



# NATURE'S REMEDIES



## Honey

The name of this familiar and time-tested household remedy comes from ancient Hebrew and means "enchant." Long used as a culinary sweetener, honey is valued for its many healing properties as well. Treatment with honey is referred to as *apitherapy* and includes replenishing energy, enhancing physical stamina

and strengthening those weakened by illness or stress. Honey can also help calm the mind and promote rejuvenating sleep. In addition, honey relieves indigestion and is used to treat cardiovascular disease and respiratory complaints. Finally, a thin coat of honey can be applied to the skin to disinfect and heal minor skin wounds and chapped lips.

### BEES FILTER OUT ENVIRONMENTAL TOXINS

*Honey contains only slight traces of residues from industrial emissions, car exhaust and agricultural chemicals because bees act as a biological filter: They die if they come into contact with toxins and thus do not bring pollutants into the hive.*



# HONEY

**Therapeutic Effect:** *Honey helps restore energy, has a general calming effect and helps to dissolve mucus. Applied externally to the skin, it disinfects and heals minor wounds.*

## Components

The principle constituents of honey are the simple sugars fructose and glucose. Other ingredients include water, pollen, organic acids, enzymes and various proteins.

## Honey and fitness

Honey provides a healthful pick-me-up. The glucose and fructose in honey have been predigested by the bees that produced it. These simple sugars are quickly and easily absorbed in the human digestive tract, and they have an overall soothing effect. Honey may be a healthy treat, but take care when using it as a sweetener: Just 1 tbsp. of honey has 64 calories, compared to 46 calories in 1 tbsp. of granulated sugar.

## Shopping tip

Many kinds of honey are available. The consistency, fragrance and taste depend on the types of flowers from which bees collect nectar. Look for honey that has been produced by beekeepers who do not feed their bees refined sugars or use harmful pesticides.

**Take Care!**  
*Don't give unpasteurized honey to infants. It contains a type of bacteria that, though harmless to older children and adults, can be very dangerous to those younger than a year.*

∞  
 Used for the  
 treatment of indigestion,  
 coughs and colds,  
 insomnia, headaches,  
 general weakness and  
 skin wounds  
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## Applications

### ◆ Relaxing honey bath

Put 2 oz. of honey in a glass with 5 drops of lavender oil. If the honey is too thick, heat it by placing the glass in warm water. Add 1 or 2 tbsp. of the honey-lavender mixture to your bathwater to help you relax and combat insomnia.

### ◆ Honey as a dressing for wounds

Applied externally, honey is useful for healing minor cuts and abrasions by drawing excess water from the tissues and reducing swelling. In addition, honey contains a germ-killing substance called inhibine, which helps prevent infections. Spread the honey directly on the wound and cover with a sterile bandage.

### ◆ Help for hay fever

Honey contains grains of pollen that, over time, may have a desensitizing effect, making it useful for the relief of allergies. Hay fever sufferers are advised to eat honey that has been harvested locally.

### ◆ For relief of asthma, bronchitis and other respiratory ailments

Honey is an outstanding household remedy that can be used in combination with various medicinal herbs. For relief of coughs and wheezing associated with bronchitis, whooping cough or other minor respiratory ailments, mix 1 tsp. of finely chopped fresh thyme in a little honey. Take the mixture orally as needed to soothe inflamed lungs and airways.

understanding the advice contained in this publication, you should consult with a health care professional, who can best assess your individual needs, symptoms and treatment.

The Complete Guide to Natural Healing makes every effort to provide medically accurate and up-to-date information that is intended to complement, not replace, the advice of your physician. Before

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