

# Raw Honey

## Health Benefits



The use of **Raw Honey** and its health benefits can be traced back over **5000+ years**. **Raw Honey** has formed an integral part of traditional medicine in many diverse cultures throughout the world, as well as, in modern science-based medicine and hospitals.

**Raw Honey** is one of the purest natural substances on earth that will never spoil or rot! The value of **Raw Honey** for health continues to this day as it still has some unique characteristics that make it the treatment of choice for many conditions, for example:

**Raw Honey**, it is an alkaline-forming food containing a multitude of potent natural anti-oxidants, enzymes, amino acids ... and nutraceuticals.

**Nutraceuticals** are important nutrients providing health benefits beyond those involved in normal metabolic activity, vitally important for cellular and immune system function.

The composition of **Raw Honey** includes beneficial "bio-natural" sugars along with a broad spectrum of minerals, such as, **magnesium, potassium, calcium, chromium, copper, manganese, sulphur, iron, phosphate, zinc** ... and **selenium**.

Depending on the nature of the nectar and pollen, **Raw Honey** may also contain a broad spectrum of vitamins, such as, **vitamins B1, B2, C, B6, B5** and **B3**.



**Raw Honey** is **non-toxic** and contains **powerful anti-oxidants, anti-microbial** and **antiseptic properties**.

Research has shown that **Raw Honey** has **potent anti-bacterial properties** on killing at least sixty species of bacteria ... unlike antibiotics, which are often ineffective against many types of bacteria.

### **Raw Honey regulate blood sugar levels (diabetes):**

**Raw Honey** (and fresh fruit) contains “bio-natural” sugars.

These sugars are NOT the same as white sugars or artificial sweeteners. The combination of “bio-natural” fructose and glucose helps the body regulate blood sugar levels.



Some **Raw Honey** has a low hypo-glycemic index, so they are beneficial to your blood sugar levels ... and not detrimental to your health.

### **Raw Honey helps in skin and wound healing:**

Modern scientists and doctors are beginning to “rediscover” the effectiveness of **Raw Honey** as a wound treatment. In recent years, honey has been used effectively in clinical settings for the treatment of fist-sized ulcers extending to the bone, as well as for first, second and third degree burns.

Complete healing has been reported without the need for skin grafts and with no infection or muscle loss. It can be applied full strength to such conditions, covered with a sterile bandage, and changed daily. When the wounds are clean, honey acts as a healer. This also is the same procedure for infected wounds, ulcerations and impetigo.

### **Raw Honey reduces stomach ulcers and treats many other common gastrointestinal disorders:**

International scientific and medical research indicates that **Raw Honey** helps to treat digestive conditions, such as, stomach ulcers and gastro-intestinal disorders.



### **Raw Honey is a potent anti-bacterial and anti-microbial agent:**

**In 2007, “Raw Manuka Honey”** was deployed in a large **New Zealand Hospital** to control methicillin-resistant Staphylococcus aureus (MRSA) ... its property to effectively kill or inhibit harmful bacteria is supported by many modern scientific studies.

Honey’s raw material, the nectar collected by bees, consists of nearly 600 distinct compounds beneficial to health, and this helps contribute to **Raw Honey** being used for many medicinal internal and external healing purposes.

### Raw Honey helps increase physical performance:

Ancient Olympic athletes would eat **Raw Honey** and dried figs to enhance their performance. This has now been verified with modern scientific studies, showing that **Raw Honey** is an excellent food for maintaining glycogen levels and improving post-exercise recovery.



### Raw Honey heals wounds and burns and protects against infection:

External / topical application of **Raw Honey** has been shown to be more effective than conventional allopathic medical treatments used in hospitals at healing burns and post-surgery wounds (e.g. silver sulfadiazine) ... and at significantly less costs and burden to the healthcare system and patient, as well as, reducing the risk of hospital re-infections.

When **Raw Honey** is used topically, **hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>)** is produced by dilution of the honey with body fluids. The result of this interaction is the slow release of **hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>)**, a well-known powerful and bio-natural antiseptic agent.

### Raw Honey is a probiotic:

**Raw Honey** possesses large amounts of friendly bacteria in some varieties, including up to 6 species of lactobacilli and 4 species of bifido-bacteria.

This may explain many of the “mysterious” therapeutic properties of **Raw Honey** perplexing allopathic-scientists.



### Raw Honey reduces cough and throat irritation:

**Raw Honey** helps with coughs. In one study, a single dose of **Buckwheat Honey** was shown to begin relieving nocturnal cough symptoms among children.

**A 2004 study** showed that **dextromethorphan** (a common over-the-counter cough / cold drug medicine) was no more effective for children versus a placebo!

