

31 Amazing Health Benefits, Secrets and Uses of Honey  
Natural Cures Revealed

*The* **ULTIMATE**  
**HONEY CURE**



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# The Ultimate Honey Cure

## **31 Amazing Health Benefits, Secrets and Uses of Honey Natural Cures Revealed**

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# Introduction

I want to thank you and congratulate you for downloading the book, “The Ultimate Honey Cure: 31 Amazing Health Benefits, Secrets and Uses of Honey Natural Cures Revealed”.

This book contains proven steps and strategies on how to use the natural health benefits of honey to treat common personal health issues and concerns.

What makes honey so special is that it has been used for thousands of years to provide health, beauty and wellness benefits. As a result, it has a proven track record of its effectiveness! Join me in discovering the secrets of honey and how you can use it to your advantage today!

Thanks again for downloading this book, I hope you enjoy it!

# Chapter 1 - All About Honey

Honey is a completely natural food. It is actually the only food that does not spoil. It is one of the ancient foods that remained unchanged in terms of production. Honey depends on bees for production.

## **What honey contains**

Typically, honey is composed of natural sugars and minerals. It contains phosphates, calcium, iron, magnesium potassium and sodium chloride. The percentages vary among the different varieties of honey. Some honey varieties have additional compounds, depending on what they were made of. On an average, honey contains 80% natural sugars in the following forms:

- Glucose: 31.3%
- Fructose: 38.2%
- Maltose: 7.1%
- Sucrose: 1.3%
- Higher sugars: 1.5%

Honey has high fructose content, in addition to the other forms of sugar. This is why honey is sweeter than refined sugars and other sweeteners. It also does have higher calorie content.

Other components include:

- Ash: 0.2%
- Water: 17.2%
- Other/undetermined: 3.2%
- Pollen, protein, minerals and vitamins: 2%

Water content is desirably at less than 18%. Honey has better quality if there is less water in it.

Vitamins and other nutrient contents are mainly based on where the nectar came from. On the average, honey contains riboflavin, niacin, thiamin, vitamin B6 and pantothenic acid. It also contains some amino acids. Mineral content includes iron, copper, calcium, phosphorus, manganese, magnesium, sodium, zinc and potassium. A few experts measure the mineral content through the conductivity of the honey. Higher conductivities mean higher mineral contents. Manuka honey, for example, contains 4 times more minerals than most honeys because it is 4 times higher than the average honey in terms of conductivity.

Honey is also slightly acidic, with pH range of 3.2 to 4.5. This property is responsible for the antibacterial action of honey. By promoting an acidic environment, honey can help in killing bacteria. It also contains antioxidants that help clear the body of toxins and free radicals.

Another good news is that honey is fat-free and cholesterol-free.

### **How honey is made**

Honey is made by bees in their hives. The process starts with the collection of nectars from flowers by the worker bees. The collected nectars are placed in honeycombs. The bees fan it with their wings in order to evaporate most of the water in the nectar. They also add enzymes to aid in honey production. In the process, the natural sugars in the nectar are also broken down into simple forms. As the water evaporates, the remaining liquid turns thicker and the sugar becomes concentrated, turning it into a thick and sweet liquid. When about 17% of the water content is removed, the bees seal the cells of the honeycomb with beeswax. Over time, chemical reactions and more evaporation take place, turning the liquid into honey.

The color and flavor of the honey largely depends on the type of flower where the nectar came from. Honey blends occur naturally, as the bees collect honey from all kinds of flowers. This happens often when the beehive is close to an area with different types of flowers growing nearby. Specific flavors are obtained when the bees are limited to collecting nectar from particular flowers. For example, the beehive is located in the middle

of a field of sunflowers, without any other kind of flower nearby. The bees would be producing sunflower honey, pure and unblended.

## **Honey Varieties**

Honey flavors and colors vary, depending on the flower. For example, honey made from the nectar of Orange Blossom has a light amber color. Honey made from the nectar of wildflowers or avocado flower has a deeper, darker amber color. In the United States alone, there are over 300 different and distinct honey flavors, made from the nectar of different flowers.

