

HONEY

Raw, Unprocessed Honey

Not only is honey delicious to eat, it is a nutritious gold liquid as well. To make one pound of honey, the bees will have to fly the equivalent of four to six times the circumference of the earth. A busy bee colony can produce up to 300 pounds of honey in one season.

Raw Honey is a natural, nutritious sweetener where sugar is a non-nutrient that only offers empty calories. Honey is gently metabolized by our bodies, the energy it provides is easily and naturally used. It contains as many as eighty different substances important in human nutrition. The major sugars in fully ripe honey are glucose and fructose that are easily assimilated monosaccharides (simple sugars). Monosaccharides go directly into the blood without having to be processed by the body.

Raw Honey contains vitamins A, beta-carotene, all of the complex B vitamins, C, D, E and K along with the following mineral salts, magnesium, sulfur, phosphorus, iron, calcium, chlorine, potassium, iodine, sodium, copper and manganese.

Raw Honey also contains the highest enzyme content of all foods and some of the proteins that are found in honey include carbohydrates, organic acids, hormones and antibiotic factors. For anyone who wishes to substitute nutritious honey for empty calorie sugar in your recipes, here's the rule. For each cup of sugar called for in the recipe, replace with one cup of honey and add 1/4 to 1/2 tsp. of baking soda as well as reducing the liquids in the recipe by a total of 1/4 cup.

BURNS-apply freely over burns. It cools, removes pain and aids fast healing without scarring. Bacteria simply cannot survive in honey.

INSOMNIA- a teaspoon on 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 1/2 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 1/2 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.



If your honey has crystallized, to liquify it again just immerse the jar in hot water. It is noted that Cleopatra used honey to keep her skin soft and smooth and to enhance her beauty. Authorities have theorized that bees came into being at least 125 million years ago when flowering plants began blossoming in profusion. The bees and flowers are so dependent on one another for their existence that experts say they must have "invented" one another. It is intended that our readers will use this information presented in co-operation with recommended reading and the advise of health professionals

Researchers believe that the therapeutic potential of honey is grossly underutilized. 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 micro-organisms. 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.