Further studies conducted by the **American Academy of Pediatrics** show that **dextromethorphan** is not superior to a placebo for nocturnal symptom relief in children with cough and sleep difficulty due to upper respiratory infections!

# Raw Honey

## A to Z Healing



### Raw Honey ... vs Anemia:

**Raw Honey** is the best blood enricher by raising corpuscle content. The darker the honey, the more minerals it contains.

### Raw Honey - Anti-Aging - Longevity:

The most long-lived people in the world are all regular users of **Raw Honey**.

An interesting fact, yet to be explained (by pharma-science), is that beekeepers suffer less from cancer and arthritis than any other occupational group worldwide.

The anti-bacterial qualities of **Raw Honey** are particularly useful for maintaining youthful skin, and, when used with the other ingredients can also be moisturizing and nourishing.

### Raw Honey ... vs Baby's Health:

Four teaspoons of **Raw Honey** to a baby's bottle of water is an excellent pacifier and multivitamin additive. If the baby's motions are too liquid, then reduce the honey by half a teaspoon; if too solid increase by half a teaspoon. For teething, **Raw Honey** rubbed on a baby's gums is also a mild sedative and anesthetic.

(Caution: **Raw Honey** is not recommended to give to babies under 1 year old; it may be too rich, unsuitable for their immature gastrointestinal tracts ... and may harm them).

### Raw Honey ... vs Burns:

Apply freely over burns. **Raw Honey** is a salve and antibiotic which cools, removes pain and aids fast healing without scarring ... bacteria simply cannot survive in honey.

### **Raw Honey ... vs Conjunctivitis:**

Dissolve **Raw Honey** in an equal quantity of warm water. When cooled, apply as a lotion or eye bath.

### **Raw Honey - Cough Mixture:**

Combine 6 ounces (170 grams) liquid **Raw Honey**, 2 ounces (55 grams) glycerin and the juice of two lemons. Mix well. Bottle and cork firmly, and use as required.

### **Raw Honey - Deep Face Cleanser:**

Mix **Raw Honey** with an equal quantity of oatmeal, and apply as a face pack. Leave on for half an hour, then wash it off. Great as a deep cleanser for acne and skin blemishes.

### **Raw Honey ... vs Fatigue:**

Dissolve a tablespoon of **Raw Honey** in warm water at a quarter balance. Honey is primarily fructose and glucose, so it's quickly absorbed by the digestive system.

**Raw Honey** is a unique natural stabilizer: Ancient Greek athletes took honey for stamina before competing and as a reviver after competition.

### **Raw Honey - Hair Conditioner:**

Mix **Raw Honey** with an equal quantity of olive oil, cover head with a warm towel for half an hour then shampoo off. Feeds hair and scalp. Your hair will look and feel great!

### **Raw Honey ... vs Hyperactivity:**

Replace all use of white sugar and artificial sweeteners with **Raw Honey**. White sugar is highly stimulating with no food qualities. Honey provides the energy without the "spike."

### **Raw Honey ... vs Insomnia:**

A tablespoon of **Raw Honey** in a mug of warm milk aids sleep and works wonders.

### **Raw Honey ... vs Migraine:**

Use a tablespoon of **Raw Honey** dissolved in half a glass of warm water. Sip at the start of a migraine attack, and, if necessary, repeat after another 20 minutes.

### **Raw Honey ... vs Nasal Congestion:**

Place a tablespoon of **Raw Honey** in a basin of water and inhale fumes after covering your head with a towel over the basin. Very effective!

### **Raw Honey ... vs Osteoporosis:**

Research has shown that a teaspoon of **Raw Honey** per day aids calcium utilization and prevents osteoporosis – probably not a bad idea for anyone over 50.

### **Raw Honey ... vs Poor Digestion:**

Mix **Raw Honey** with an equal quantity of apple cider vinegar and dilute to taste with water. This is also wonderful for the joints – and promotes weight loss.

### **Raw Honey - Preservative for Food:**

If you replace the sugar in cake and cookie recipes with **Raw Honey**, they'll stay fresher longer due to honey's natural antibacterial properties. Reduce liquids in the mixture by about one-fifth to allow for the moisture present in the in honey.

### **Raw Honey ... vs Sore Throat:**

Let a teaspoon of **Raw Honey** melt in the back of the mouth and trickle down the throat. Eases inflamed raw tissues.

