

Honey Uses

Dress wounds and burns. Apply Honey to the injury. Honey is hygroscopic and absorbs water, creating an environment in which disease-producing microorganisms, deprived of their moisture, cannot live.

Soothe a sore throat. Take one teaspoon of Honey at bedtime, letting it trickle down your throat.

Cure a hangover. Honey is a concentrated source of fructose. Eating Honey on crackers helps your body flush out whatever alcohol remains in the body.

Relieve a cough due to a cold. Dissolve one tablespoon Honey and one tablespoon ReaLemon in a small glass of warm water and sip it. For a stronger solution, combine equal parts Honey and ReaLemon, and take one teaspoon at bedtime. Both mixtures may help loosen phlegm.

Substitute honey for sugar when cooking. Use Honey in place of granulated sugar for up to one-half of the sugar. With experimentation, honey can be substituted for all the sugar in some recipes. For baked goods, add about one-half teaspoon baking soda for each cup of honey used, reduce the amount of liquid in the recipe by one-quarter cup for each cup of honey used, and reduce oven temperature by 25 degrees Fahrenheit to prevent over-browning. For easy removal, spray measuring cup with Pam Cooking Spray before adding honey.

Make children sleepy at bedtime and help prevent small children from wetting the bed. A teaspoon of honey at bedtime will act as a sedative to a child's nervous system and will attract and hold fluid in a child's body during the hours of sleeping. When a child over one-year old is given honey, the blood and tissue calcium begins to increase. The calcium unites with excess phosphorous to form a compound that makes bones, teeth, hair, and fingernails. The sedative effect on the nervous system of a child may be observed within an hour. Honey should not be fed to infants less than one year of age. Honey is a safe and wholesome food for older children and adults.

Help heal erysipelas. Generously cover the affected area with honey, and then cover with cotton for 24 hours. Repeat if necessary.