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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Honey – Treatment For Bad Ailments**

**By Sharon Hopkins**

For many it may just be one part of diet through desserts but, Honey is lot more than that. It is one of the oldest remedial components widely used in many homes. The best part about honey is that it can be found in any season and can be easily stored. It is also used as a healing agent due to its therapeutic value. It has saved many lives who suffered from burns, ulcers, and other wounds.

It has good amount of minerals and vitamins which are very essential for us. Honey has an attribute which kills the bacteria. Covering the wound with honey and then bandaging it, heals the wound quickly. It fights stomach related problems like diarrhea and dysentery. Raw honey is known to treat 90% of all allergies. Bearing in mind that honey is sweet it helps keep your teeth strong and sharp.

**Simple Home Remedies**

To reduce stomach ache take 1 tsp honey, 1 tsp lemon juice and mix it with warm water. This should be taken first thing in the morning.

Take 6 ounces of honey, 2 ounces of glycerin and lemon juice of 2 lemons. Mix all the ingredients, bottle it, and use it when you suffer from sore throat.

Honey is great for your digestive system as well as problems like constipation. To combat poor digestion mix 1 tsp honey with 1 tsp apple cider vinegar. Add good amount of water to get a proper taste. Drink it to get relief from digestion problems.

Other stomach problems can be helped by having 10 gms of honey on empty stomach in the morning avoid eating for next 1 hour. Continue this regularly to get relief.

Honey can be used as a substitute for sugar which would help control your intake of calories.

It can be used as a lotion to cure eye problems like conjunctivitis as well as boils in your eye. Make a mixture of equal amount of honey and warm water. Once cooled use it as an eye bath or a lotion.

## Honey – Treatment For Bad Ailments

Use honey to improve your appetite.

To prevent migraine have 2 tsp of honey at meals. If you are suffering from migraines take 1 dessert spoon of honey mixed with 1/2 glass of warm. Drink this liquid. If required, repeat this in next 20 minutes.

You can use honey as mouthwash by mixing 1 tbsp. of honey in a cup of warm water. This mouthwash kills germs and bacteria present in the mouth.

In ratio of 1:2 take honey and luke warm water respectively. In this add cinnamon powder and make a paste. Massage it to the itchy area; you will notice the difference in a short period. Very good treatment for allergies.

Mix 2 tsp. honey and one tsp. cinnamon powder in 1 cup of hot water. This mix could be taken by arthritis patients every morning and evening to cure arthritis.

To remove bladder infections take 2 tbsp cinnamon powder and 1 tsp honey in a glass of lukewarm water. Drink it to destroy germs in the bladder.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins manages home remedies sites such as

<http://www.home-remedies-for-you.com>

to

help you in your daily life with simple and easy home care remedies. Honey is a very important and useful ingredient which can be used in number of home remedies.

### **What Can Honey Do To You?**

**By Riana Lance**

If you feel exhausted and want something fresh to release all your fatigue, why don't you take a teaspoonful of honey and add to your tea, then drink it. You are going to feel better then.

It's not difficult to find honey as it is easy to get and available everywhere in the market. In fact, honey has been a part of the commodity in the ancient century. They used honey for different purposes such as for health treatment, food and beverage, and other useful matters.

## Honey – Treatment For Bad Ailments

Nobody has doubts the usefulness of this sweet viscous fluid produced by bees. Honey makes a good alternative to sugar in food and beverages.

Honey is a source of nutrition. It contains many enzymes, vitamins, minerals and amino acids, as well as fructose, glucose, and water.

In addition, honey also contains antioxidants that can fight free radical from human body. Free radical are molecules that attack human healthy cells.

Current research on honey has shown its beneficial as an antimicrobial agent that can treat different kinds of ailments. The most common use of honey as an antimicrobial agent is to treat wounds, burns and skin ulcers.

Honey can also help seasonal pollen allergies. Consuming a teaspoonful of honey a day for a few months can boost your immune before the allergy season (mostly during autumn) comes.

Thanks to the bees, people can taste the sweetness of honey and take the benefits out of it to improve human's health.

Probably bees are the most helpful insect to human as they produce not only honey, but also something related to honey. Let's see what they are:

**Royal Jelly** – This is the most nutritious food for the queen bees throughout her life. Luckily, human can take out and consume some of it. Its tastes a little bit bitter, but has so many benefits. It's rich in vitamins, minerals, proteins, amino acid and antibiotic. It can enhance immunity; prevent arthritis and multiple sclerosis; treat asthma; slow down the signs of aging; stimulate hair growth etc.

**Beeswax** – It's a product from the abdomen of the worker bees. Worker bees have some glands on the inner sides of the ventral shield or plate of each segment of the body. The beeswax is useful to make lipstick, capsule, balm, body lotion, candles or as a wood polish or floor polish.

**Bee Pollen** — It's the male seed of a flower blossom that is gathered by the bees. Whoever consumes bee pollen may have more vitality in life. Most athletes like bee pollen because it sustains and enhances their quality performances. For ordinary people, bee pollen can stimulate organs and glands, rejuvenates human body, and brings about a longer life span.

As you can see, all the products "made" by the bees are beneficial for our health. Why don't you try

them for your health sake.

Riana Lance writes about health in some publications. Twice a week she informs her health tips and knowledge in a newsletter. Subscribe to get your free twice a week newsletters so you can stay healthy for the rest of your life from

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