### **Raw Honey ... vs Stress:**

**Raw Honey** in water is a stabilizer, calming highs and raising lows. Use approximately 25 percent honey to water.



# Raw Honey and Cinnamon



**Bet the drug companies  
won't like this one getting around:**

**... a mixture of Raw Honey and  
Cinnamon cures most diseases.**

**Raw Honey** is produced in most of the countries of the world. **Scientists of today** also accept **Raw Honey** as a 'Ram Ban' (very effective) medicine for all kinds of diseases.

**Raw Honey** can be used without side effects for any kind of diseases. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients.

**Cinnamon** has been used medicinally since ancient times. This popular spice was used in ***ancient Egypt, China, and India*** for culinary and medicinal purposes, and its use has also been documented in the ***Bible***.

There are two types of cinnamon: **Ceylon Cinnamon** and **Cassia Cinnamon**, both derived from the bark of evergreen trees.

**Weekly World News Magazine (01/17/95)** published the following list of diseases that can be cured by **Raw Honey and Cinnamon**, researched by western scientists:

### Raw Honey and Cinnamon - Anti-Aging

Tea made with **Raw Honey and Cinnamon Powder**, when taken regularly, arrests the ravages of old age. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old.

*Use four teaspoons of **Raw Honey**, one teaspoon of **Cinnamon** powder, and three cups of water and boil to make a tea. Drink 1/4 cup, three to four times a day.*

### Raw Honey and Cinnamon - Anti-Bacterial - E-Coli

In addition to being a glucose moderator, **Cinnamon** is recognized as an anti-bacterial. The essential oils in **Cinnamon** are able to stop the growth of bacteria as well as fungi, including the common yeast candida.

In one interesting study, *a few drops of **Cinnamon Essential Oil** in about 3 ounces of carrot broth* inhibited the growth of bacteria for at least sixty days. By contrast, bacteria flourished in the broth with no cinnamon oil.

**Cinnamon** has also been shown to be effective in fighting the E. coli bacterium.

### Raw Honey and Cinnamon - Arthritis - Chronic Arthritis

**Europe - Denmark - Copenhagen:** A Copenhagen study proved that even extreme cases of arthritis were significantly improved with a daily dose of **Raw Honey and Cinnamon**.

In a recent research conducted at the **Copenhagen University**, it was found that when the doctors treated their patients *with a mixture of one tablespoon **Raw Honey** and half teaspoon **Cinnamon Powder** before breakfast*, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain ... and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

Arthritis patients may take *daily (morning and night) one cup of hot water with two tablespoons of **Raw Honey** and one small teaspoon of **Cinnamon Powder***. When taken regularly even chronic arthritis can be cured.



## Raw Honey and Cinnamon - Bladder Infection

**Raw Honey and Cinnamon** destroys the germs in the bladder.

*Take two tablespoons of **Cinnamon Powder** and one teaspoon of **Raw Honey** in a glass of lukewarm water and drink it.*

## Raw Honey and Cinnamon - Cancer - Advanced Cancer

Recent research in **Japan** and **Australia** has revealed that advanced cancer of the stomach and bones have been cured successfully.

Patients suffering from these kinds of cancer should *daily take one tablespoon of **Raw Honey** with one teaspoon of **Cinnamon Powder** three times a day for one month.*

## Raw Honey and Cinnamon - Cholesterol

*Two tablespoons of **Raw Honey** and three teaspoons of **Cinnamon Powder** mixed in 16 ounces of tea water* given to a cholesterol patient were found to reduce the level of cholesterol in the blood by 10 percent within two hours!

As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol is cured. According to information received in the **Weekly World News Magazine, Canada**, pure honey taken with food daily relieves complaints of cholesterol.

## Raw Honey and Cinnamon - Colds - Severe Colds

Those suffering from common or severe colds should *take one tablespoon lukewarm **Raw Honey** with 1/4 spoon **Cinnamon Powder** daily for three days.* This process will cure most chronic cough, cold, and, clear the sinuses.

## Raw Honey and Cinnamon - Weight Loss

When taken regularly, **Raw Honey and Cinnamon** reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

Drink **Raw Honey and Cinnamon Powder** boiled in one cup of water daily in the morning one half hour before breakfast on an empty stomach, and at night before sleep.

## Raw Honey and Cinnamon - Diabetes - Blood Sugar Levels

**Cinnamon** has been shown to help lower blood glucose levels in people with Type 2 diabetes:

**Europe - Germany - Hanover: Cinnamon** might reduce blood sugar levels, according to research reported in the May 2006 issue of the *"European Journal of Clinical Nutrition"*.

Scientists at the **University of Hannover, Germany** observed that type 2 diabetics consuming cinnamon extract, which contained the equivalent to **3g of Cinnamon Powder, daily for four months** lowered their blood glucose levels compared with those ingesting a placebo.

