

## *Honey Massage Techniques*

### **Benefits - Why:**

1. To receive healing substances from the honey. To remove toxins from the body.

### **We work on - What:**

- Lymph system (stimulation, unblocking of toxins)-Skin (thermal regulation, removal of old skin, cellulite)- Muscles (deep massage because of stickiness of the honey)
- Nervous System (calming)-Circulation (increasing of the blood flow)
- Pain (anti-inflammatory, anti-bacterial)-Spleen/Pancreas – Stomach - Earth Element

### **Location – Where:**

1. Back, Abdomen (great combination with Chi Nei Tsang), Joints, Buttock, Thighs, Face

### **Application – How:**

- Warm-up honey-Apply on the location-Massage the similar way like with oil-“Pumping out” technique-Work till honey dries up and white pellets appear- Clean the location with towel and hot water

### **Time – When:**

- 1 hr treatment-Before and after winter; full moon; surgery; accident

### **Clients – Who:**

- Detox Program-Pain Management-“Beauty” -Chi Nei Tsang-After surgery or accident-Chronic disease

**Research:** Information taken from National Honey Board <http://www.honey.com/nhb/home/>

### **Honey’s Antimicrobial Properties and Benefits to Wound Healing**

The use of honey as a wound dressing goes back to ancient times and has now been ‘rediscovered’ by modern medicine, according to Dr. Peter Molan of the University of Waikato, New Zealand. “It is a common observation in the many reports in medical journals that numerous benefits result from using honey to dress wounds,” says Dr. Molan. The antibacterial properties of honey may help clear infection in wounds, and the anti-inflammatory action of honey may reduce pain and may improve circulation, which hastens the healing process. According to Dr. Molan, “Honey stimulates the re-growth of tissue involved in healing, making healing faster and reducing scarring.”

### **Vitamins, Minerals and Amino Acids**

Honey contains small amounts of a wide array of vitamins, minerals, amino acids and antioxidants. The vitamins found in honey may include (depending on floral variety) niacin, riboflavin and pantothenic acid; minerals present include calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc. Just as the color and flavor of honey varies by floral source, so does the vitamin, mineral, antioxidant and amino acid content.

### **Antioxidants in Honey**

In addition to the nutrients that are involved in normal metabolic activity, foods contain components that may provide additional health benefits. These nutrients are referred to as nutraceuticals. Phytochemicals are one broad category of nutraceuticals found in plants that are actively being investigated by scientists for their health-promoting potential. Honey has a phytochemical profile which includes polyphenols that can act as antioxidants. Antioxidants perform the role of eliminating free radicals, which are reactive compounds in the body. Free radicals are created through the normal process of metabolism and contribute to many serious diseases. Researchers at the University of Illinois, led by Nicki J. Engeseth, Ph.D. and May R. Berenbaum, Ph.D., are studying the antioxidant capacity of common honey varieties. Darker honeys tend to have a higher mineral content and antioxidant potential.

**The history of the use of honey parallels the history of man.** In virtually every culture evidence can be found of its use as a food source and as a symbol employed in religious, magical, and therapeutic ceremonies. The Egyptians used honey as an embalming material, Hippocrates cured skin disorders, Democritus, who lived to the ripe old age of 110 years, used to say that for health preservation “viscera should be moistened by honey and skin by oil, Avicenna said: “if you want to preserve health – you must use honey”, the Romans used it in cosmetic preparations and Chinese Medicine has used honey (FengMi) for many millennia as an essential part of their MateriaMedica with wide applications. The history of honey is extremely rich in ancient Russia. In the 12th century Duchess Evlampia, the granddaughter of the famous Russian King Vladimir Monomah, published a manuscript entitled “About Honey” with hundreds of medicinal recipes. Even as recently as World War I, doctors treated wounds with honey. With the advent of antibiotics honey fell out of use for its healing properties, but scientific research is now rediscovering honey’s natural healing power.