

THE SWEET STORY OF HONEY

The Codex Alimentarius (1989) defines honey as the natural sweet substance produced by honeybees from the nectar of blossoms, or from the secretion of living parts of plants, or excretions of plant sucking insects on the living parts of plants; which honeybees collect, transform and combine with specific substances of their own, store and leave in the honey comb to ripen and mature.

Honey was the first bee product used by mankind in ancient times and we can freely say that the history of the use of honey parallels the history of man. Honey as a symbol has been used in almost all religious and magical ceremonies as well as in traditional medicine.

What are the most common attributes of this divine food with regards to its therapeutic properties?

Nutritional benefits

Honey can encourage better physical performance and mental agility. It is beneficial for calcium fixation in bones, and can help cure anaemia and anorexia.

Benefits to the digestive apparatus

Honey is believed to improve food assimilation and eases chronic intestinal problems like constipation, duodenal ulcers and liver disturbances.

Benefits to skin and wound healing

Honey is an important ingredient in moisturising and nourishing cosmetic creams but also in pharmaceutical preparations for sores, bedsores, ulcers, varicose veins and burns. It has an antibacterial effect, promotes tissue regeneration and reduces scarring.

Benefit to eye disorders

Clinical studies have shown that honey can cure eye cataracts, conjunctivitis and various other eye problems if applied directly to the eye.

Ayurvedic medicine

This well-known medicinal system highly recommends honey as a vehicle for better absorption of other drugs, like herbal extracts. It also supports the treatment of various respiratory irritations and infections.

Other benefits

Honey is believed to normalize kidney function, reduce fever and help insomnia. It can help with recovery from alcohol intoxication, and promote general well being in patients suffering from heart, circulation and liver ailments.

A word of caution - if you decide to use honey for any of the above mentioned problems, look for **raw, unheated** honey and seek advice either from a qualified consultant in a health shop or your health practitioner.

Honey bee-liever
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