

## The Therapeutic potential of honey

Researchers believe that the therapeutic potential of honey is grossly under utilized. With increasing interest in the use of alternative therapies and as the development of antibiotic-resistant bacteria spreads, honey may finally have its due recognition as a wound healer.

Raw honey makes a sterile, painless and effective wound dressing. Only unfiltered, unheated, unprocessed raw honey should be used as any processing destroys its healing qualities. It should be stored at room temperature. Honey has the ability to kill bacteria. Apply it directly to abrasions, and burns and cover with a piece of gauze. The results will occur quicker than with conventional salves and creams.

A bacteriologist at the Agriculture College in Colorado tried to grow certain diseases in honey as an experiment. The honey killed all the microorganisms. Typhoid, A and B typhosus, bowel bacteria, broncho-pneumonia bacteria, peritonitis, pleuritis, and suppurative abscesses bacteria all died as did the dysentery-pneumonia bacteria. These tests were duplicated in Canada and Washington, D.C. producing the same results. BURNS-apply freely over burns. It cools, removes pain and aids fast healing without scarring. Bacteria simply cannot survive in honey.

INSOMNIA: a teaspoon of honey in a mug of warm milk aids sleep and works wonders.

NASAL CONGESTION: place a teaspoon of raw honey in a basin of water cover your head with a towel and inhale the fumes.

FATIGUE: dissolve a teaspoon of honey in warm water. Honey is a unique stabilizer.

DEEP FACIAL CLEANSER: mix honey with equal parts oatmeal and apply as face pack, leave on ½ hr. Then wash it off. Great for acne & other blemishes.

POOR DIGESTION: Mix honey with an equal quantity of apple cider vinegar and dilute to taste with water. Also promotes weight loss.

HAIR CONDITIONER: Mix honey with equal amount of olive oil, cover head with warm towel for ½ hr. then shampoo off. Feeds hair and scalp. Hair will look & feel better.

OSTEOPOROSIS: Research has shown that a teaspoon of honey per day aids in calcium utilization.

