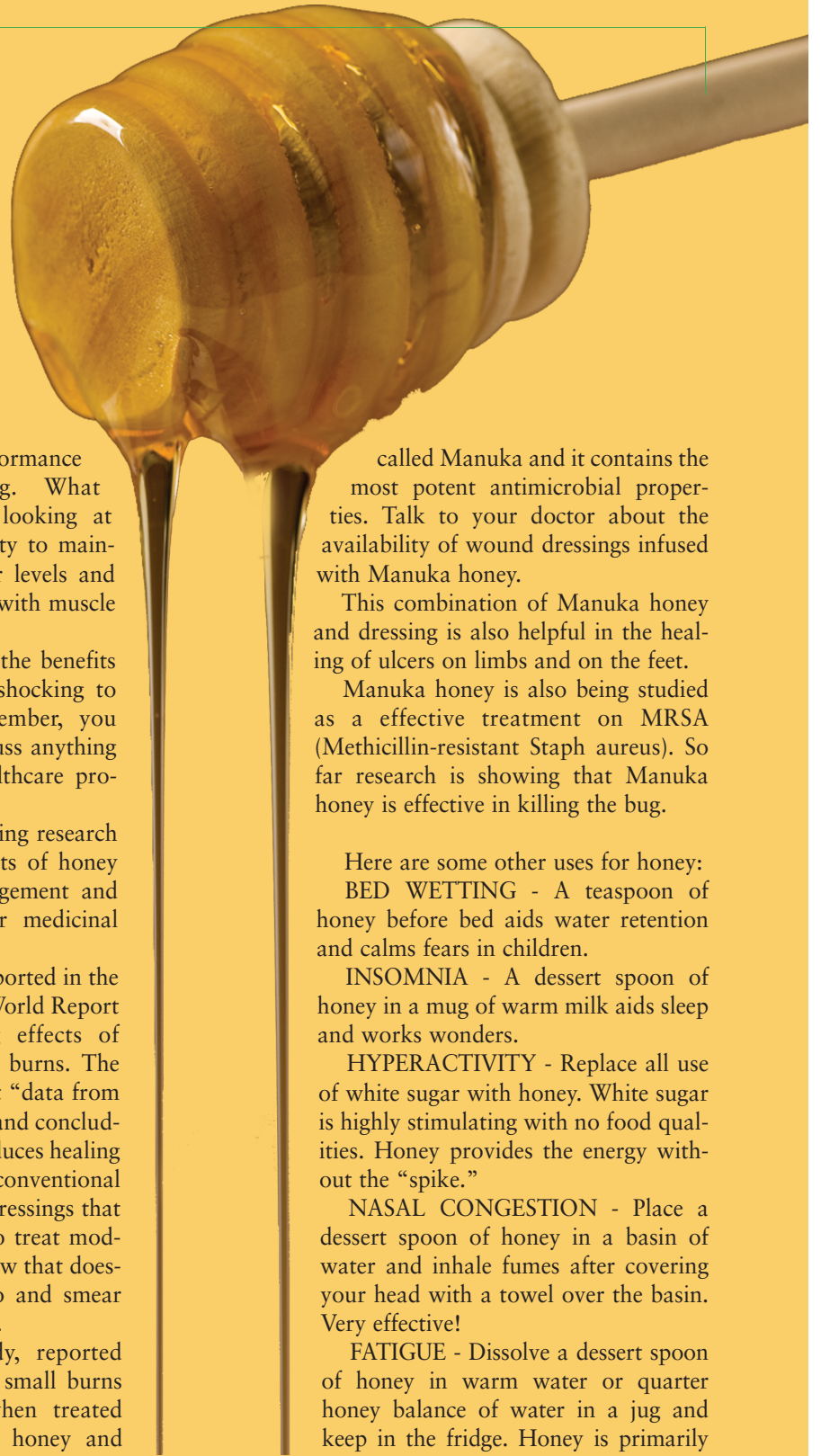


The Health Benefits of Honey



There's an old saying that a spoonful of sugar helps the medicine go down. But what if the medicine was the sweet known as honey.

That's right — honey.

There is a growing amount of evidence showing the real medicinal value of honey for things like healing wounds and burns.

One word of caution — before taking any of this advice to heart, make sure you talk to your healthcare professional.

There are many health benefits of honey. Among them — substituting honey for sugar in many food and drinks. Honey is rich in antioxidants that can protect your heart, and even though it contains more calories than sugar it's actually healthier than sugar. It also contains nutraceuticals that are effective in the removal of free radicals — which lead to an improvement of your immunity. According to some research, when overweight patients were given a 2.5 ounce dose of honey every day it lowered their total cholesterol and LDL. It also helped them in weight loss.

When combined with water, honey can be easy on the stomach and the waistline.

How you may ask?

Well, according to healthfitnesstips.com, honey contains many vitamins that are able to metabolize the unhealthy fats and cholesterol that your body stores. One way to help with weight loss is to combine honey with warm water or honey and cinnamon. And because honey contains a large quantity of natural sugar it can be easily converted to glucose which makes it easily digestible for even the most sensitive stomachs.

Many people around the world use a combination of milk and honey to help their skin. It helps in the smoothing and soothing of your skin.

One possible benefit still in study is the positive affects honey can have on athletic performance. Now that doesn't mean it

works like a performance enhancing drug. What researchers are looking at the honey's ability to maintain blood sugar levels and how it can help with muscle recuperation.

So now onto the benefits that may seem shocking to many. But remember, you should also discuss anything new with a healthcare professional.

There is ongoing research about the benefits of honey in wound management and helping in other medicinal areas.

One study, reported in the U.S. News and World Report is the soothing effects of honey on minor burns. The report states that “data from multiple studies and concluded that honey reduces healing time more than conventional gauze and film dressings that are often used to treat moderate burns.” Now that doesn't mean you go and smear honey on a burn.

A 2006 study, reported that nonserious, small burns healed faster when treated with a dash of honey and gauze on an average. Why?

Scientists have discovered honey has anti-inflammatory and antibacterial properties. Something that many in the world knew thousands of years ago.

Now, your typical straight off the shelf honey is not the stuff to use.

According to the report in the U.S. News and World Report, the best honey for healing comes from New Zealand. It's

called Manuka and it contains the most potent antimicrobial properties. Talk to your doctor about the availability of wound dressings infused with Manuka honey.

This combination of Manuka honey and dressing is also helpful in the healing of ulcers on limbs and on the feet.

Manuka honey is also being studied as a effective treatment on MRSA (Methicillin-resistant Staph aureus). So far research is showing that Manuka honey is effective in killing the bug.

Here are some other uses for honey:

BED WETTING - A teaspoon of honey before bed aids water retention and calms fears in children.

INSOMNIA - A dessert spoon of honey in a mug of warm milk aids sleep and works wonders.

HYPERACTIVITY - Replace all use of white sugar with honey. White sugar is highly stimulating with no food qualities. Honey provides the energy without the “spike.”

NASAL CONGESTION - Place a dessert spoon of honey in a basin of water and inhale fumes after covering your head with a towel over the basin. Very effective!

FATIGUE - Dissolve a dessert spoon of honey in warm water or quarter honey balance of water in a jug and keep in the fridge. Honey 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.

FACIAL DEEP 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