Amber is the most popular color of honey. However, the color actually ranges from colorless to dark brown. The flavors also vary from mild to bold. Generally, lighter honey colors have milder tastes and darker-colored ones have a much bolder flavor.

Some of the more common and popular honey varieties available include the following:

### *Acacia honey*

This comes from the nectar of the acacia tree's flowers. This honey has a very pale color. Pure acacia honey resembles the appearance of liquid glass. The flavor is floral, mild and sweet. This is one of the popular honey flavors. This is because it does not give an overpowering flavor and sweetness when mixed with beverages or when used in cooking.

### *Alfalfa honey*

The United States and Canada extensively produce alfalfa honey. It comes from the nectar of the purple blooms of the alfalfa plant. Alfalfa honey has a light amber color. The aroma and flavor are pleasantly mild.

### *Avocado honey*

This honey is produced from the blooms of California avocado. It has a dark amber color. The taste is rich and buttery.

### *Blueberry honey*

This is derived from the blueberry bush. It has the typical light amber color. The flavor is full and well rounded. This is commonly produced in

Michigan and New England.

### *Buckwheat honey*

This is made from buckwheat and produced in Wisconsin, Ohio, New York, Minnesota, Pennsylvania and Eastern Canada. This honey variety has more antioxidants compared to some of the lighter-colored honey varieties. Buckwheat honey has a dark color with a full-bodied flavor.

### *Clover honey*

This is one of the most abundant honey varieties produced in the United States. The nectar comes from the blossoms of the clover plant family such as Alsike clover, red clover, and sweet clovers (both white and yellow varieties). Clover honey has a pleasant and mild taste. The color varies, depending on where and what type of clover the nectar came from. It is available in colors ranging from water white, light amber to amber.

### *Eucalyptus honey*

Eucalyptus honey comes from the large *Eucalyptus* genera, which is composed of more than 500 unique species. Because of the vastness in diversity among the Eucalyptus family, the honey made from it is also wide ranging. The colors and flavor widely differ. One thing common is that eucalyptus honey has a strong flavor, with a hint of a medicinal smell. Eucalyptus honey is largely produced in California.

### *Fireweed honey*

The honey is made from the nectar of the fireweed plant. This plant is a perennial herb that grows in the open woods of Canada, and in the Pacific and Northern states. The plant grows up to 3-5 feet high and bears pink flowers. Fireweed honey has a light color.

### *Manuka honey*

Manuka honey is one of the most preferred variations as a natural remedy. This is used internally and topically for various ailments. It is mainly produced in New Zealand, where the manuka plant is indigenous. Manuka honey is considered as one of the most organic honeys in the world because



the plant grows in uncultivated areas in New Zealand, far away from pollution and chemical contaminants.

### *Orange Blossom honey*

This honey is made from the combined nectars of the flowers of different citrus plants. It is mainly produced in some parts of Texas, in Southern California and in Florida. Orange blossom honey has a light color and mild flavor. It has a fresh scent with a light and citrusy taste.

### *Sage honey*

Sage honey is mainly produced in California. It has a light color and is heavy-bodied. The flavor is delightful and mild. Honey packers often blend sage honey with other honeys because it slows down granulation.

### *Tupelo honey*

This is a premium type of honey. Northwest Florida is the main production site for this type of honey. The fructose content is high, making granulation slow. Tupelo honey is heavy-bodied. The color is light golden amber and has a greenish cast. The taste is mild and distinctive.

### *Wildflower honey*

This name is used collectively for honey made from undefined flowers.

### *Honey blends*

These are combinations of different honey varieties, often creating consistent and unique colors and flavors.

## **Natural Benefits of Honey**

Honey has long been used for its medicinal properties. Ancient civilizations such as the Greeks and the Egyptians had been using honey to treat various ailments and to improve health. One Egyptian tomb has even found a thousand year-old jar containing honey.

