

Healing Properties of Raw Honey

Honey which has not been heated, pasteurized, added to or filtered, and taken directly from the hive.

HEALING PROPERTIES:

- Increases calcium absorption to help **arthritic joints and osteoporosis**, when combined with apple cider vinegar. (1 Tbsp. of each alone or mixed with fresh juice or water)
- An effective treatment for **colds, flu, respiratory infections** and a generally depressed immune system. Whereas sugar shuts down the immune system, a good quality honey will stimulate it into action.
- Can help to boost gastrointestinal **ulcer** healing.
- Works as a natural and gentle laxative to aid the body with **constipation** and **poor digestion**.
- Local honey can help with **allergies** and **hay fever**.
- Provides an array of vitamins and minerals; and supplies **instant energy** without the insulin surge caused by white sugar.
- One or two teaspoons last thing at night can help with **insomnia** (for even better result mix that honey in a warm cup of chamomile tea).
- Effective internally against **bacteria** and **parasites**.
- Contains **natural antibiotics**, which help kill microbes directly.
- A teaspoon of honey before bed aids water retention and calms fears in children, which helps with **bed wetting**.
- Place a teaspoon of honey in a basin of hot water and inhale fumes after covering your head with a towel over the basin to treat **nasal congestion**. (even more effect when peppermint leaves are also added, once you are done inhaling, strain and drink).
- Helps with **fatigue** as it is primarily fructose and glucose, so it's quickly absorbed by the digestive system. Honey is a unique natural stabilizer: Ancient Greek athletes took honey for stamina before competing and as a reviver after competition.
- **Sore Throat** - Let a teaspoon of honey melt in the back of the mouth and trickle down the throat. Eases inflamed raw tissues (even more effect when cayenne powder is added (1/4 tsp. cayenne powder to 1 Tbsp. raw honey) For **strep throat** add a minced garlic clove to the cayenne honey. Do not eat or drink for 15-20 minutes after swallowing.
- As a **stress reliever** honey in water is a stabilizer, calming highs and raising lows. Use approximately 25 percent honey to water. (For best result dissolve the honey in chamomile/catnip tea)
- For **anemia**, honey is a great blood enricher by raising corpuscle content. The darker the honey, the more minerals it contains. (Mix with blackstrap molasses for iron rich blood builder.
- For **headaches** and **migraines** use a teaspoon of honey dissolved in half a glass of warm water (or better herbal tea). Sip at the start of a migraine attack, and, if necessary, repeat after another 20 minutes.
- Dissolve honey in an equal quantity of warm water. When cooled, apply as a lotion or eye bath for **conjunctivitis** (pink eye) or any other **eye conditions**.

- Antimicrobial effect against many bacteria and fungi so it can aid the body in healing **urinary tract, bladder, and gall bladder infections.**

FIRST AID:

- **Antiseptic** properties cleanse wounds.
- Drawing agent for poisons from **bites, stings or infected wounds.**
- When applied topically, speeds the healing of tissues damaged by **infection** and/or **trauma.**
- Contains vitamins, minerals and enzymes, as well as sugars, all of which aid in the **healing of wounds:**

So writes Dr. Cass Ingram, D.O. in The Survivor's Nutritional Pharmacy. "In a fascinating modern development, scientists and doctors are beginning to rediscover the effectiveness of honey as a wound treatment. In recent years, honey has been used effectively in clinical settings for the treatment of fist-sized ulcers extending to the bone, as well as for first, second and third degree burns. Complete healing has been reported without the need for skin grafts and with no infection or muscle loss." Apply directly to such conditions, cover with a sterile bandage, and change daily.

- Has been known to deep sores and tissue damage, such as **diabetic sores** and **bed sores.**
- This also is the same procedure for **infected wounds, ulcerations and impetigo.**
- Garlic honey (add ¼ cup fresh or powdered garlic per 1 cup raw honey, stir and let sit for two weeks) can also be applied directly to **infected wounds**, which will help clean up the area of infection.
- It can painlessly removes pus, scabs and dead tissue from wounds and stimulates new tissue growth.
- Makes a sterile, painless and effective wound dressing. Apply it directly to open **cuts, abrasions and burns**, and cover it with a piece of gauze.
- Apply freely over **burns.** It cools, removes pain and aids fast healing without scarring. Apart from being a salve and an antibiotic, bacteria simply cannot survive in honey.
- Heals **skin conditions** of many kinds such as; ulcerations, infection, rashes, boils, eczema, etc.

BEAUTY CARE:

- Use as a deep **facial cleanser** - Mix honey with an equal quantity of oatmeal, and apply as a face pack. Leave on for half an hour, then wash it off. Great as a deep cleanser for **acne** and other unwanted **skin blemishes.**
- Softens and moistures the skin.
- **Hair conditioner** - Mix honey with an equal quantity of olive oil, cover head with a warm towel for half an hour then shampoo off. Feeds hair and scalp. Your hair will never look or feel better!