



Health Benefits of Honey

HEALTH BENEFITS OF RAW HONEY

Throughout history, raw honey has been used remedy for a variety of health benefits and medical uses. Today, it's even used in some hospitals as a treatment for wounds. Many of these health benefits are specific to raw, or unpasteurized, honey. Most of the honey in grocery stores is pasteurized, which means the honey was heated to a high heat to kill unwanted yeast. This process also improves the color and texture, removes any crystallization, and extends the shelf life. But the downside is that many of the beneficial nutrients are also destroyed during the process.

The honey that I offer is raw and unpasteurized. There are many health benefits to using raw honey, here are just a few it offers:

1. Raw honey is a good source of antioxidants

It contains an array of different plant and flower chemicals that act as antioxidants. In fact, some types of honey can have as many antioxidants as fruits and vegetables. Antioxidants help to protect your body from cell damage due to free radicals (free radicals contribute to the aging process and may also contribute to the development of chronic diseases such as cancer and heart disease). Research also shows that antioxidant compounds in honey called polyphenols may help play a role in preventing heart disease.

2. Raw honey has antibacterial and antifungal properties

Research has shown that raw honey can kill unwanted bacteria and fungus. This is because it naturally contains hydrogen peroxide, which is an antiseptic. Its effectiveness as an antibacterial or antifungal varies depending on the honey. Research has shown that darker honeys have more of these compounds than a lighter colored honey.

3. Raw honey helps heal wounds

Manuka honey is used in medical settings to treat wounds because it's been found to be an effective germ killer and also aids in tissue regeneration. How they use it is they apply it to the wound and cover it with a gauze, replacing it every couple days. Studies show that Manuka honey can boost healing time and



reduce infection. Keep in mind that the honey used in hospital settings is medical grade, meaning it's inspected and sterile. I also use honey on burns. It eases the pain, and the skin heals faster afterward too!

4. Raw honey is a phytonutrient powerhouse

What are phytonutrients? Well, they are compounds that are found in plants which protect the plant from harm. For example, some will keep insects away or they may shield the plant from ultraviolet radiation. Pretty cool! The phytonutrients found in honey are what give it the antioxidant, antibacterial, and antifungal properties. It's also thought that they are the reason raw honey has shown some immune-boosting and anticancer benefits. But any type of pasteurization will destroy these valuable nutrients.

5. Raw honey helps digestive issues

Honey is proven to be effective as a treatment for *Helicobacter pylori* (*H. pylori*) bacteria, which is a common cause of stomach ulcers. It's also a potent prebiotic. This means that it nourishes the good bacteria that live in the intestines. This is especially important not only for digestion but a person's overall health.

6. Raw honey soothes a sore throat

Do you have a cold? You should try a spoonful of honey. Honey has been used as a sore throat remedy for an exceptionally long time. For additional benefit you can add it to hot tea with lemon and ginger! Honey also works as a cough suppressant. Research has suggested that honey is as effective as dextromethorphan, which is a common ingredient in over-the-counter cough medication. Pretty cool that something natural is so powerful for our health!

7. Raw honey is great for seasonal allergies

If you buy raw honey that is from your area it can help with regional pollen allergies since it contains trace amounts of pollen. This helps you build up a resistance to those pollen allergies. But remember, it must be raw, and it is best if it is from your area!

Honey, Lemon, Ginger Tea

INGREDIENTS:

2 lemons
2 chunks of fresh ginger
Raw honey
Quart size mason jar

INSTRUCTIONS:

Slice lemons and ginger. Place the lemon and ginger slices in the mason jar, alternating layers of each. Slowly, pour honey over the lemon and ginger. Allow the honey to sink down and around the lemon and ginger slices. Fill jar to the top with honey and seal tightly. Store in the refrigerator. Over time, the mixture will start to turn into a loose jelly. When you are in need of some soothing tea, scoop 2-3 tablespoons into a mug full of hot water (or green tea) —be sure to scoop whole pieces of ginger and lemon with the honey gel. Allow to steep for 3-4 minutes and sip away.



WHY IT WORKS:

This recipe contains the best things for you to fight a cold or flu naturally:

- Lemons: High in vitamin C, to keep the immune system strong.
- Ginger: Helps you sweat out the toxins in your body. Ginger is also helpful for settling upset stomachs, dizziness, nausea, vomiting and cold sweats.
- Honey: Soothes a sore throat, making it an effective and natural cough suppressant. Honey also improves the body's ability to fight infection and decreases the risk of fevers.