

Roger Ross

Honey

The Honey Miracle - Discover These
Mind Blowing Uses of Natural Honey to Heal,
Cure, and Beautify

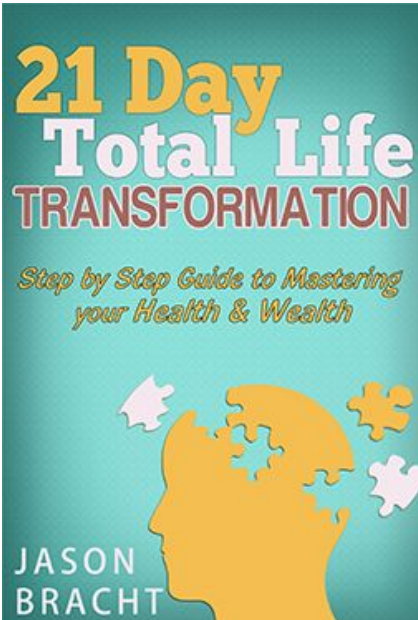


HONEY

*THE HONEY MIRACLE – DISCOVER THESE
MIND BLOWING USES OF NATURAL HONEY TO HEAL,
CURE, AND BEAUTIFY*

ROGER ROSS

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INTRODUCTION

As a kid, I remember my mom taking me out to the reservation in order to procure local honey. My earliest recollection of honey is the delicious honey drizzled oatmeal that mom used to prepare using this local honey. She would also use honey in her coffee. I often saw her applying honey on her face and wondered about the reasons why she was so much obsessed with this sticky golden brown liquid. And guess what? After so many years, I have my answer now!

A few years back, I contracted bacterial infection in my nose. The doctor prescribed an ointment which did not work even though I applied it every day for one week. When things did not get better, my doctor put me on a course of antibiotics. I was supposed to take this along with the ointment that was provided to me for local application. It still did not work. In fact, it got worse after a cut that I got on my lips – it seemed to have spread there! Two things worried me:

I did not have health insurance and therefore could not afford going back to the doctor every now and then.

I did not want the infection to spread over to my children!

I began my online research and bought a bottle of Manuka honey. I started eating one teaspoon three times in a day and also applied it on my nose and lips with a Q-tip twice a day. And amazing it was!!!

My infection was cured and the persistent cough that I had since the past six months was also gone! It was just superb!!!

Today, I can proudly say that I have taken my mom's love of honey with me and we use it in place of sugar. I use it in my coffee, desserts, face packs and it also helps in soothing my sore throat. I have even made soaps with honey!

I shall share some amazing honey recipes later in this book.

The switch from sugar to honey that I have made only a few years ago feels like the best thing in my life! I can't talk enough about the manner in which honey sweetens my coffee and adds a distinct flavor to it – this is a flavor that cannot be matched by any sugar!

I am obligated to share the amazing benefits of honey with you because of the manner in which honey has changed my life. This is precisely the purpose of writing this book. Since I benefitted from using honey, I would like to spread a word about this miraculous liquid – just so that everyone tries it and benefits from it!

So, if you want to discover the versatility of honey and the goodness that it can bring into your lives – well, then this is the book for you!

HONEY, IT'S HONEY – NOT SUGAR!

For centuries, the Chinese, Greeks, Egyptians and the Romans have been using honey for various purposes. Since ancient times, people were aware that this delectable liquid possesses benefits beyond its culinary benefits – it had great medicinal and healing properties too!

Today, honey is manufactured at a big scale in Argentina, Canada, Mexico, United States, Canada and Germany. Approximately 50,000 bees produce 500 pounds of honey.

Now, here is a question: Doesn't this caramel like liquid appear to be full of calories? I mean... yes, it is tasty and it can soothe a sore throat but can this be considered as anything more than a tasty placebo?

I have heard people criticize honey a lot! And yes, the amazing health and beauty benefits it offers seem too good to be true! So, criticism is natural!

If you are amongst one of those who feel that honey is simply a fancy form of sugar, then we should look at the constitution and benefits of both honey as well as sugar. I recently heard a lady advice a friend of mine to not choose swimming as a form of exercise because she feared that swimming would make her fat by elevating her appetite! That is why we say that common sense should become a little more common! People who believe that honey is water that has been super saturated with sugar must first understand how all sugars are not created equal.

You must understand the difference between bad sugar and good sugar. In fact, some sugar is dangerous sugar as well!