The natural and healthy sweetness of honey also makes it a good healthy sweetener. It is packed with nutrients that help heal and preserve health.

## Chapter 2 - Honey for Health

Honey is one of nature's cure all. Its numerous nutrients and compounds, as well as enzymes have several health benefits. Some varieties can even treat various ailments.

### ***Rich in hygroscopic properties***

The hygroscopic property allows honey to absorb moisture when they are exposed to air. This property is especially helpful when managing dry skin and speeding up wound healing. Moist skin is able to regenerate and heal itself faster. This same characteristic also helps in retaining moisture.

### ***Contains antibacterial properties***

In recent years, there is a renewed interest in honey's natural antibacterial properties. Synthetic antibiotics are becoming less and less effective against the multitude of bacteria appearing fast.

One antibacterial component in honey is an enzyme that produces hydrogen peroxide. This enzyme is called glucose oxidase. This is considered as the main reason behind honey's potent antibacterial properties. When hydrogen peroxide is produced, it seeks to destroy the bacterial membrane, eventually killing them.

Honey is effective against harmful bacteria commonly found in food. Clinical studies have found that using medical grade or therapeutic grade honey kills common food-borne pathogens such as *Salmonella* and *E.coli*. This means that by adding honey to food (such Manuka honey), any residual pathogens that may be present are effectively killed.

Also, clinical studies also show that honey is also effective against antibiotic-resistant strains of bacteria. These studies found that honey can effectively kill and treat nosocomial infections caused by *Pseudomonas aeruginosa*, and MRSA (methicillin-resistant *Staphylococcus aureus*). These infections are difficult to treat and require the use of very strong antibiotics with harmful side effects.

### ***Has antioxidant properties***

Honey has potent antioxidant properties. Studies found that darker colored honey contains more antioxidants than lighter-colored ones. One example is buckwheat honey, which has significantly more antioxidants than most other light-colored varieties. Antioxidants get rid of the free radicals in the body. Note that these compounds also support new tissue growth. This enhanced cellular turnover promotes faster wound healing, better and younger-looking skin, and faster healing of other damaged tissues elsewhere in the body.

### ***Nutrient rich***

Honey is abundant in minerals and other nutrients such as protein and carbohydrates, which the body can use for health.

### **Other Benefits for health**

#### ***Helps treat anemia***

Honey contains iron and vitamin C. Iron is needed by the body, particularly by the red bone marrow in order to produce red blood cells. More iron means more hemoglobin and red blood cell production. Vitamin C is an important substance in iron absorption. The body is better able to absorb iron in the presence of vitamin C. If not, much of the iron in food would only be excreted.

#### ***Prevents low WBC levels***

WBC or white blood cells are immune cells. A recent study by the Mayo Clinic revealed that honey has a huge potential of becoming an effective and inexpensive method when it comes to preventing decreased white blood cells count associated with chemotherapy.

One small clinical trial showed that about half of the patients at risk for chemotherapy-induced neutropenia (low WBC counts) no longer had neutropenic episodes when they took 2 teaspoons of therapeutic honey everyday during the entire chemotherapy period.

### ***Relieve allergy symptoms***

Allergic symptoms include cough, runny nose and inflammation. Honey is effective in soothing these symptoms. It soothes cough and reduces the inflammatory responses.

### ***Treats allergies***

A lot of people advocate the use of honey to treat allergies, especially seasonal type of allergies like pollen and hay fever. Proponents claim that by taking small doses of honey on a daily basis, the body is subjected to a gradual desensitization. Honey contains small amounts of pollen. Exposure to large amounts of pollen causes allergies. When in small doses, such as the minute amounts in honey, the body has a chance to build up desensitization to it.

In simpler terms, the body overreacts to large doses of pollen because it is overwhelmed by the amount it is exposed to at one time. If the body is exposed to small amounts over a period, it learns and recognizes that pollen in itself is not a threat. In due time, the body will no longer be hypersensitive to pollen, even when it is exposed again to large amounts.