Another study published in the *journal Diabetes Care* in 2003 looked at 60 men and women with Type 2 diabetes who were taking diabetes pills. The participants took either ... **1, 3, or 6 grams of Cassia Cinnamon or a placebo, in capsule form, for 40 days.**

After this time, fasting serum blood glucose levels dropped between 18% and 29% in all three groups that received **Cinnamon**, triglycerides lowered by 23 to 30 percent, low-density lipoproteins (LDL) lowered by 7 to 27 percent, and total cholesterol lowered by 12 to 26 percent.

However, only the participants who had taken the smallest amount of **Cinnamon** (1 gram) continued to have improved blood glucose levels 20 days after they stopped taking it, for reasons the researchers didn't quite understand.

In the study, **Cinnamon** also helped lower triglycerides (a blood lipid) and LDL (or "bad") cholesterol levels. The benefits continued after 60 days, 20 days after participants had stopped taking **Cinnamon**. No significant changes in blood glucose or blood lipid levels occurred in the placebo group.

**Cinnamon** by its insulin-enhancing properties is not the only spice to show a positive effect on blood glucose levels. Cloves, bay leaves, and turmeric also show beneficial effects.

## Raw Honey and Cinnamon - Diabetes - Insulin Sensitivity

One of the ways **Cinnamon** decreases blood sugar levels is by increasing insulin sensitivity, according to a review published by researchers at **Beltsville Human Nutrition Research Center**.

Increasing insulin sensitivity allows cells to respond better to insulin effects, which increases glucose uptake by cells. This in turn lowers glucose levels in the blood. **Cinnamon dosage of 1 to 6g** increases insulin sensitivity and reduces blood glucose levels, according to findings reported in the February 2008 issue of *"Proceedings of the Nutrition Society."*

## Raw Honey and Cinnamon - Fatigue

Recent studies have shown that the sugar content of **Raw Honey** is more helpful rather than being detrimental to the strength of the body. Senior citizens who take **Raw Honey and Cinnamon Powder** in equal parts are more alert and flexible.

Dr. Milton, who has done research, says that *a half tablespoon of **Raw Honey** taken daily in a glass of water and sprinkled with **Cinnamon Powder***, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

## Raw Honey and Cinnamon - Gas - Indigestion

According to the studies done in **India** and **Japan**, it is revealed that when **Raw Honey** is taken with **Cinnamon Powder** the stomach is relieved of gas.

***Cinnamon Powder** sprinkled on two tablespoons of **Raw Honey** taken before food is eaten ...* relieves acidity and indigestion ... and helps digest the heaviest of meals.

## Raw Honey and Cinnamon - Hearing Loss

*Daily morning and night **Raw Honey and Cinnamon**, taken in equal parts,* restores hearing. Remember when we were kids? We had toast with real butter and **Cinnamon** sprinkled on it!

## Raw Honey and Cinnamon - Heart Disease

In the **United States** and **Canada**, various nursing homes have treated patients successfully and have found that as one ages, the arteries and veins lose their flexibility and get clogged; **Raw Honey and Cinnamon** revitalize the arteries and the veins. It reduces the cholesterol in the arteries and saves the patient from heart attack.

Also, for those patients who have already had an attack, *when they take **Raw Honey and Cinnamon** daily ...* they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heartbeat.

*Make a paste of **Raw Honey and Cinnamon**, apply it on bread instead of jelly and jam and eat it regularly for breakfast.*

## Raw Honey and Cinnamon - Immune System

Scientists have found that honey has various vitamins and iron in large amounts. Constant use of **Raw Honey** strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

*Daily use of **Raw Honey and Cinnamon Powder** strengthens the immune system and protects the body from bacterial and viral attacks.*

## Raw Honey and Cinnamon - Influenza

A scientist in **Spain** has proved that **Raw Honey** contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

## Raw Honey and Cinnamon - Pimples - Acne - Spots

*Three tablespoons of **Raw Honey** and one teaspoon of **Cinnamon Powder** paste.*

Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done *daily for two weeks*, it removes all pimples from the root.

## Raw Honey and Cinnamon - Skin Infections

*Applying **Raw Honey and Cinnamon Powder** in equal parts on the affected parts cures eczema, ringworm and all types of skin Infections.*

## Raw Honey and Cinnamon - Sore Throat

When the throat is sore, has a tickle or is raspy, *take one tablespoon of **Raw Honey** and sip until gone. Repeat every three hours until throat is without symptoms.*

## Raw Honey and Cinnamon - Ulcers - Upset Stomach

**Raw Honey** taken with **Cinnamon Powder** cures stomach ache and also clears stomach ulcers from its root.