemical treatment to destroy the islets of Langerhans. This research method can influence the result. There are other indicators that are not included in the study. For example: From another consideration that the lever is capable of taking over all functions of the pancreas, as well as the insulin-producing effect.

Arenga pinnata as a cosmetic

An Indonesian study states that the fruits of *Arenga pinnata* are traditionally used to treat the skin problems in various South East Asian countries. There are antioxidant substances such as iron in the fruit, which helps the skin to get in good condition. Furthermore, there are substances that make the skin lighter. Many people in South East Asia like to make their facial skin lighter in appearance. There, it is used as a traditional means. Scientific research shows this use is confirmed by a view scientific studies. Scientists call *Arenga pinnata* a promising ingredient for cosmetics. It is a remedy with medicinal effects on the skin. It is called a cosmeceutical, which you can translate as a cosmetic substance with healing power.

The future of cosmetics might be, that cosmetics can heal us instead of being another health treat, as many of the cosmetic products of are today.

https://www.academia.edu/31313981/Cosmeceutical_Effects_of_Galactomannan_Fraction_from_Arenga_pinnata_Fruits_In_vitro



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