

How to Use HONEY for Better Health

Almost everybody has honey in their kitchen cabinet, but most people don't use it for anything other than sweetening a cup of tea or spreading on toast. However, honey has been known for its healing properties in many civilizations over the course of history, and as it turns out, it has real health benefits. Some types of less-processed honey, like Manuka honey, may have even more powerful properties.

Antiseptic

Perhaps the most common use of honey as a health tool is as an antiseptic. In fact, honey has been and is commonly used to kill bacteria around wounds. Honey can also be used to help kill problematic food-borne pathogens, including E. coli and salmonella.



Taking local raw honey on a regular basis may help reduce allergy symptoms



commonly used to kill bacteria around wounds.

Tips & Tricks: How to Pick Health Honey?

When it comes to buying honey you'll likely see two kinds. Often, you'll only notice a difference in color. The honey that you're looking for when it comes to health benefits is generally going to be darker in color. You also want to make sure you're buying pure honey, not products that are part honey with added corn syrup, sugar or food coloring. Sometimes, manufacturers use these ingredients as filler, and while they're okay for consumption, they don't pack the same health benefits.

References
 Duncan, Lindsey, ND, CN. Honey's Unknown Benefits. The Dr. Oz Show. Accessed December 14, 2013. http://www.whfoods.org/staff/Honey_WhFoods, accessed December 14, 2013.
 Medical News Today Staff. What Are the Health Benefits of Honey? Medical News Today. Accessed December 14, 2013. <http://www.medicalnewstoday.com/health-benefits-of-honey>, accessed December 14, 2013.

Courtesy of iHerb - The Healthy Lifestyle Website Where You Can Find "Trusted Brands. Healthy Rewards" - www.iherb.com



Energy Booster

It comes as no surprise that honey boosts energy because it contains simple carbohydrates, but relative to sugars found in foods, honey boasts more long-term energy benefits. That's because it takes your body a little longer to break it down than other sweeteners such as corn syrup.

Allergy Reducer

Honey and allergies generally aren't mentioned in the same sentence, but taking local raw honey on a regular basis may be able to reduce allergy symptoms, especially in the spring when pollen allergies are at their worst. If you do take honey for allergies, just make sure you're using high-quality raw honey.



Honey

The Amber Nectar with Sweet Benefits

Honey is the only food product produced by an insect, which humans consume.

Approximately one third of all food eaten by Americans is either directly or indirectly derived from honey bee pollination.



There are different flavors of honey determined by the source of the nectar it was made from.



Linden honey
delicate and woody

Buckwheat honey
strong & spicy

Eucalyptus honey
subtle menthol flavor

Honey never spoils because the substance is naturally acidic and low in moisture, making it an inhospitable environment for bacteria.



IN 1800 SOME ARCHAEOLOGISTS WORKING IN EGYPT FOUND A LARGE JAR OF HONEY. THEY OPENED IT AND FOUND THAT IT TASTED PERFECT EVEN THOUGH IT WAS THOUSANDS OF YEARS OLD.



Honey contains enzymes that help your body digest food, which in turn, helps keep our immune systems working properly.

Today, honey is used as a natural treatment for dandruff, stomach ulcers, and even seasonal allergies.



Honeys are also produced by bumblebees, stingless bees, and other hymenopteran insects such as honey wasps, though the quantity is generally lower and they have slightly different properties compared to honey from the genus Apis.

SOURCES:
[HTTP://MENTALFLOSS.COM/ARTICLE/68528/15-HONEY-FACTS-WORTH-BUZZING-ABOUT](http://MENTALFLOSS.COM/ARTICLE/68528/15-HONEY-FACTS-WORTH-BUZZING-ABOUT)
[HTTPS://WWW.BOTTLESTORE.COM/BLOG/13-FASCINATING-FACTS-ABOUT-HONEY-YOU-DIDNT-KNOW/](https://WWW.BOTTLESTORE.COM/BLOG/13-FASCINATING-FACTS-ABOUT-HONEY-YOU-DIDNT-KNOW/)
[HTTP://JUSTFUNFACTS.COM/INTERESTING-FACTS-ABOUT-HONEY/](http://JUSTFUNFACTS.COM/INTERESTING-FACTS-ABOUT-HONEY/)