

Honey from remote and pristine areas – delivered to you by Pyrenees Honey

You can experience this raw honey now, with the health benefits



that are lacking in processed supermarket honey.

You can also appreciate other health products from the hive like royal jelly and bee pollen. All the royal jelly and bee pollen we sell is certified organic.

Bee pollen contains all the essential amino acids, which make it a **complete protein** and is extraordinarily rich in most of the B vitamins, including folic acid (folate).

Royal jelly, which is the sole food of the Queen Bee, has been reported to have cholesterol-lowering, anti-inflammatory, wound-healing, and antibiotic effects. It has also been reported to stimulate the growth of glial cells and neural stem cells in the brain.

Available in 1 kilo jars for £14 each in the floral varieties of Chestnut, Oak, Orange Blossom, Lemon Blossom, Heather, Thyme, Lavender, Multifloral (£12), Eucalyptus, Carob, Almond and Rosemary.

To get this honey delivered to your door Order online at www.therawhoneyshop.com or call 01273 682109
C4 Enterprise House Melbourne St. Brighton BN2 3LH.

Exceptional Quality Antibacterial and Antioxidant Honey from Aragon in northern Spain



‘Uncle’ Ramon’s honey comes from a natural unpolluted environment and has not been industrially processed.

To preserve the unique flavour and antibacterial properties of his natural, unadulterated honey, Uncle Ramon simply spins it with a centrifuge from the honeycomb and then strains it into containers. This delicious raw honey therefore contains the enzymes and pollens which are said to be very good for our health. These are often lacking in commercial honey.

I am 100% happy with your honey quality. It tastes different and really raw. I tried others but yours is different. Thank you. Hamed Daghrir, Dhahran, Saudi Arabia

- **Not pasteurised (which degrades the enzymes, minerals and vitamins).**
- **Not ultra filtered - which removes the pollen and its benefits.**
- **Not a blend of different honeys from different countries (which almost all supermarket honey is, even when it is organic).**
- **The bees aren’t given antibiotics.**
- **The bees are fed honey not sugar (many beekeepers feed their bees sugar in the winter).**

What are the health benefits of honey?

Honey has been renowned through the ages for its health benefits.

There are six main areas in which honey is said to benefit health.

1. **Honey is antibacterial and antiseptic:** All raw honey contains a mild solution of hydrogen peroxide, which is released when it comes into contact with moisture. This is antibacterial and fungicidal. Honey is also hygroscopic, which means that it naturally attracts moisture. Most bacteria breed in moist conditions and honey dries out wounds, preventing wounds becoming infected.
2. **Honey as a sweetener doesn’t give the energy spike that refined**

sugar does. As honey is lower on the glycemic index than refined sugar, it does not cause the blood sugar to shoot up, but allows a much healthier gradual increase in blood sugar levels.



A dark honey, like Oak is high in antioxidants and minerals.

3. **Dark honeys are higher in antioxidants.** Antioxidant compounds can help your cells fight off free radicals one of the causes of a host of degenerative diseases. Unique to honey is pinocembrin, an antioxidant associated with improved brain functioning.

4. **Honey is more digestible than processed sugar.** Because the sugars in honey are pre-digested by the bees honey is

easily digestible. Furthermore, some research says honey may aid the development of friendly bacteria in the digestive system that help digestion. ¹

5. **Honey is said to aid sleeping.** The theory is that a spoonful of honey before sleep provides the body with enough glucose to 'feed' the brain during the night. This prevents or limits the early morning release of cortisol and adrenalin (stress hormones) which disturb sleep. It also stabilises blood sugar levels and contributes to the release of melatonin, the hormone required for recovery and rebuilding of body tissues during rest. (According to a recent study in Hershey, Penn, USA.)

6. **Honey is good for your skin.** Because it attracts moisture honey helps to nourish the skin – that is why it is often used in skin care products. Also, honey's antioxidants compounds help to fight free radicals, which can damage skin. Some people find honey is very effective for conditions such as sunburn, acne and eczema.

¹Study by Drs. Tobias Olofsson and Alejandra Vasquez from Lund University in Sweden

The benefits of different kinds of honey

- Heather, Oak, Thyme and Chestnut are amongst the honeys that are highest in antioxidants. These honeys have a strong flavour.
- Chestnut and Oak are the honeys that are highest in mineral content.
- The active ingredients of Thyme are the biocides, Thymol and Carvacrol extracted from the oil of Thyme. It has excellent anti-

bacterial and antifungal properties. A study in 2011 showed thyme had the second highest antibacterial effect of a range of honeys - Antibacterial activity of different honeys against pathogenic bacteria - <http://www.ncbi.nlm.nih.gov/pubmed/21524711>

- Rosemary honey is a milder honey and is often used for skin care – face masks for instance.
- Eucalyptol is the main therapeutic ingredient of the Eucalyptus tree, which has been used to reduce inflammation and pain. Eucalyptus is reputed to be good for asthma and the respiratory system.
- Orange Blossom and Lemon Blossom honey are higher in vitamin C than other honeys.
- Lavender is said to aid relaxation and sleep.

Some questions and answers about raw honey

1. **Question:** What is raw honey? **Answer:** Raw honey is honey that hasn't been pasteurised. It also tends not to have been fine filtered, a process which removes pollen and any bits of wax, propolis or even royal jelly. Most supermarket honey has been pasteurised. This destroys some of the natural properties of the honey and reduces health benefits.
2. **Question:** The honey that I bought has crystallised. Does this mean that sugar has been added to it? **Answer:** No. The honey that we sell is raw and it does generally set. A set granular consistency is actually a sign that honey hasn't been pasteurised. Unpasteurised honey naturally sets in colder European countries, like the UK. In hotter countries the air temperature keeps the honey liquid for longer.
3. **Question:** When honey has names like Lavender or Rosemary does this mean that these herbs have been added to the honey? **Answer:** The honey has these names because the bees have fed predominantly on flowers from these herbs. This gives the honey properties specific to the plant that the bees have fed on.
4. **Question:** How should I store my honey? **Answer:** The best way to store honey is in the dark (light damages some of the natural compounds in the honey) always with the lid on. Because honey attracts water it will start to ferment if the lid is left off. It's best not to keep honey in the fridge as this will make it very hard and difficult to get out of the jar.