12 WAYS TO HEAL YOUR BODY WITH HONEY

12 WAYS TO HEAL YOUR BODY WITH HONEY

ALTERNATIVE DAILY

CONTENTS

3 **Introduction**

4 **Medicinal Properties**

4 Hygroscopic Property
5 Antibacterial Property
5 Antioxidant Property

6 **How To Use Honey For Healing**

6 Ease Allergies
7 Kiss Coughs And Colds Away
8 Natural Burn Remedy
9 Diaper Rash Cream
10 Face Mask
11 Relieve Acid Reflux
12 Balance Blood Sugar
13 Dark Circle Remover
14 Lip Moisturizer
15 Infections In The Mouth
16 Insect Bites
17 Natural Sleep Tonic

18 **Choose The Best Honey**

INTRODUCTION

Everything just tastes better with a little bit of honey, doesn't it? Not only does it taste good, but raw honey is packed with nutritional and therapeutic value. It has been used for centuries to treat countless ailments. Hippocrates himself wrote of this "liquid gold" and its medicinal effects.

Honey has been a staple in many homes for several years, and for good reason. The benefits of honey are seemingly endless. Ancient Egyptians, Assyrians, Chinese, Romans and Greeks all used honey for treating wounds and to heal conditions of the gut. Hippocrates used honey and vinegar for pain, honey and water for thirst, and honey mixed with water and other substances for fever.

© The Alternative Daily

Before you can use honey to heal your body, let's learn how it is so powerful! Here are some medicinal benefits to raw honey.

MEDICINAL PROPERTIES

Honey is truly a healing gift from nature. It is rich in the following medicinal properties:

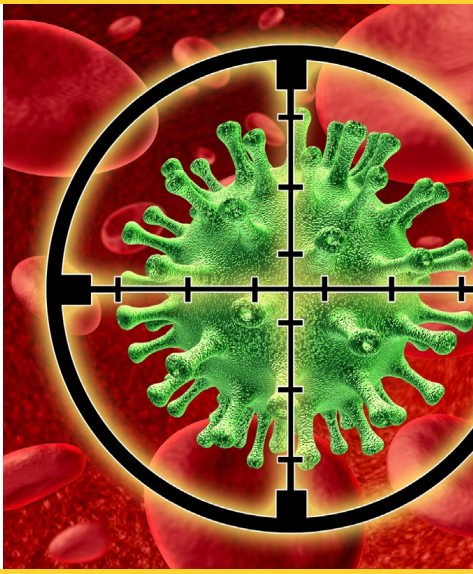
Hygroscopic Property

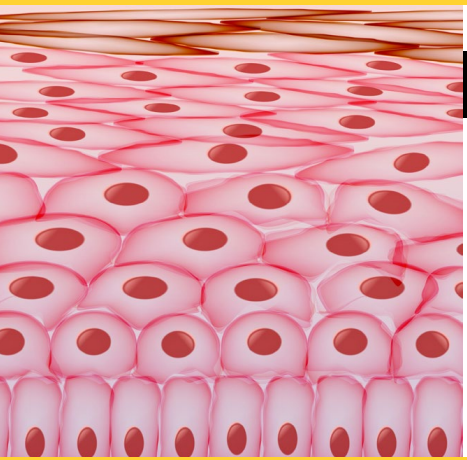
In its natural state, honey has a very low water content, but it absorbs moisture when exposed to air. This hygroscopic property makes honey highly beneficial to dry skin by allowing it to better retain moisture. It also helps to speed up wound-healing time.

© The Alternative Daily

Antibacterial Property

One especially vital component in honey, glucose oxidase, is an enzyme that produces hydrogen peroxide. Research indicates that this is one of the main reasons why honey seems to have such powerful antibacterial and wound-healing capabilities. The production of hydrogen peroxide is just one of the remarkable ways that honey helps to kill bacteria and heal wounds.





Antioxidant Property

Although darker honey generally contains more antioxidant power than light-colored, both are still a rich source of valuable antioxidants. Antioxidants go to work against free radicals and encourage new tissue growth.

© The Alternative Daily

HOW TO USE HONEY FOR HEALING

Here are some of my favorite ways to use honey for healing:

EASE ALLERGIES

Millions of Americans suffer from allergies. Over-the-counter and prescription medications may un-stuff your sinuses but they will leave you feeling groggy and foggy. They also come with a wide range of side effects pharmaceutical companies don't want you to know about. These include symptoms as simple as altered taste and smell to possibly more serious issues such as female infertility.

Ditch the pills! Instead, invest in local, raw honey. When bees make the sweet stuff, they wind up depositing a small amount of pollen in each batch. A spoonful or two a day of local raw honey can help desensitize your body to the allergens in your area.

© The Alternative Daily

KISS COUGHS AND COLDS AWAY

Can't kick that cough? A spoonful of honey may really do the trick! Researchers found that when children ages two to 17 suffered from an upper respiratory infection and were treated with either a dose of raw honey or the cough suppressant medication Dextromethorphan (DM), the children served the honey showed significant improvement over those treated with DM.

This is great news for parents since the FDA recently recommended that children under age six should not be treated with over-the-counter cough and cold medications due to a possibility of harmful side effects.

Note: Honey should not be given to children under 12 months of age.