Alright, let me ask you something: Which sugar do you think fits into this category? – The sugar is anabolic, gentle on blood-sugar, antiseptic, anti-cancer, medicinal, friendliest to our liver, ideal for burning body fats and has a profound healing effect!

Well, the answer is honey! Today, ***honey is nature's most neglected and forgotten sweetener.***

Have you heard doctors mention how difficult it is for your body to utilize refined sugars that are deficient in all nutrients? Your body needs to relinquish some of its precious minerals and vitamin reserves in order to detoxify itself. This can eventually lead to nutritional deficiencies and deterioration of various tissues and organs.

Now, did you know that there is some good sugar as well? This sugar can provide a positive supply of liver glycogen for healthy functioning of the brain. This sugar is termed as honey!

THE UNIQUE SUGAR FROM BEES!

Well, bees do help in maintaining a balanced ecosystem – they play a critical role as pollinators for a number of crops. Now, nature has assigned bees with another important work too! They are responsible for yielding a sweet, sticky liquid that you can consume for your good health!

The healthful nutrients in this bee food seem to be minute in quantity. However, consuming these every day persistently can bring about a powerful, cumulative impact on your health and immune system. This impact is huge enough to be felt and seen!

Bees do add something special to the nectar that they collect to prepare natural sweetener, this something makes this natural sugar different from other sugars. *In fact, this something makes this natural sugar superior to all other forms of sugar.*

In case you have only thought of honey as sugar and calories, then you are up for a surprise. You may wake up to some invaluable truths related to sugar and honey and these truths could alter your dietary and shopping habits.

KEY DIFFERENCES BETWEEN HONEY AND SUGAR

Both, honey and sugar contain glucose and fructose. However, the process of manufacturing sugar destroys the proteins, nitrogen elements and enzymes that are otherwise present in sugar cane. A contrast to this is honey – it is a natural sweetener that is subject to minimum heating and contains loads of anti-oxidant and anti-microbial properties as well!

Here is a comparison on sugar and honey, which will make you feel good about honey:

- One tablespoon of table sugar or sucrose can provide you with 46 calories whereas the same quantity of honey can provide you with 64 calories. Even though honey provides more number of calories, you actually consume less number of calories when you consume honey. This is because honey is a lot sweeter than table sugar and therefore, you consume much less honey than table sugar. So, even though honey is more expensive than sugar, the low consumption makes it a better deal than sugar!
- Two sugar molecules, glucose and fructose, bond together to create table sugar or sucrose. Now, as you consume table sugar, your body utilizes its own enzymes to separate these molecules before it can use the energy from the sugar. Honey is manufactured by bees and during the process they add a special enzyme that helps in separation of sucrose into glucose and fructose. Therefore, your body does not have to use its energy in order to perform this function.
- Unlike honey, table sugar does not contain any vitamins or minerals. This is the reason why it is sometimes referred to as empty calories. In fact, the process of metabolization of table sugar draws up the nutrients from the body and since most of these nutrients are used in the metabolization of

sugar, they are not available when metabolization of cholesterol is required. This results in high cholesterol and obesity. Therefore, honey becomes a smart choice for everybody – including people who are watching their weight.

- Nothing beats honey in taste. The unique flavor of honey makes it a useful component in loads of foods and beverages.

THE VARIOUS VARIETIES OF HONEY

It is important to understand various varieties of honey in order to be able to cleverly use and apply these for various food combinations.

Provided below is an account of some varieties of honey. Let your exciting journey to discovering new aromatic flavors of this delectable liquid begin!

- **Acacia**: Acacia is one of the sweetest forms of honey available. It is also the most popular one owing to its delicate floral taste. This variety of honey is made from the flowers of Robinia pseudoacacia (which is also called Black Locust in Europe and North America). The high concentration of fructose in this honey makes it stay in its liquid state for a long period of time. And this is a great choice for diabetics too! The reason for this is low concentration of sucrose in the honey. An awesome sweetener, Acacia honey does not alter the aroma of beverages and is a big hit with kids too!
- **Alfalfa**: Alfalfa honey is made from purple and blue flowers, available in the United States and Canada. It has a subtle, spicy taste, is light in color and is mildly scented too! It is not as sweet as the other available varieties of honey but is often a chef's favorite choice for baking.
- **Avocado**: Well, if you are thinking that the avocado honey would taste similar to the fruit, Avocado – then, grab a bottle of this honey to get a real idea! The honey is collected from the avocado flowers and is dark in color with a buttery flavor.
- **Blueberry**: This is collected from the white blossoms in the blueberry bush. It has a tangy, pleasant flavor and is light in color. And here is the good news for blueberry lovers – this honey leaves a blueberry aftertaste. Isn't it then a great option for the dining table?

