



Honey - Medicinal Value and Preservation Properties

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The honey has great medicinal values, but it needs to be raw. When heated to melt the residual wax, so that the honey would not solidify, most of the medicinal properties of honey are lost. How to be sure that the honey is raw? - raw honey is transparent, while the heated honey is slightly foggy because of the dissolved wax. Never put raw honey in a hot tea or water because the honey will lose its medicinal properties. What are the medicinal properties of honey? [1].

Honey is quite widely used in folk medicine because it dilates the blood vessels. This property of honey makes it a valuable tool in cosmetics. A facial mixture of honey, egg yolk, and lemon is a powerful cosmetics for keeping your skin young and fresh looking. The honey dilates not only the blood vessels, it also dilates the skin pores so that the nutrients of the egg yolk and the lemon can go deep into the skin and nourish the skin [1].

The dilating properties of honey make it also very good for hair – it goes deep in the roots of the hair and nourishes them – the hair becomes shiny and healthy [1]. It is also used as one of the ingredients of folk remedy for Alzheimer disease because it increases and improves the blood circulation and good blood circulation means healthy brain. The brain is 2% of the body weight, but consumes 40% of the body oxygen when active that is why it needs a lot of blood supply and honey increases the blood supply.

My mother told me that one of her cousins had eyelashes growing inward instead of outward and this was inflaming the eyes. The doctors will pull the eyelashes and they will regrow inward again. My mother advised her cousin to put some honey on her eyelashes

before to go to sleep and sleep with the honey on the whole night. After a week of honey treatment, the eyelashes stop growing inward and started growing normal.

Also, do you know that rosemary tea is the natural aspirin? If somebody has a fever and high body temperature, give him to drink hot rosemary tea - he will start sweating and his body temperature will go back to normal. Eating raw honey ½ hour before the hot rosemary tea increases the health effect. It was found that that sweat basil tea when consumed during chemotherapy treatment decreases the toxicity of the chemotherapy without decreasing its health effect. When the basil tea is consumed at room temperature sweetened with honey, the health effect is bigger.

Honey also has preservation properties. My grandfather and father were beekeepers and they kept their honey in such big barrels that my mother said if you are not careful and you fall head down in the barrel you can draw in honey. She said that when the refrigerators were not available, they kept their fresh eggs (after washing them) in the honey and after a year or more the eggs were still as fresh as they were when laid out.

Archeologists found in the tomb of a Pharaoh his baby in a glass vessel full with honey. So the ability of honey to preserve things has been known since very ancient time. This is because fermenting germs cannot grow in honey. All the trials in Europe to grow fungus (candida) in honey failed - candida live on sugar, but cannot thrive in honey. So, all the people who have candida (fungus) should stay away from sugar, but they can eat honey – honey is OK for them to eat.

The Americans never had research done on food and they just extrapolate – if sugar is not good for people with candida (fungus) because fungus feed on sugar, since the honey is also sweet, people with candida (fungus) should not eat honey either – wrong! There is no basis for such extrapolation. For a person with fungal infection, honey is completely OK to eat – the honey would not only not feed the fungus, it could reduce the fungus.

There is a research done in Europe [1] that Cronin's disease is a result of many years not treated fungal infection because the fungal infections are quiet killers – there are no serious complains or pain involved. However, a very small number of doctors are aware of the connection Cronin-disease - fungus, and these doctors are the ones that treat the Cronin's disease patients for fungal infection. Usually the patients feel much better after a long treatment of their fungal infection.

The bee vax is another powerful remedy. Swallowing bee vax the size of a corn seed every morning would not only clean your intestines from left over food, it would lubricate your joints.

Bibliography

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