

THE BENEFITS OF RAW HONEY

- Anti-viral, anti-bacterial and anti-fungal
 - Natural energy source
 - Promotes body and digestive health
 - Keeping cholesterol levels in check
 - Eliminates allergies
 - A remedy for skin wounds and infections
 - Promotes sleep
 - Natural cough syrup
 - Stabilises blood pressure
- Plus many more.

WHAT IS RAW HONEY?

Raw honey is the original liquid honeybees produce, from the concentrated nectar of flowers, that has not been heated, pasteurised or processed.

Free from additives, it is rich in natural vitamins, enzymes, powerful antioxidants, natural nutrients, as well as bee pollen, a compound containing all the nutrients required by the human body.



THE BENEFITS OF RAW HONEY

Anti-viral, anti-bacterial and anti-fungal

Raw honey contains bioflavonoids (shown to exhibit anti-inflammatory activities) and hydrogen peroxide (an antiseptic). With these properties, it can help to kill harmful bacteria and fungus.

Natural energy source

Raw honey contains natural sugars (80%), water (18%), minerals, vitamins, pollen and protein, making it an easily absorbed supply of energy. It's an ideal carbohydrate to consume before (for fueling) and after (recovery from) exercising. It is as good as glucose found in commercial energy gels.

Promotes body and digestive health

An alkaline-forming food, it is not known to aggravate a sensitive digestive tract, does not ferment in the stomach, and can be used to support digestive health.

A powerful antioxidant; helps with strengthening the immune system

Honey contains polyphenols that are antioxidants, and regular consumption may improve cardio-vascular health, protect the body from cell damage from free radicals and prevent heart disease. Likewise, honey's floral flavonoids can help to increase the antioxidant levels within cells and inhibit the destruction of collagen in the body. It is a promising anti-cancer agent.

Keeping cholesterol levels in check

Free of cholesterol itself, the minerals in honey (such as potassium, calcium and sodium) may help to keep the body's cholesterol level in check. The antioxidants in it may also help to prevent cholesterol from being moved out of the blood and into the lining of the blood vessels.

Eliminates allergies

Honey from a local source is good for treating seasonal allergies as it is likely to contain small amounts of the specific pollens an individual may be allergic to. Consume a couple of tea-spoons daily a few months before the onset of an allergy season.

A remedy for skin wounds and infections

The lack of free water in honey inhibits the growth of microorganisms. Honey also appears to display key body immune responses against infection. Apply topically to heal wounds and rashes, or use in a poultice on affected areas for skin burns, rashes and abrasions. Use on blemishes and acne to help clear the skin.

Promotes sleep

Consuming raw honey before sleep helps to restock the liver's glycogen supply and curbs the need for food. It also induces a spike in insulin levels to release tryptophan, an amino acid that acts like a mood regulator to help the body produce and balance certain hormones naturally. Honey can have a calming effect on the body, fight anxiety and induce sleep.

Promotes feelings of wellbeing

A byproduct of tryptophan, 5HTP (5-hydroxytryptophan) works in the brain and central nervous system to boost feelings of well-being by increasing the production of one of the body's main feel-good hormones, serotonin.

Balances sugar levels and helps with weight management

Research has shown that regular consumption of raw honey will lower and help to balance blood sugar levels. Replacing sugar with honey can potentially help in weight management since it is three times sweeter! Scientific studies have found that it can activate hormones that suppress appetite.

Natural cough syrup

Raw honey can help to reduce mucus secretion and coughs. Up to two teaspoons before sleep can be used for anyone over the age of one. It is also great as an expectorant for loosening the 'gunk' in the chest.

Diabetes aid

Consuming raw honey can help to increase insulin and decrease hyperglycemia. Adding cinnamon to it can be used as part of a diabetic diet plan.

Antibiotic properties

For colds and sore throat, it helps to coat the throat to reduce irritation. For blocked sinuses, mix a teaspoon in a basin of hot water, put a towel over your head and inhale the steam.

Helps with respiratory conditions

Rich in selenium, magnesium, manganese, vitamins, amino acids and antioxidants, it helps to protect the body against respiratory infections, and colds and flu which can exacerbate asthma. It also soothes the membranes in the bronchial tubes and clears away the mucus that accumulates within them.

Relieves pain

Practitioners of complementary medicine use a combination of honey and cinnamon to relieve arthritic pains. Many people have found it to be effective even though there is currently no scientific evidence to prove its efficacy.

A brain booster

Its therapeutic properties are believed by some people to not only help prevent cognitive decline and dementia, they are supposed to enhance the brain's cholinergic system and circulation.

Stabilises blood pressure

Honey has been used in traditional Russian medicine to treat high blood pressure. Scientific studies on rats suggest that it gives them a protective effect against this condition. Another study found honey can lower systolic blood pressure (a risk for stroke and heart disease) in rats suffering from spontaneous hypertension. Potentially, this will open up exciting possibilities for humans.