

## *Honey Healing Benefits - Emily Thacker*

### **History of Honey**

Honey is nature's original sweetener! Its surprising power to heal has provided comfort and wonder for generations.

The love for honey goes back over thousands of years:

- The Romans used honey as a sleeping potion
- Greek athletes used honey after competing in the Olympic games to banish fatigue
- The ancient "Book of Medicines" used honey in over 300 prescriptions
- Honey was used in place of gold and silver as money
- Honey was used as part of the Eucharist in the Catholic Church until about the year 600

Some call honey the perfect food because of its history as a healing balm for sickness and injuries. Others say honey has long been used to increase the healing abilities of other foods. Since before recorded history many have felt honey should be part of a wholesome diet and healthy life-style. In days gone by, bees, honey and beeswax were used in rituals and legend. These rituals often surrounded important events such as birth, marriage and death. The art of beekeeping was very respected. Since honey is such a wondrous substance, it is no surprise that the bees, which produce it, came to have such a special place in many cultures.

### **Honey contains these vitamins:**

- B-1 (thiamine)
- B-2 (riboflavin)
- Nicotinic acid (niacin)
- B-6 (pyridoxine & pantothenic acid)
- C (ascorbic acid)

### **and these minerals:**

- Calcium
- Copper
- Iron
- Magnesium
- Manganese
- Phosphate
- Phosphorus
- Potassium
- Silica

Honey is a symbol of everlasting bliss. It is an assortment of dissolved sugars, vitamins, minerals, carbohydrates, enzymes and amino acids. It is sweet flower with some of its water evaporated out. Then, as if by magic, honeybees change it into thick golden liquid. Honey is sweet, fast energy. It contains sugars that can enter the bloodstream in as little as 10 minutes. Many believe it is less likely than refined cane sugar to cause a repeat craving for sugar. Early tests confirm this belief. Honey's color varies from clear, almost white, to nearly black. The darker the honey, the more minerals it contains. Honey comes in as many flavors as there are flowers and nectar - and in a few not seen in nature such as chocolate and Coca Cola®! Some other plants that produce good honey are: pine, blackberry, apple, sunflower, chamomile, mint, willow, coffee, buckwheat, clover, orange blossom, lilac, marigold and the list goes on!

### **Honey: It's Not Just Folklore Anymore!**

Researchers at the American Health Foundation found that a substance found in honeybee hives hinders the growth of precancerous cells in the colon! When honey is eaten, the acid it produces is one of the things that helps the kidneys remove poisons from the body! The American Journal of Surgery reports that wounds treated with honey healed faster! Honey is effective against many bacteria including E coli, strep, staph and salmonella! Tests have shown that some cancer incisions heal better if given a coating of honey!

### **According to "Science News", honey is:**

- Antifungal
- Antibacterial
- Anti-inflammatory
- Antiproliferative
- Able to make cancer-fighting drugs more effective

Many scientific studies are under way attempting to prove the idea that faith in honey as a healing agent has merit. Early results show honey inhibits the growth of many kinds of harmful microbes. And, it is active against kinds that are resistant to the more usual drug-based antimicrobial agents. Some medical authorities recommend honey as a food for heart patients and for those who have had strokes and major surgeries. The unique combination of sugars in honey is easy for exhausted bodies to use, and the extra nitrogen it provides to the body is healing. Honey also contains the chemical acetylcholine. This stimulates the heart, increases metabolism and improves blood circulation.

### ***Amazing Uses For Honey!***

Did you know...

- Honey can be used to keep a child from wetting the bed?
- Old honey is the best kind to use for healing tonics?
- Honey should never be given to a child under 1 year old?
- At least 28 minerals have been isolated in honey?
- Honey will keep the water in a car radiator from freezing?

### ***Pain Relief***

- relieve arthritis and rheumatism pain
- ease gout
- quiet coughs
- heal burns
- soothe sore throats
- fight cold sores
- ease leg cramps
- treat urinary tract infections
- heal cuts faster
- reduce fever
- help diaper rash
- relieve dry mouth
- beautify skin
- heal respiratory infections
- avoid bee stings
- prevent hay fever
- fight tooth decay

### ***Healing Power of Honey***

Honey outperforms conventional dressings in healing burns! Honey is being used in hospitals and tested in science laboratories all across the world. Researchers are proving that honey has healing properties. Their tests show it is active against bacteria and fungus and does not harm healthy tissue.