- **Buckwheat**: Buckwheat honey is extremely popular amongst honey lovers – primarily due to its dark color and rich iron content. It is rich in antioxidants and possesses a strong aroma.
- **Clover**: This one is considered a great option for salad dressings, baking and sauces, primarily due to its easy availability and popularity. It varies in color from white to amber. The pleasantly mild flavor with that distinct floral sweetness is accepted by almost all honey lovers.
- **Dandelion**: With its dark amber color, mild tanginess and distinct aroma, the Dandelion honey is considered to be a fairly strong form of honey. Its great taste ensures that you consume it straight from the spoon. Try it to get addicted to it!
- **Beechwood**: This is a special variety of honey that the bees collect from the sap of the beechwood trees. It is sweet in taste and used for mixing into sauces, smoothies, fruits and pancakes. It is great for elevating your digestion as well as the immune system.
- **Eucalyptus**: It is widely available and provides protection against flu and cold. It may, however, not be pleasing to children owing to its strong menthol taste. The Eucalyptus honey can liven up your afternoon or evening tea – in fact, the great taste can make you fall in love with tea!
- **Leatherwood**: This is made from the Leatherwood flowers and possesses a distinct floral flavor with a unique taste. The great taste makes it a wonderful option for wheat toast spreads or as an addition to muffins, cakes and even tea!
- **Manuka**: Manuka honey comes from the blossoms of the tea tree bush. It is antibacterial and therefore heals indigestion, sore throat, cold, flus or stomach ulcer. Many people use it to

treat their acne and pimples. It has a little medicinal taste to it and can be eaten straight from the spoon.

- **Rainforest**: Truly great tasting with a floral aroma, this variety of honey is light and fresh. It is often mixed in honey drinks or used as a breakfast jam.

UNDERSTANDING RAW HONEY

You do understand what 'raw' means, don't you? We use this word all the time for uncooked veggies and fruits!

Raw honey can be termed as the most original form of honey. It is the original sweet liquid that is produced by the honeybees through the concentrated nectar of flowers. It is collected directly from the extractor and is non pasteurized, non-heated and non-processed. Raw honey is alkaline forming and does not ferment in the stomach – this is precisely why it is used as an excellent medicinal aid in stomach disorders. It contains an enzyme called amylase which helps in predigestion of starchy food stuffs such as bread and potatoes.

Now, is the honey that you get in the supermarket raw?

Well, probably not.

In fact, most of the honey found in the supermarket is not raw honey. It is the 'commercial' variety of honey that has gone through the process of pasteurization in order to make it easy for filtering and bottling. This not only makes the honey easy for packaging, but also makes it look smoother and cleaner. The process of pasteurization does not pose any significant health risks; however it does destroy the beneficial enzymes, yeast and aromas that can activate the minerals and vitamins in your body. This definitely reduces the nutritional value of this sumptuous liquid.

So, can you get 'raw' honey from the supermarket?

Probably not! In fact, sometimes, honey labelled as 'raw honey' may not be raw. There are no strict legal requirements for labelling and packaging honey. However, suppliers who put their consumers' health first, do try and just warm the honey instead of making it go through the taxing process of pasteurization.

Then, where can you obtain 'raw honey' from?

Raw honey is generally purchased from bee farms. It is marked by fine textured crystals and appears to be cloudier. The high levels of antioxidants present in 'raw honey' make it crystallize and granulate into a thick consistency within a few months of storage.

THE VARIOUS FORMS OF HONEY

Honey is available in various physical forms. I have attempted to describe some of these:

Comb honey: Have you seen a jar of honey that contains a piece of comb? Well, it is extremely difficult to find comb honey these days, primarily because the invention of honey extraction devices has made comb honey obsolete. Comb honey, which was pretty popular few years back, is the original pure honey that is taken straight from the honey bees' wax comb. It is not processed at all and you can actually chew it. Since it is extremely rare these days, it comes with a high price tag!