### ***Helps with alcohol metabolism***

The results of the study done by the NYU Langone Medical Center showed that honey has the potential to help with alcohol metabolism. When taken orally, it can increase the body's rate of alcohol metabolism, which can limit intoxication. It also has the potential to rapidly reduce the alcohol levels in the blood.

### ***Good workout energy source***

Sports drinks commonly used by athletes during heavy workout and training sessions are often abundant in sugars and gels, designed to provide them with much needed energy. These substances provide the needed energy but cause chemical and metabolic reactions that can harm the body. For example, the artificial sweeteners or refined sugars added to these

sports drinks can cause obesity and increase the risk for certain health conditions like diabetes and cardiovascular problems.

Most of these sports drinks also contain empty calories that can deplete the body's nutrients. Honey, on the other hand, provides the sugars needed for energy. The sugars are all natural and good for health. There is also the bonus of nutrients and antioxidants that can help the muscles recover well after an intense workout. Honey is also a better alternative to sports drinks when endurance is needed. It provides a steady supply of energy over a long period.

### ***Helps treat dandruff and scalp problems***

Antimicrobial, anti-inflammatory, demulcent and hygroscopic properties of honey all help in treating dandruff and scalp problems. One study has proven this honey benefit. Participants suffering from dandruff and chronic seborrheic dermatitis were asked to use diluted honey on the problem areas. The treated area is rinsed after 3 hours. Within a week of daily treatment, all of the participants reported relief of itching. Scaling also disappeared. Lesions on the skin totally healed within 2 weeks of honey treatment. Hair loss that accompanies these scalp problems are also reduced. Relapse is also effectively prevented when treatments are extended for 6 months.

### ***Treats common cold***

This benefit has clinical evidence. One study compared the therapeutic effects of honey, diphenhydramine and dextromethorphan. The results showed that most of the 105 children in the study showed better response to honey than to the two drugs. The children had fewer nighttime coughing episodes compared to when they took dextromethorphan. Buckwheat honey variety was used for this study.

The following are some of the other health benefits obtained from honey:

- Enhances calcium absorption

- Speeds up healing of stomach ulcers
- Acts as natural, yet gentle laxative
- Controls insulin and blood sugar levels

## Chapter 3 - Honey for Beauty

One great honey legend is that it has been used by Cleopatra. She was famous in the ancient world for her astounding beauty, which claims to be a result of long hours of bathing in milk and honey. True or not, honey has been found to have beneficial effects on the skin and hair.

### **Honey for Beautiful Skin**

It is known to keep skin healthy, supple and younger looking. Its antiseptic effects help treat skin problems such as dry skin, acne and even wounds.

#### ***Cleanser***

As a natural cleanser, honey gently and effectively exfoliates the skin inside and out. When eaten, honey promotes better skin growth to replace old and damaged skin layer. When used for washing the skin, it gently removes dirt and kills any bacteria that cause skin problems. Both actions keep the skin soft and free of blemishes.

You can use honey as a face wash in a variety of ways. One way is to mix it with tomato to form a thick paste. The acidity of tomato helps in removing dead skin cells and in lightening dark and age spots. Apply the paste on the face for 15 minutes. After rinsing, the skin will immediately look brighter, with a healthy, fresh glow.

#### ***Collagen formation***

Collagen is a skin protein that provides strength and elasticity to the skin. Abundant collagen in the skin makes it supple, plumper and stronger against injuries and damage. All these promote a younger looking skin. Collagen also promotes faster wound healing and reduces the appearance of blemishes.

Manuka honey is one good honey variety for this purpose. Applying Manuka honey directly on scars every day will hasten scar fading.

## ***Moisturizer***

Gentle and effective, honey is the best natural moisturizer for the skin. It promotes hydration to keep the skin from becoming dry. Honey has humectants properties. This is the ability to attract and absorb moisture. It is also able to keep it within the skin structure. This property makes honey a very good treatment for dry and itchy skin by locking in moisture.