© The Alternative Daily

NATURAL BURN REMEDY

Researchers at the University of Florida found that raw honey effectively treats wounds and burns more effectively than conventional medicines because of its innate aseptic qualities. Also, the glucose and fructose make-up naturally dry out the area and inhibit bacterial and fungal growth.

© The Alternative Daily

DIAPER RASH CREAM

A New Zealand study investigated using topical pharmaceutical-grade manuka honey in place of traditional barrier cream for the treatment of redness, itching and inflammation. Researchers found that symptoms were improved in a similar fashion to using a traditional barrier cream. To help prevent diaper rash, try adding equal parts of honey to your usual diaper cream and use daily.

© The Alternative Daily

FACE MASK

Honey can effectively treat conditions like acne, rosacea and eczema, while coconut oil is great for relieving dry or irritated skin, as well as for reducing wrinkles. Combining them leads to super soft, clear, hydrated skin! Mix 1 tablespoon coconut oil and 1 tablespoon raw honey in a small bowl with a spoon until it's well combined.

Apply the mixture to your face and neck with your fingertips gently, since sometimes honey can crystallize and be rough on your skin. Let it sink in for up to 20 minutes, then rinse it off with lukewarm water. Simple, easy and effective!

© The Alternative Daily

RELIEVE ACID REFLUX

Raw honey coats the lining of the esophagus and provides relief to the burning caused by acid reflux. In a report posted in the *British Medical Journal*, researcher Mahantayya V. Math found relief from reflux when he ingested just 5 milliliters of honey.

© The Alternative Daily

BALANCE BLOOD SUGAR

Although honey is sweet, it has a fairly low glycemic index. The natural sugars in honey have a "slow-release" effect, which means it does not cause the sharp peak in blood sugar that other sweet substances (like refined sugar) do. The sugars in honey are therefore more slowly absorbed and metabolized. Despite its sweetness, honey will not cause blood sugar levels to spike as high or as fast as other high-sugar foods.

© The Alternative Daily

DARK CIRCLE REMOVER

Mix 1 teaspoon of honey with 1 teaspoon of sweet almond oil and spread the mixture under the eyes. After about 20 minutes, wash the mixture off and follow up with a light layer of organic coconut oil. Repeat this treatment a few times a week to keep your skin looking great.

© The Alternative Daily

LIP MOISTURIZER

There's an easy way to heal and prevent chapped lips: raw honey. Mix one part of warm, recently-melted beeswax to three parts olive oil. Then add 1 to 2 tablespoons of honey to the mixture. Once the mixture has set, it's ready to use.

© The Alternative Daily

INFECTIONS IN THE MOUTH

Oral infections are very common. In fact, infections that cause tooth decay are the second most common infectious conditions after the common cold. Bacteria and viruses can cause oral infections that impact the teeth, gums, palate, tongue, lips and the inside of the cheeks.

Researchers in India have found that manuka honey worked just as well as commercial mouthwash — and better than chewing gum with xylitol — for reducing plaque levels. They attribute this to its outstanding antibacterial qualities. Manuka honey, taken orally, can help reduce gingivitis and keep the mouth healthy and free from harmful bacteria.

© The Alternative Daily

INSECT BITES

Mixing some lemon juice with honey makes a natural antiseptic solution. The natural sugar in honey kills the microorganisms, while the lemon partners with it to prevent bacteria from taking over. The combination will also reduce the swelling associated with insect bites and decrease itchiness.

For best results, squeeze the juice of a lemon into 2 tablespoons of raw honey and spread on the infected area. Allow the mixture to remain on the skin until the swelling goes down and you notice a decrease in itchiness.

© The Alternative Daily

NATURAL SLEEP TONIC

If you have problems sleeping, your stress hormones — cortisol and adrenaline — are out of whack. Both natural sugar and salt help to prevent adrenaline spikes, but it is best to use raw honey and sea salt. Keep a little mixture of salted honey by your bedside and take a teaspoon if you find yourself waking up in the night.

© The Alternative Daily

CHOOSE THE BEST HONEY

The list of raw honey's health benefits is long. However, Hippocrates' "liquid gold" becomes little more than a sweet and potentially dangerous treat in the wrong hands.

After testing 60 jars of honey, a researcher from Texas A&M University found that most (77 percent of supermarket jars and 100 percent of drugstore jars) contained no pollen whatsoever. These pollen-free products had been ultra-filtered, which technically makes it not even real "honey" anymore. Always look for 100 percent real honey, with no added ingredients.

When it comes to honey, there's very little you can't do! Keep this in mind next time you're feeling under the weather and need a boost. Happy healing!

© The Alternative Daily

Copyright © Splash Campaign, LLC DBA TheAlternativeDaily.com

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means: Electronic, photocopy, recording, or by an information storage and retrieval system.

Disclaimer: All material on TheAlternativeDaily.com and in this book are provided for your information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. If you think you may have a medical emergency, call your doctor or 911 immediately. The content of this book (text, graphics, and images) is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on TheAlternativeDaily.com or in this book. The information and opinions expressed here are believed to be accurate, based on the best judgment available to the authors. Readers who fail to consult with appropriate health authorities assume the risk of any injuries. Reliance on any information and content provided by TheAlternativeDaily.com and this book is solely at your own risk. In addition, the information and opinions expressed here do not necessarily reflect the views of every contributor to TheAlternativeDaily.com. TheAlternativeDaily.com acknowledges occasional differences in opinion and welcomes the exchange of different viewpoints. The publisher is not responsible for errors or omissions.