

Health benefits of honey

An essential natural cure all, oozing with medicinal and healing properties, honey is one of the purest and most natural forms of remedy promoting general health and well being. Honey is the best blood supplement by raising corpuscle content. The darker the honey the more minerals it contains. Keep honey in first aid cupboard for emergency use, and another in the kitchen cupboard.

Uses of honey: Burns

Honey applied over burns cools, removes pain and aids fast healing. A salve and antibiotic, bacteria's cannot exist in honey.

Honey benefits for Children

To avoid bed wetting in children, a teaspoon of honey aids water retention, and calms fears in children.

Honey to help you sleep

A mug of hot milk with a dessert spoon of honey acts as a mild sedative (minerals, vitamins amino acids) aiding sleep

Honey to clear nasal congestion

To clear nasal congestion, mix a dessert spoon or two of honey in basin of hot water. Bend over the basin, covering your head and the basin with a large towel and inhale the fumes.

Honey to heal wounds

Wounds such as cuts, grazes, scrape when covered with honey and bandage is an excellent healer

Benefits of honey: Digestion

Mix honey and apple cider vinegar in equal proportion, dilute with water. This wonder drink aids digestion and eases joint inflammation

Honey to cool your throat after pungent food

Trickle down a teaspoon of honey down the throat for inflamed raw tissues for sore throat. If you have eaten any thing pungent, spicy and feel your tongue burning after downing glasses of water. Eat a spoonful of honey to appease your taste buds.

Honey as a energy booster

A spoon of honey is an instant pick-me-up, giving you the much needed boost of energy. Alternatively 25% of honey with water is a good stabilizer to calm highs and raise lows.

Calcium utilization

A teaspoon of honey per day aids calcium utilization and prevents osteoporosis

Good for your heart

Heart patients are advised to replace white sugar with honey that has natural fructose and glucose.

Honey to help Asthma patients

Chewing the tops of honey combs for 20 minutes a teaspoon of bee capping; five to six times a day stimulates the immune system. It's effective for asthma patients.

Honey for Longevity

Regular users of honey are most long lived people. Beekeepers are known to suffer less from cancer, arthritis than any other working group worldwide.

Effective use of honey during migraine attacks

For people who have frequent migraine attacks, should sip a dessert spoon of honey dissolved in half a glass of warm water at the start of the attack. Repeat after 20 minutes if needed. Its effective as migraine is stress related.

Honey during conjunctivitis

Honey dissolved in equal quantity of warm water is good lotion or eyebath for the conjunctivitis (pus in the eye).

Benefits of honey: Curing coughs

Mix 6 oz. of liquid honey, 2 oz. of glycerin and juice of two lemons. Mix well, store it bottle with a tight screw cap and use when required. An instant home made remedy for cough.

Using honey for babies

Honey rubbed on a baby's gums is a mild sedative and anesthetic during teething.

Honey as a food preservative

Honey is good food preservative. While baking cakes by replacing sugar with honey, they will stay fresher longer due to natural antibiotics as honey retains moisture.

Honey as a multi-vitamin

Few teaspoons of honey say four; to a baby's bottle of water is an excellent pacifier and multivitamin additive.