It works great over dry skin patches on the hands and elbow. Rub pure honey on dry skin and leave it on for 30 minutes. It is also an effective treatment for dry and chapped lips.

Oily skin can also benefit from honey. The skin tends to increase its oil production when it becomes dry for over a period of time. By keeping skin moisturized, oil production is effectively controlled.

To use, apply pure and undiluted honey on the face and leave it on for 5 minutes. Rinse thoroughly and notice an immediate improvement in the sheen and moisture.

## ***Anti-acne***

The mild antimicrobial properties of honey help in healing and in preventing acne. According to TCM (traditional Chinese medicine) acne is caused by increased “heat” in the body. Honey works by restoring the balance of the yin and the yang (heat and cold) in the body.

Large open pores contribute to acne because they accumulate dirt, oil and bacteria. Honey works by absorbing all these impurities from deep within the pores. It is a mild but effective ingredient to unclog pores and prevent acne.

Honey is also useful as an emergency pimple-fighter. Dab a small amount of honey on a zit for 30 minutes or overnight. The anti-inflammatory effects help in visibly reducing pimples.

## ***Anti-skin aging***

The anti-inflammatory properties of honey help in slowing down skin aging process. A spoonful a day produces skin anti-aging after a few weeks.



Aside from slowing down skin aging, honey is also effective in reducing wrinkles and fine lines. It works by boosting collagen formation. It also promotes better skin moisture that improves skin elasticity and suppleness.

### ***Skin lightening***

The slight acidity of honey helps to improve skin complexion. Honey contains  $\alpha$ -hydroxy acid, a mild type of gluconic acid. This acid helps in brightening the complexion. It also helps to even out the skin tone. When placed directly on scars and age spots, honey can help lighten these blemishes.

### ***Sun Protection***

Honey has soothing properties that can help heal sunburns and other types of skin burns faster. It also has sun protective properties that can protect the skin from sun damage.

### ***Honey for the Hair***

Honey is also useful as hair conditioner. Mix it with olive oil and apply to the hair after shampooing. Leave the honey mixture for 1 hour before rinsing thoroughly. Hair immediately becomes silky soft and shiny.

Natural humectants in honey make it a good addition to regular shampoo. It can be used for regular hair washing or as a treatment for damaged hair. It also gives hair intense moisture to obtain for stronger, shinier and healthier strands.

Honey can be used as a final rinse for the hair for a healthy shine. Combine a spoonful of honey to 4 cups warm water and rinse the hair with it.

## Chapter 4 - Honey for Weight

Honey can help with weight loss. It does not directly cause fat burning. It helps with weight loss as a healthy substitute to fat-inducing refined sugars. However, because it is naturally very sweet, a smaller amount is needed. For example, a teaspoon of sugar is needed to sweeten a cup of coffee or tea. If using honey,  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon is enough to achieve the same level of sweetness. Plus, honey is much healthier than refined sugar. Honey contains special enzymes that help in breaking down its sugars further into glucose and fructose. These simple sugars are readily absorbed and used up immediately by the body.

### **Promotes Nutrient Balance**

Honey also helps in weight loss through its minerals and 22 amino acids. The minerals help prevent obesity in the body by promoting balance in many chemical processes. If the body's chemical processes are in balance, the utilization of energy and nutrients are efficient. Nutrients are well distributed, adequately used and properly stored, which reduces the risk of obesity.

### **Promotes Better Metabolism**

Honey is also the best sugar substitute. Honey contains more calories than refined sugar. A teaspoon of honey has 22 calories, while the same amount of refined sugar contains 16 calories. However, the calories in refined sugar are empty, which is bad for health and weight. That is, even if the calorie count is lower, it has negative effects in the body. Because it is empty calorie, the body has to use its stores of minerals and vitamins in order to metabolize it.

Refined sugar depletes the body's nutrient stores, which creates an imbalance. Again, the imbalance promotes weight gain and obesity. Honey has usable calories that actually contribute to the nutrient stores in the body, instead of depleting it. The natural enzymes and compounds in honey help in its own digestion.

