

Honey and Its Benefits

BIBLE:

Proverbs 25:16 – “Hast thou found honey? Eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.”

SOP:

“...we learn that last year seven thousand pounds honey of the best quality has been made on the school estate...” (1SM 102.5)

MEDICAL SCIENCE:

What is honey?

Honey has been considered a wonderful healing agent for ages. It is a sweet and viscous fluid made by honey bees from the nectar of flowers. Honey comes in a variety of colors, from almost white down to darker colors such as amber, red, or brown. Honey is an amazing antibacterial substance which is comprised of sugars like glucose and fructose and minerals (like magnesium, potassium, calcium, sodium chloride, sulphur, iron and phosphate), vitamins (such as B1, B2, C, B6, B5, B3), trace elements (like copper, iodine, and zinc) as well as amino acids. The nutritional properties, color and flavor of honey are determined by the types of flowers the bees pollinate.

NUTRITIONAL INFORMATION

Honey's Nutritional Profile

Honey is composed primarily of carbohydrates (natural sugars) and water, as well as trace enzymes, minerals, vitamins, and amino acids. Providing 17 grams of carbohydrates and 64 calories per tablespoon, honey is an all-natural sweetener without any added ingredients. Honey also contains a variety of flavonoids and phenolic acids, which act as antioxidants, scavenging and eliminating free radicals. Generally, darker honeys have higher antioxidant content than lighter honeys.

SOME FACTS ABOUT HONEY:

- Honey contains natural peroxide which is why it is so beneficial in healing.
- Honey was used as the antibiotic of choice as the healer for wounds during World War I and other Wars until penicillin was discovered.
- Honey's ability to produce hydrogen peroxide is one of the main reasons for its antibacterial activity, making it ideal for treating infected wounds.
- Has antiseptic, antibiotic, antiviral properties
- Causes clear thinking/discernment. (see 1 Samuel 14:25-29)

WHAT TO USE HONEY FOR:

Acne (wash face with hot water, pat dry then apply honey all over the pimples. Leave on for 30 minutes, then wash off with hot water, then rinse with cold water to close pores)

Acne scars

Allergies

Arthritis

Asthma

Athlete's foot

Bad breath

Beauty mask

Bed sores (Mix equal parts of honey with wheat germ oil and then add Comfrey leaves to make a thick paste...spread on the area of the bed sores)

Boils

Burns

Cold sores

Colds (put some with lemon in hot water and drink)

Coughs (mix honey with a few drops of Eucalyptus Oil, this is the best remedy for coughs and sore throats)

Cuts

Diarrhea

Drinking problems

Dry mouth

Emphysema

Eye problems (glaucoma, etc.) (put 1 drop of lemon juice in each eye every morning and 1 drop of honey in the evening)

Hair restoration (rub 1 T. into scalp every night, put on cap, leave on overnight then wash in the morning)

Hangovers

Headaches

Heart problems

Heartburn

Hoarseness of throat

Indigestion

Infection

Inflammation

Insect stings

Insomnia

Laryngitis

Leg cramps (because of the magnesium content)

Low blood sugar levels

Low energy levels

Low libido

Migraines

Mood lifter

M.R.S.A. (Take it internally and apply externally...mix honey with garlic juice or mashed garlic and apply to

M.R.S.A. wounds)

Open wounds

TO READ ABOUT IT, GO TO:

<http://news.nationalgeographic.com/news/2009/09/090908-mrsa-staph-manuka-honey.html>

<http://www.livestrong.com/article/526231-how-effective-is-manuka-honey-at-treating-all-forms-of-staph-infections/>

- **Rough hands**
- **Sinus problems**
- **Sore throats**
- **Weeping sores**
- **Wrinkles**
- **And Much More**

*****When dealing with infections and external cuts/wounds, use MANUKA HONEY (raw, pure honey). May purchase from www.vitacost.com.**

MORE INFORMATION ON HONEY:

<http://www.allonetogether.com/Sugar.html>

<http://www.bees-online.com/HealthBenefitsOfHoney.htm>

http://www.homeremediesweb.com/honey_health_benefits.php

<http://www.honey-health.com/>

<http://www.honey.com/nhb/benefits/>

<http://www.motherearthnews.com/Natural-Health/1999-02-01/HoneyBenefits.aspx>

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/honey-and-its-benefits.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/08/honey-and-its-benefits.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/honey-and-its-benefits.html>