

## **Honey is an Energy Food**

It acts as an instant energy booster, as it contains different kinds of sugar molecules, especially glucose and fructose.

## **In Foods**

It is used as a Sweetening Agent.

## **In Manufacturing**

Honey is used as a fragrance and a moisturizer in soaps and cosmetics.

## **For Anti-bacterial Healing Properties**

Take a spoonful of honey to soothe the inflammation or gargle with a mixture of two tablespoons of honey, four tablespoons of lemon juice and a pinch of salt. Personally, whenever I have a sore throat or a cough, I especially like to take warm water mixed with Manuka UMF honey which is well-known for its antibacterial healing properties and many common aches and pains we experience can be treated by it.

## **Weight Loss Diet Tip -Â Health Benefits of Honey**

A honey and lemon diet can relieve you of your weight problem.

## **In Digestion using Honey with Milk -Â Health Benefits of Honey**

Adding honey to dairy products such as sour milk and yoghurts can improve your digestion and bowel movements.

## **AsÂ First Aid Treatment for Wounds, Burns and Cuts**

It has been used as a natural cure in first aid treatment for wounds, burns and cuts as it is able to absorb moisture from the air and promote healing.

## **Soothing of Throats**

Professional singers commonly use honey to soothe their throats before performances.

## **As Natural Home Remedies for Ailments and Complaints**

For thousands of years, honey has been recognized as one of the most natural home remedies to treat a wide range of ailments and complaints including yeast infection, athlete foot, and arthritis

## **Honey Removes Black Marks**

Applying twice a day for 20 minutes, with equal parts of honey and fresh lemon juice on the face removes black marks on the face.

## **In Pain**

In ancient Egypt, it was used in managing skin and eye diseases, and also as a natural bandage applied on wounds and burns. Several other cultures have also used honey for various medical purposes.

## **Honey is Safer Than Sugar -Â Health Benefits of Honey**

There has been a lot said about theÂ negative effects of white sugarÂ on the body. Honey is a great substitute that is as sweet but also safe to consume. Another point to remember is that honey is not very different from white sugar when it comes to diabetics. Both products increase the blood sugar level and the same care must be taken by

diabetic patients.

### **Remedies and Uses of Honey -Â Health Benefits of Honey**

Honey Water: 1-3 teaspoons with a glass of room temperature water, twice a day nourishes tissues and helps alleviate weakness in the nervous system.

Steady Run