*Honey is being used on:*

- *amputations*
- *bed sores*
- *varicose ulcers*
- *infections*
- *dental infections*
- *burns*
- *gangrene*
- *abdominal wounds*

Bacteria just doesn't thrive in this luscious liquid - which is why it doesn't need to be refrigerated. Honey is used as a remedy for indigestion because it is soothing to the membranes of the digestive tract and is easily and quickly absorbed. The Talmud recommends honey for gout, heart trouble and healing wounds in man and beast. Honey has been part of remedies for respiratory tract afflictions such as coughs, colds, bronchitis and asthma. Many herbs can be mixed with honey to make powerful cough suppressors. Honey can relieve the pain of arthritis and rheumatism.

### ***Nature's Aid to a Healthier Body***

Improve facial skin with a 10-minute cleansing treatment using honey and other kitchen staples. Eating honey may relieve extreme fatigue. Stamina and endurance may be increased as well. A mixture that contains honey can speed up healing of fungus infections or any sore that is slow to heal. Prevent wrinkles and tiny age line with a mixture that contains honey. Honey will help the suffering of diarrhea. It also can help prevent dehydration. Since honey is known to be antibacterial, it can be effective against salmonella, the bacteria often found in poultry.

## ***Honey & Vinegar***

The age-old combination of honey and apple cider vinegar is believed to be a nearly magical potion for good health. Science has proven that foods such as honey and apple cider vinegar provide a major dose of healthy living nutrients. Taken separately or together these two foods offer a boost to your immune system.

***Honey:*** Get all the sweetness without the sugar!

***Vinegar:*** The healthy goodness of apples concentrated into a teaspoon of golden liquid!

***Equals:*** A generous portion of the building blocks needed for a healthy body!

The more we learn about good nutrition and the importance of getting an assortment of vitamins and minerals each day, the easier it is to understand old-time reliance on honey and apple cider vinegar. Good health begins with a body, which is maintained every single day by good eating and health practices. Honey and apple cider vinegar may not solve the world's problems, but countless studies through the years have shown that these two golden liquids are two of the most healthful, nutrient filled fluids known to mankind.

## ***Honey Lovers' Delight***

Many foods are not nearly as good if sweetened with anything other than the golden liquid we call honey. Some of the most popular honey-enhanced foods include:

- salad dressing • nuts • garlic • fish or pork • chicken • apples • cabbage • roast duck
- bread • eggs • cake icing • cookies • butter • vinegar

## ***Grandma's Remedies Just Got Better!***

If you remember Grandma's home remedies, you know that honey, garlic and vinegar were an important part of staying well. Slowly, science has become aware that these "wonder foods" have more than simply folklore going for them. Because of all their bacteria killing substances, honey, garlic and vinegar have long been an important part of folk healing remedies. The combination of these three power foods is traditional remedies for those with asthma, tuberculosis, whooping cough and bronchitis.

## ***Combinations of honey, garlic and vinegar can be used to:***

- Control appetite to help lose weight
- help lower cholesterol
- normalize blood pressure
- boost the immune system
- relieve headaches
- help insomnia
- stop hiccups
- settle the stomach
- reduce bladder infections
- improve memory
- relieve asthma
- help athletes foot
- ease the sting of a jellyfish
- Prevent ear infections
- banish nausea

## ***Honey ... How sweet it is!***

Whatever your reason for choosing honey as a sweetener, you are joining generations of those who have come to appreciate its golden goodness.

- Honey's flavor can be a delicate hint of richness or a robust flavor change
- Honey can be substituted for granulated sugar in recipes
- Honey will keep cakes and breads moist longer
- Honey is an excellent sweetener for hot liquids
- Honey is an inexpensive food ... with an expensive taste
- Honey is a natural food ... the natural choice