



cleanser for acne and other unwanted blemishes.

POOR DIGESTION - Mix honey with an equal quantity of apple cider vinegar and dilute to taste with water. This is also wonderful for the joints – and promotes weight loss.

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!

SORE THROATS - Let a teaspoon of honey melt in the back of the mouth and trickle down the throat. Eases inflamed raw tissues.

FOR STRESS - Honey in water is a stabilizer, calming highs and raising lows. Use approximately 25 percent honey to water.

ANEMIA - Honey is the best blood enricher by raising corpuscle content. The darker the honey, the more minerals it contains.

FOOD PRESERVATIVE – If you replace the sugar in cake and cookie recipes with honey, they'll stay fresher longer due to honey's natural antibacterial properties. Reduce liquids in the mixture by about one-fifth to allow for the moisture present in the honey.

OSTEOPOROSIS – Research has shown that a teaspoon of honey per day aids calcium utilization and prevents osteoporosis – probably not a bad idea for anyone over 50.

LONGEVITY - The most long-lived people in the world are all regular users of honey. An interesting fact, yet to be explained, is that beekeepers suffer less from cancer and arthritis than any other occupational group worldwide.

MIGRAINE - Use a dessert spoon of honey dissolved in half a glass of warm water. Sip at the start of a migraine attack, and, if necessary, repeat after another 20 minutes.

For centuries people have been using honey for many health and medicinal purposes. In the last few years, as natural remedies have been taking shape honey has resurfaced as more than just a sweetener. Research continues as to what benefits honey has on the body. Only time will tell where it will lead.

For more information on the benefits of honey you can check out these websites.

<http://dermnetnz.org/treatments/honey.html>

<http://www.medicalnewstoday.com/articles/124810.php>

■ by Heidi Henson



Congested? Headaches? Facial pain and pressure?



If you suffer from sinusitis, Ear, Nose & Throat Associates, P.C. offers a solution. Many of our patients have experienced dramatic improvement and successful results. Balloon Sinuplasty™ is safe, effective, minimally invasive and offers improved recovery time.

For more information, contact our office today.

First physicians in the region to be certified in Balloon Sinuplasty™



David J. Abbott, M.D.
Board Certified
Otolaryngologist



Catherine A. Wright, M.D.
Board Certified
Otolaryngologist



We're H"ear" For You!
EAR, NOSE & THROAT ASSOCIATES, P.C.

409 Summit St., Suite 3200, Yankton • 605-665-0062 • 1-866-665-0062 • www.entyankton.com