Liquid honey: Liquid honey may be 'raw' or pasteurized and is considered as the most common form of honey. It is generally filtered to remove pollen grains, fine particles and air bubbles and mixes with a variety of foods. It is therefore the most common form of honey.

Cream honey: Cream honey is also known as spun honey, whipped honey, granulated honey or honey fondant. The smooth consistency of this honey makes it great for use as bread spread or jam. It does not drip like liquid honey. The process of creation of cream honey involves crystallization which lightens the color of honey. However, the nutritional value and taste remain unaltered.

WHICH ONE SHOULD I BUY?

You may sometimes get overwhelmed with so many forms and varieties of honey available.

Which one would be the best for me? Are all of them equal? Should I buy organic?

These are only a few questions that may cross your mind when you think about purchasing honey.

Well, here is some information that can enable you to make a smart choice.

Raw honey is always recommended. If possible, get raw honey directly from a trusted beekeeper. That's the best way to ensure purity and nutrition! Raw honey can act as one of the best immune boosters and therefore aid in preventing seasonal allergies,

Now, if you do not have access to beekeepers and local farmers, you may want to look at 100% pure honey from the store. Although it is not 100% pure or unadulterated, it is still better than refined sugar or other sweeteners.

All honeys are not created equal. Try and make your choices based on your needs. Some people may like Manuka honey more purely for its medicinal benefits whereas the others may be interested in clover honey or buckwheat honey, depending on their taste and nutritional requirements. Honey's such as Manuka honey are extremely expensive and sometimes beyond the reach of consumers. It is a good idea to keep these expensive varieties for treating colds, cough, flu, throat infection, stomach ailment etc. This is however purely a personal choice. I have known people who consume only Manuka honey every day and believe that this is the only great variety available.

The taste of honey is a subjective topic. It is a personal choice that only you can make. You may want to experiment with a few varieties first and then decide upon which one is the best for your palate.

Some people go overboard with 'organic' and therefore only prefer organic honey. Once again, this depends on your belief. To be 'organic' the honey manufacturer has to meet a number of criteria such as the source of nectar, management of honey bees, packaging temperature, transportation etc. Go for 'organic' only if you think that it is a healthier choice that gives you loads of peace of mind by paying a little extra!

THE HEALTH BENEFITS OF HONEY

The advantages of consuming honey go beyond its delicious taste. Let us look at four important health benefits of honey.

Honey is:

- Nature's energy elevator
- An awesome immune system booster
- Anti-cancer
- Natural remedy for a number of ailments

Nature's energy elevator: Honey is a natural source of carbohydrates and can provide instant energy and strength to your body. It boosts performance, builds endurance and diminishes muscle fatigue in sportspeople.

Honey provides instant energy as well as sustained energy. This is due to the unique combination of sugars it possesses. The glucose in the honey provides an instant energy boost whereas the fructose gets absorbed more slowly, therefore providing sustained energy. This also aids in maintaining your blood sugar levels – you do not experience sudden spikes or crashes.

- Next time, before heading for a workout, consume a spoonful of honey and notice how easy it becomes to travel that extra mile.
- Feeling low or lethargic? Ditch that can of soda and spread some honey on your bread toast! You may even consume honey in lemon water.
- Stressed out kids? Well, simple sandwiches made from honey and butter can do the trick here!

Immune system booster: The antibacterial and anti-oxidant properties of honey make it a powerful immune system booster. Honey elevates your digestive system, ensuring that it is healthy to fight all diseases. The antibacterial agents in honey inhibit the growth of a particular kind

of bacteria. The enzymes in honey produce hydrogen peroxide which is responsible for its antibacterial action and makes it useful in treatment of wounds, scars etc. The antioxidants in honey help in fighting against free radicals. How about starting your day every day with a spoonful of honey mixed in warm lemon water?

Anti-cancer: Did you know that honey possesses anti-tumor and anti-cancerous properties? We cannot call honey as a miracle cancer cure but it does prevent the formation of cancer. The flavonoids in honey elevate the anti-oxidant levels in the body which in turn help in elimination of free radicals. These free radicals are actually cancer promoting!

Natural remedy for a number of ailments: Since time immemorial, honey has been known as a natural remedy for a number of ailments.