## **Promotes Stable Blood Sugar Levels**

Honey contains a lot of calories, but has a low glycemic index. This means that the sugars are gradually absorbed by the body, which does not cause spikes in blood sugar and insulin. This is a major factor in controlling weight.

Blood sugar and insulin spikes are among the major factors linked to obesity. It causes major hormonal imbalance that results to increased fat storage, unhealthy eating and accelerated weight gain. The imbalance starts a vicious cycle of leaning towards eating unhealthy food, blood sugar and insulin spikes and sudden drops, excessive eating and weight gain.

## **Promotes Better Digestive Process**

The digestive process is also better regulated due to the minerals and other compounds found in honey. Good digestive process means food is better digested and absorbed. This will provide a steady supply of energy to the body, which also helps in stabilizing energy consumption and metabolism. Risks for diseases and obesity are often due to erratic metabolic and chemical processes.

Some people have the tendency to overeat, experience indigestion or discomfort after eating. It is advisable to take honey for relief. A tablespoon of honey after meals helps to promote better gastric and intestinal motility.

## **Promotes Better Fat Use and Profile**

Honey is also believed to stimulate the mobilization of stored fats. The body tends to accumulate fat fast but slow in burning it for energy. By taking honey, these fat stores are activated and ready to be burned for energy.

It has also been found that compounds in honey can reduce the strain on the cardiovascular system. That means one can lead a more active lifestyle without worrying about putting the heart through too much work. About 1 tablespoon of honey taken every day can provide this benefit.

Honey and lemon juice is also one of the most effective honey combinations that promote weight loss. This mixture is taken early in the morning, believed to jumpstart the body's metabolic rate and keeps it up throughout the day. Lemon juice further enhances fat metabolism already stimulated by honey. Vitamin C in both honey and lemon enhances liver detoxification, which is an important step for sustainable and effective weight loss.

Honey and cinnamon is also a popular weight loss honey mixture. According to those who have tried it, honey and cinnamon together promotes better blood sugar regulation. Weight gain is strongly linked to spiking levels of blood sugar and insulin. Cinnamon regulates glucose absorption and metabolism. Honey has low glycemic index, which means it does not cause rapid increase and decrease in blood sugar. Combined, cinnamon and honey promotes stable blood glucose and insulin levels, which in turn slow down fat accumulation in the body.

### **Other ways that honey promotes weight loss**

When following a fasting diet, taking honey helps to get past the cravings and hunger. The calories are fully utilized by the body and do not accumulate as fats. It helps to feel fuller for longer periods because of the stable and long-term release of energy from honey.

One latest theory links honey to weight loss through the hibernation diet. Part of this diet is taking 1-2 tablespoons of honey before going to bed at night. The belief is that honey and sleep are potent mix to stimulate fat burning during sleep. This is also believed to stimulate the liver. By doing so, the body is able to utilize sugars and nutrients more effectively. The energy is better utilized, which means few get to be stored as fats. This also helps to detoxify the body more effectively.

Toxins in the blood and in the cells promote more fat accumulation. Fat acts as a protective layer around the organs against toxins that can damage them. That means as toxins build up in the body, so will the fats. By removing the toxins, the body can start breaking down the fatty layers because there is no longer any need for their protective function.

Honey taken at night for the hibernation diet is also believed to reduce the stress hormones circulating in the body. Stress is also one factor that

promotes fat accumulation. Stress causes oxidative stress. That is, it promotes the production and accumulation of free radicals. These substances can damage the cells. By reducing stress hormones, formation of free radicals is kept at a minimum. This way, it is possible to control fat accumulation.

### **How to use honey for weight loss**

Weight loss can be stimulated by taking honey with a glass of lemon juice. This mix is known to be an effective treatment against cellulites. It increases the metabolic rate, which in turn increases the rate of fat burning.

