

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**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.

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:

## What Can Honey Do To You?

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

<http://Heathifica.com>

### **Local Honey and Allergies**

**By Tom Ogren**

#### **Local Honey and Allergies by Tom Ogren**

Local Honey and Allergies

By Tom Ogren

As one who makes his living by writing about allergies and asthma I am often asked about the potential health benefits of using local honey.

Honey contains bits and pieces of pollen and honey, and as an immune system booster, it is quite powerful. I have often in talks and articles, and in my books, advocated using local honey. Frequently I'll get emails from readers who want to know exactly what I mean by local honey, and how "local" should it be. This is what I usually advise:

First, a word of warning: do not give honey to babies one year of age or younger. This therapy is recommended for older children (five and up, and adults).

Allergies arise from continuous over-exposure to the same allergens. If, for example, you live in an area where there is a great deal of red clover growing, and if in addition you often feed red clover hay

## What Can Honey Do To You?

to your own horses or cattle, then it likely you are exposed over and over to pollen from this same red clover. Now, red clover pollen is not especially allergenic but still, with time, a serious allergy to it can easily arise.

Another example: if you lived in a southern area where bottlebrush trees were frequently used in the landscapes or perhaps you had a bottlebrush tree growing in your own yard, your odds of over-exposure to this tree's tiny, triangular, and potentially very allergenic pollen is greatly enhanced. In the two examples used above, both species of plants are what we call amphipilous, meaning they are pollinated by both insects and by the wind. Honeybees will collect pollen from each of these species and it will be present in small amounts in honey that was gathered by bees that were working areas where these species are growing. When people living in these same areas eat honey that was produced in that environment, the honey will often act as an immune booster. The good effects of this local honey are best when the honey is taken a little bit (a couple of teaspoons—full) a day for several months prior to the pollen season.

When I'm asked how local should the honey be for allergy prevention I always advise to get honey that was raised closest to where you live, the closer the better since it will have more of exactly what you'll need.

It may seem odd that straight exposure to pollen often triggers allergies but that exposure to pollen in the honey usually has the opposite effect. But this is typically what we see. In honey the allergens are delivered in small, manageable doses and the effect over time is very much like that from undergoing a whole series of allergy immunology injections. The major difference though is that the honey is a lot easier to take and it is certainly a lot less expensive. I am always surprised that this powerful health benefit of local honey is not more widely understood, as it is simple, easy, and often surprisingly effective.

Thomas Ogren is the author of *Allergy-Free Gardening*, Ten Speed Press. Tom does consulting work on landscapes and allergies for the USDA, county asthma coalitions, and the Canadian and American Lung Associations. He has appeared on HGTV and The Discovery Channel. His book, *Safe Sex in the Garden*, was published in 2003. In 2004 Time Warner Books published his latest book: *What the Experts May NOT Tell You About: Growing the Perfect Lawn*. His website: [www.allergyfree-gardening.com](http://www.allergyfree-gardening.com)

What Can Honey Do To You?



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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