



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

Susan L. Levy, D.C., DABCO, FIACA

Author of ***Your Body Can Talk*** & ***Your AGING Body Can Talk***

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

[YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com)

[www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

## Natural Sweeteners

in order of nutrient value

- **Molasses** (contains B vitamins, Thiamine, Calcium, Magnesium, Potassium, Phosphorous)
- **Sorghum**
- **Maple Syrup**
- **Sucanat** (natural cane sugar, dehydrated cane juice)
- **Barley Malt**
- **Rice Syrup**
- **Raw Unfiltered Honey**
- **Date Sugar** (Medjool)
- **Carob**
- **Stevia**