Honey and cinnamon is also another potent mix believed to accelerate weight loss naturally. Cinnamon is known to increase metabolic rates. To use, mix cinnamon to one cup boiling water. Mix these thoroughly, cover and set it aside for 30 minutes. Strain the mixture and add 1 teaspoon of honey. Mix and drink on an empty stomach, about 30 minutes before breakfast.

Honey is also a good way to stave off hunger effectively and safely. A lot of people who wish to lose weight think that they can do so more quickly when they do not eat. In fact, not eating or letting the body starve contributes to fat accumulation. When the body starves, its natural reaction is to store as much energy as it can to protect itself. It hoards energy and minimizes fat burning. This is why some dieters find it difficult to lose any weight despite not eating and engaging in intense exercising.

One safe way to avoid starvation and still prevent adding more calories that can be turned into fat is by eating honey. Eat a tablespoon of honey when hunger strikes. The calories will prevent a starvation signal. Also, these same calories will be used by the body to burn the fats and eventually achieve weight loss. Also, nutrition is very important when losing weight. Honey contains a lot of nutrients that the body can use to bring balance as the body sheds off the pounds.

## Chapter 5 - Manuka Honey

Manuka honey is, as of recent, the most beneficial of all honey varieties. It is also a unique type. Manuka honey's popularity is because of its medical use. It is mainly used for speeding up wound healing and at the same, preventing wound infection. In fact, special wound gauzes were coated with manuka honey and used on wounds. While most honey varieties owe their antibacterial properties to hydrogen peroxide, manuka honey has something else. It contains the compound MG or methylglyoxal. This is also found in other honey, but only in small quantities. In manuka, it is exceptionally abundant. This compound is a result of the conversion of dihydroxyacetone, a substance found in abundance in manuka nectar. Experts found that higher MG levels mean more potent antibiotic effects.

To test for MG contents, honey producers use the UMF or Unique Manuka Factor rating scale. In order to ensure that the purchased honey is indeed at therapeutic levels, the UMF level should be at least 10 UMF. "Manuka honey" label is not enough to ensure MG levels high enough to achieve therapeutic benefits. Look for "Active Manuka Honey" or "UMF Manuka Honey" instead.

### **Other uses of Manuka honey**

Aside from burn and wound healing, the following conditions can be treated by manuka honey:

- Prevention of cancer
- Part of cancer treatment
- Decrease high cholesterol levels
- Reduction of systemic inflammation
- Part of diabetic treatment
- Treatment for eye, sinus, and ear infections
- Treatment of gastrointestinal problems

## **Wound care and Manuka honey**

Honey is known to speed up wound healing. Manuka honey is on top of the list for this one. In fact, it is also found effective in healing pressure sores and chronic leg ulcers. It is already approved in 2007 by the US FDA, under the name Medihoney. Other honey varieties may be used but the most benefit comes from manuka.

Manuka honey has a slightly more acidic content. The pH content helps in wound treatment. It has a soothing effect that reduces pain and inflammation.

Wounds are prone to bacterial infection that can come from the surrounding skin and from the environment. The antibacterial properties of honey protect the wound from infection.

The ability of honey to attract moisture and keep it within its structure helps to promote faster skin cell regeneration. By increasing the rate of new skin cell growth, wound heals faster.

Also, the compounds and enzymes present in honey promote a process called autolytic debridement. This is the natural sloughing off and clearing the wound of dead tissues, pus, blood cells and other debris. By removing all these, new skin cells are able to multiply at a faster rate, sealing and healing the wound.

Other wound healing benefits of honey include:

- Improves the smell of malodorous wounds
- Stimulates wound tissues to increase new tissue growth for healing
- Initiates skin cell growth to heal dormant wounds

For burns, honey is directly applied to the area or on a sterile dressing. Apply 15-30 ml of honey directly to the burned area then cover with polyurethane dressing or with sterile bandages and gauzes. Reapply honey on the burn every 12-48 hours. Honey can also be applied on the sterile dressing first before it is placed over the burn area. Change the dressing every 24-48 hours.





## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to in addressing some of your personal health and wellness concerns by the use of honey.

The next step is to try out the rest of these methods if you haven't already.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!

# Preview of “Fruit Fusion: Fruit Infused Smoothies for Ultimate Weight Loss and Detox (Fruit Infused Water Complimentary Edition)”

## **Chapter 3: Organic Produce VS Conventional Produce**

When it comes to making smoothies, many people always recommend using organic and fresh products. However, before we delve on this topic further, it is important that we define what organic foods and conventional foods are.

According to the United States Department of Agriculture, organic foods are defined as produce that are grown and processed using sound farming methods that both recycle resources and promote biodiversity in the farmland. This means that organic produce are raised without using pesticides, petroleum-based fertilizers and others. On the other hand, animals that are raised using organic methods are fed with organic feeds, not given antibiotics and are given access to frolic outdoors. The thing is that organic produce refers to growing food in the most natural and traditional way possible as opposed to conventional produce.

Conventional produce, on the other hand, is the complete opposite of organic produce. Single crops are grown in massive plantations and farmers heavily rely on pesticides and fertilizers in order to increase the yield of their farm. In most cases, the fruits and vegetables that we see in big supermarkets are grown in conventional methods of farming.

### **The Benefits of Using Organic Foods**

There are many conflicts revolving around the benefits of organic foods. Some people believe that organic and conventional foods are not different when it comes to the nutrients that they contain. However, many researchers have found out that choosing organic produce has many advantages. Below

is the list of the benefits that you will get when it comes to choosing organic foods?

- They do not contain preservatives and additives that may be harmful to health.
- They contain higher levels of vitamins like Vitamin C, Magnesium, Iron and Phosphorus which are easily lost when they are processed.
- They are free from toxic residues from pesticides and inorganic fertilizers that can cause damage to the body especially the nervous system.

## ***Sample Recipe: Detoxifying Super Green Smoothie***

Every once in a while, love your body by undergoing detoxification with this super green smoothie. Try it, it tastes great!

Servings per recipe: 2

Nutritional Information per Serving

Calories: 160

Fat: 0 g

Carbs: 39 g

Protein: 3 g

Fiber: 5 g

Sodium: 56 mg

### **Ingredients:**

¼ cup chopped fresh mint leaves

¼ cup chopped flat leaf parsley

1 cup chilled orange or tangerine juice

2 medium ribs celery, chopped

1 ¼ cups mango, frozen cubes

1 ¼ cup Kale, stems and ribs removed

1 medium cucumber, peeled

6 ice cubes

2-3 dates for sweetness – optional

**Directions:**

- 1) In a blender, combine all ingredients.
- 2) Pulse until you have a smooth consistency.
- 3) Equally pour into two serving glasses
- 4) Serve and enjoy.

[Click here to check out the rest of "Fruit Fusion: Fruit Infused Smoothies for Ultimate Weight Loss and Detox \(Fruit Infused Water Complimentary Edition\)" on Amazon.](#)

Or go to: <http://bit.ly/fruitfusionsmoothies>

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[Fruit Fusion: 25 Healthy & Delicious Infused Vitamin Water Recipes](#)

[Fruit Fusion Box Set: 25 Healthy & Delicious Fruit Infused Vitamin Water Recipes + Fruit Infused Smoothies for Weight Loss & Detox Cleanse](#)

[Growing Organic Berries: The Ultimate Guide to Naturally Growing the Most Delicious Berries at Home](#)

[Clean Eating: Lose Weight for Life! 7 Days to a Perfect Body Following the Clean Eating Diet](#)

Other Books I recommend:

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[Paleo: Gourmet Delicious Paleo Dessert Recipes for the Paleo Diet \(The Paleo Gourmet Book 2\)](#)

[Paleo for Beginners: The Ultimate Paleo Diet Survival Guide: How to Overcome the Biggest Paleo Mistakes and Finally Lose Weight for Good \(Including 30 Meal Plan for Clean Eating\)](#)

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