

48 HONEY FOR HEALTH TIPS

1. Did you know: As little as 1 teaspoon of raw honey per day can help prevent osteoporosis?
2. Got reflux or indigestion? Try raw honey. It is soothing, alkaline-forming and won't ferment in your stomach.
3. Honey possesses anti-oxidant, anti-bacterial properties - but did you know it is anti-inflammatory too?
4. The reason honey is both anti-bacterial and will lighten hair: It produces hydrogen peroxide - but is gentler than peroxide alone.
5. Anti-bacterial peroxide in raw honey is release by dilution. On wounds there's no need, since body moisture does the trick.
6. When you buy pasteurized honey, look for brands that state heat used was under 106F. (Any higher and you lose nutrients.)
7. Did you know that local raw honey can actually help against seasonal allergies, if taken daily at least two months in advance?
8. A 2006 study actually proved that treating mild burns with applied honey helped sooth and prevent infection better than ointments.
9. Adding raw honey to your diet can help soothe IBS. But don't heat it past 85F, if you want the best effect.
10. For constipation: Mix 1 tsp. raw honey and 1 tsp. cold-pressed flax seed oil into to lukewarm chamomile tea.
11. Raw honey contains natural anti-oxidants: The darker the honey, the more effective its anti-oxidant properties.
12. The ancient Egyptians dressed wounds with honey. Modern scientists agree that it effectively fights staph bacteria.
13. How to relieve a bee-sting: Spread raw honey on a gauze pad and place on sting site after sting has been removed.
14. Use a poultice of raw honey and a gauze pad to relieve extra-itchy eczema areas.
15. Honey fact: Raw honey is the closest to what bees produce naturally. Pasteurized honey has been heated and treated.
16. Did you know that properly ripe honey contains formic acid, which increases honey's anti-bacterial properties?

17. If honey has crystallized, you can heat it to re-liquefy it - but honey shouldn't be heated over 120F degrees (kills enzymes).
18. Add honey to bathwater for a soothing, softening bath. If you have itchy skin, try honey and oatmeal.
19. For sore throats or swollen glands: Gargle with cooled sage tea mixed with raw honey - both anti-bacterial and soothing.
20. Be wary of honey from China. They have no processing and production restrictions and there is no guarantee of quality.
21. Mix raw honey with ginger and a dash of lemon juice to counteract nausea. For colds, tea with honey and lemon.
22. Honey is effective in not just soothing the respiratory system, but healing it of pseudomonas aeruginosa.
23. If you want to be assured of pure, raw honey, buy it directly from a bee-keeper (look for them at farmer's markets).
24. Mix one part lemon juice and four parts honey. Rub into scars or skin discolorations daily to minimize these.
25. You can safely give honey-sweetened cereals to babies but never give a baby raw honey - it can cause botulism.
26. Hiccups that won't stop? Try slowly eating a teaspoon-full of raw or creamed honey.
27. Honey can put babies under a year old at risk of botulism because their digestive tracts are yet developed.
28. If you are using honey for health, avoid pasteurized honey: The heat used in processing damages honey's enzymes.
29. You don't have to have dry skin to benefit from a honey mask: Mix together honey and cinnamon for oiliness and acne.
30. Try a face mask with pasteurized honey. Then make one with raw, local honey. Now notice the difference!
31. A great facial cleanser for any skin: 2 tbsp. full-fat yogurt, 1 tbsp. raw honey, 1 tbsp. cooled, cooked oatmeal.
32. Greek father of mathematics, Pythagoras (570-490 B.C.) stated that he owed his long life to eating raw foods and honey.
33. To test whether or not honey is ripe: Put a drop on a glass plate. Tilt slightly. If it turns runny, it is not ripe.
34. How to make the best and most effective herb teas: Scald herb flowers or buds with hot water. Cool to less than 105F. Add honey.

35. Did you know that honey can help relieve stress? Add 1 tbsp. to fresh apple juice.
36. A Japanese study performed in 1987 demonstrated that Royal Jelly demonstrated anti-tumor activity in mice.
37. If you have ageing skin, try Royal Jelly, fed by worker bees to queens. It is rich in B vitamins and pantothenic acid.
38. Do not take bee pollen, propolis or Royal Jelly if you are allergic to bee stings. If you are on blood thinners, do not use Royal Jelly. There is some speculation (but no empirical proof) it thins the blood.
39. Honey and warm water makes a soothing, full-bodied un-caffeinated alternative to caffeinated hot drinks.
40. Cracked heels? Mix raw honey with your favorite natural ointment and apply to heels. Cover with socks and wear overnight.
41. Diabetics: It's best not to use honey poultices because of the sugar content. (Moist poultices, period, are bad for diabetics.)
42. Try using beeswax as a facial scrub. It is anti-oxidant and anti-bacterial - but above all, it is gentle yet effective.
43. A Japanese study (J Nutr Sci Vitaminol, 2007) showed that Royal Jelly lowered "bad" cholesterol if taken at 6g daily.
44. Try adding 2 tbsp. raw honey to your bath for silky skin and an energizing effect (but don't do this if you are diabetic.)
45. For sunburn: Mix 1/4 c. raw honey, 1 c. apple cider vinegar and 1/4 c. Aloe Vera gel. (Apply to small area first.)
46. Manuka honey is said to be especially good as a minor wound balm: It helps promote new cell growth quickly.
47. Mix four parts honey to one part apple cider vinegar as a hair conditioner. But don't leave it on too long - it will lighten your hair!
48. The advantages of trusting hydrogen peroxide anti-bacterial qualities in honey over pure peroxide: The latter can burn skin. Honey doesn't.



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