

"A Healthier You"

Wellness Rx^{LLC.}
"A Patient-Centered Pharmacy"

HONEY: HEALTH BENEFITS

FACTS:

- Used throughout the world (especially **raw** honey made by local bees) as a great healing agent. Special formulas and applications are passed down through families for many generations. Honey wisdom is especially strong in Africa, India, Indonesia and China.
- Is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, water, amino acids and antioxidants (helps to reverse the aging process).
- A 100% pure and natural sweetener (sweeter than table sugar, so you can use less of it; body tolerates honey better than table sugar). Safer for diabetics (less likely to cause blood sugar spike; still need physician o.k.).
- Fat-free and contains no cholesterol, which helps to burn fats while we sleep.
- Natural antibacterial and antifungal agent (ability differs greatly among honeys; #1 medical grade honey).
- Never goes bad (high acidic and low water environment prevents bacteria from growing; open container, however, will absorb moisture from the air and can lead to fermentation). Long shelf life provides for multiple product and applications.
- Commercially produced honey is filtered and pasteurized (sometimes diluted with syrup). The benefits of commercially produced honey can be very different from locally produced raw honey especially the antibacterial, anti-inflammatory properties and levels of enzymes and antioxidants.
- While allergic reactions from eating honey are rare (sensitivity to bee pollens), individuals that are at high risk for allergic reactions to drug therapy, certain foods or have specific concerns, should first consult their doctor.

Proven Health Benefits:

- **Natural Energy Booster:** Because of carbohydrates and sugars in honey (high glucose is absorbed by the body quickly and provides an immediate energy boost). Excellent for improving athletic performance and mid-day energy lag (example: sandwiches with honey for adults and kids).
- **Immune System Booster:** The antioxidant and anti-bacterial properties helps to improve digestive system and fight disease (colds and flu). Natural cleansing tonic (before breakfast, mix a spoonful of raw honey and lemon juice from half a lemon into a cup of warm water and drink it on an empty stomach).
- **Sore Throats & Coughs:** Soothes throats (especially night time coughs in children) and can kill certain bacteria if there is infection. Singers use honey as prevention before performances. Directions: Take a spoonful of honey straight and/or gargle with a mixture of two tablespoons of honey, four tablespoons of lemon juice and a pinch of salt or add honey to apple cider vinegar.

Proven Health Benefits (cont.):

- **First Aid Treatment for Wounds, Burns & Cuts:** Antiseptic properties inhibit the growth of certain bacteria and fungi and helps keep external wounds clean and free from infection (natural wound dressing; removes pain associated with adhesive-backed tapes). Honey's ability to absorb moisture from the air helps to promote healing (speeds up process) and its anti-inflammatory properties help to reduce swelling, pain (numb areas) and scarring. It also activates the immune response by providing glucose for white blood cells and helps to shed dead tissue.
- **Seasonal or Chronic Allergies/Sinusitis:** While pollen in the air often triggers allergies, pollen in the honey usually has the opposite effect. The theory is that eating local honey can actually counteract and treat allergies to these pollens by helping the body to become tolerant of them (honey acts as an immune booster against the allergies). Best results are seen when a couple of teaspoonfuls of honey a day is taken for several months prior to the pollen season. Also, the closer the honey is raised to where you live, the better the results.
- **Skin Care & Acne Treatment:** Honey is thick and rich, making it an effective moisturizer (binds moisture to the skin and helps it stay hydrated) and beauty aid (vitamins, minerals and amino acids nourish the skin). Honey's powerful antioxidants fight free radicals and help reverse aging. Some cultures add lavender essential oil and vitamin C to the honey and use as a skin mask. Honey's antibacterial, antifungal and antiseptic properties can help with acute or chronic acne conditions (caused by trapped bacteria) and can help speed up the healing process. Some cultures grate green apples, mix with a bowl of honey and apply to affected skin.
- **Hangovers:** honey is gentle on the stomach and contains a mix of natural sugars such as fructose, which is known to speed up the oxidation of alcohol by the liver. Recipe: One tablespoon of liquid honey with 80ml of orange juice and 70ml of natural yogurt, Blend them together until smooth.

Other Health Benefits with Potential:

- **Sleeplessness:** One or two teaspoons of honey in a glass of hot milk or a cup of chamomile tea.
- **Pink Eye:** Place a drop of honey on eye lids. Left alone, most cases of pink eye will go away in 5-8 days.
- **Weight Loss/Cholesterol Reduction:** Contains antioxidant properties - Boil three cloves of garlic in a cup of water, add three pinches of pepper and one teaspoon of honey (add when water is warm). Filter and drink on an empty stomach. There is also the well known honey and lemon diet.
- **Arthritis & Related Ailments:** A combined drink of honey and cider vinegar (mix two teaspoons of vinegar and two teaspoonfuls of raw honey into a glass of warm water and drink three times a day; relief can take several weeks of daily use) has been used by many cultures and is widely known for low-cost treatment success. Additionally, a formula of 2 tablespoons of "Manuka" Honey (strong natural anti-bacterial and anti-inflammatory properties), 1 teaspoonful of cinnamon powder into 1 cup of warm green tea consumed daily in the morning and evening has been a proven pain reliever.

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