



Organic Jaggery



➔ Organic Jaggery (Gur)

Learn why you should replace your sugar with gur!

Gur (jaggery) is a whole and pure sugar traditionally used in many Indian dishes; it also has several medicinal uses. **Gur (jaggery)** is derived from the sugarcane plant, and contains several vitamins and minerals that support a healthy immune system and may even reduce the risk of several diseases and maladies.

Gur (jaggery) can be eaten on its own, or mixed with various spices to create a healing tonic when treating infections or other health problems. Here are some interesting facts and background information about gur:



HOW GUR (JAGGERY) IS MADE

Raw sugarcane juice is necessary to make gur (jaggery), an unrefined sugar. The juice is simmered in pans until the water is evaporated and the compound then undergoes a clarification process where natural vegetable clarificants are added so that the juice separates. The boiling juice is then moved from one pan to another until the liquid becomes hard and eventually turns into a solid.



BENEFITS OF GUR (JAGGERY)

Gur (jaggery) is rich in several important vitamins and minerals including potassium, magnesium, iron, and antioxidants.

Gur can be especially beneficial for people who (are):

anemic

cannot eat or tolerate meat

suffering from frequent muscle cramps, tension or soreness

pregnant or experiencing PMS symptoms

have eaten too much salt can balance out their diets with gur (jaggery).

* Magnesium relaxes the muscles and improves overall blood circulation.

* The high potassium content of gur (jaggery) may also help reduce bloating and water retention.

* The antioxidants in gur (jaggery) help to support a healthy immune system and healthy aging.

* Gur (jaggery) also contains a significant amount of zinc, manganese, selenium, calcium and phosphorus.

* It can help to complement a healthy diet and lifestyle, and is often used as a substitute for sugar in most dishes and beverages.

Still, it's important to remember that gur (jaggery) is still sugar; it will cause a blood sugar spike; it may not be appropriate for those with diabetes or blood sugar imbalances.

HEALTH AND HEALING BENEFITS OF GUR (JAGGERY)

Gur (jaggery) has been used for hundreds of years as a medicinal aid, and can help relieve many health problems. **Some important health and healing benefits of gur (jaggery) include:**

* Treats colds- liquid gur (jaggery) mix 1tbsp gur (jaggery) block in 1 cup of lukewarm water + green betel leaves. Take twice a day.

* Stops hiccups- liquid gur (jaggery) + dry ginger powder. Take 1tsp with warm water.

* Reduces high blood pressure

* Manages menstrual disorder- Take 1 tsp gur (jaggery) every day.

* Manages anemia- 1 tsp gur (jaggery) eaten daily.

* Reduces flatulence – 10 g gur (jaggery) to be eaten after food every day.

* Alleviates a cough– Gur (jaggery) + black pepper. Take 1tsp with warm water.

* Reduces tension headaches or migraines– Mix 10 g gur (jaggery) + 6 g sesame seeds + 2-3 drops milk. Apply paste on forehead.

* Treats injuries - If a glass piece pierces skin, smear hot melted gur (jaggery). When cold, it will suck out the glass.

Manufacture Process : Raw sugarcane juice is slowly simmered in pans & the water is progressively evaporated. Clarification is done using natural vegetable clarificants. Scooping the boiling juice from one pan to another until the liquid starts to go hard carries out this process. **The complete process is hygienic,untouched by hands,and most importantly....100% chemical-free!**

Manufacturing Statement

All ingredients conform to internationally laid regulations. Products are manufactured under strict quality control and good sanitary conditions.



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