For burns, cuts and external skin infections: Honey is used as a natural home remedy to treat external yeast infections, burns, cuts, athlete's foot and even arthritis pain. The moisture absorbing properties of honey make it excellent for wound healing. The antibacterial properties diminish pain and swelling. Honey is anti-inflammatory too! To notice immediate relief in burns and scars, just apply some honey over the impacted area. Continue this for around five days to notice the scar fade away. Athlete's foot can be treated by rubbing generous amount of honey over the impacted area

For hangovers: Honey contains natural sugar called fructose. This hastens the oxidation of alcohol by liver and therefore combats the impact of hangovers. Here is the perfect recipe for hangovers – just blend 20 ml. of liquid honey with 70 ml. of natural yogurt and 80 ml. of fresh orange juice. Consume this slowly to experience instant relief from hangovers.

For sore throat: The antimicrobial properties of honey not only soothe a sore throat, but also eliminate the infection causing bacteria. Consume a spoonful of honey to soothe your sore throat. You may also gargle with a mixture of three tablespoons of honey, five tablespoons of lemon

juice and a pinch of salt. Manuka honey mixed in warm water can also provide substantial relief to a sore throat.

For sleeplessness: Sleep disorders may pose substantial health risks. A soothing glass of warm milk with two tablespoons of pure honey can help in curing sleeplessness. Honey is a rich source of sleep inducing antioxidant tryptophan which is useful in treating insomnia. Consuming a cupful of honey water just before bed time is recommended to be used as a tranquilizer in traditional Chinese medicine.

For arthritis pain: Manuka honey is considered extremely useful in treating arthritis pain. Consuming three tablespoons of Manuka honey mixed with one teaspoon of cinnamon powder in a cupful of green tea at least twice a day can lead to substantial relief in arthritis pain. Three teaspoons of raw honey mixed with three teaspoons of vinegar and a glass of warm water can be consumed three times a day. This helps in relieving arthritis by cleansing the gut (the gut is considered to be the root cause of almost all inflammatory diseases) and helping the body to fight against toxins.

For acid reflux: The honey and vinegar remedy is considered as a miracle cure for acid reflux or GERD (Gastro esophageal reflux disorder). Now, there are a number of theories as to why this remedy works, the most common one being that this mixture enables restoration of the acid-alkaline balance in the stomach. A tablespoon of raw apple cider vinegar in a glass of warm water is known to ease acid reflux. Addition of one tablespoon of honey in this enhances the impact of apple cider vinegar's healing action.

For acne: The appearance of acne or pimples can be a really frustrating experience. Thankfully, honey can come to your rescue here. Simply wash your face with an oil free face wash and apply pure raw honey on thoroughly cleansed skin. Let it stay on the skin for around thirty minutes and then rinse with pure water. Honey kills the acne causing bacteria and also feeds your skin with its nutrients.

For asthma: Have you heard about the cinnamon and honey treatment for asthma? Mix half teaspoon of cinnamon powder with one teaspoon

of honey and drink this concoction before sleeping and first thing in the morning. Now, this is not a miracle cure for asthma – however, consistent use may enable you to get rid of your asthma permanently.

For bad breath: Bad breath is normally triggered by bacterial overgrowth on the tongue. It is extremely embarrassing and is often considered as one of the biggest social taboos. Honey has traditionally been used as an impactful remedy for bad breath. Mix one teaspoon honey and half teaspoon cinnamon powder in half cup of warm water and use it to gargle twice a day – every morning and evening. You will notice your bad breath disappear over a period of time.

For diabetes: Well, honey cannot cure diabetes but is considered as the best sugar for diabetics.

For eye infections: You are going to call me crazy now, aren't you? Honey for eye infections? I mean... it is great for drizzling over your biscuits, cakes, coffee and tea but since when did it start curing eye infections? Okay, here is the deal – for eye infections, mix two parts of raw honey with equal quantity of distilled water to make a solution that can be used as an eye drop three times a day. Use it till the infection subsides and tell your friends about the magic of honey! For cataract, a drop of liquid honey can be used in the corner of your eye every night.

For poor metabolism and weight loss: The honey and cinnamon combination can be used as an effective recipe to boost your metabolism and aid in weight loss. Add half a teaspoon of cinnamon powder into boiling water. Cover and keep for half an hour. Now add honey into this mixture and drink like a tea at least an hour before breakfast. The impact will be enhanced if you drink this empty stomach. Repeat this for a month to notice visible results!

For sinus: Honey comes as a ray of hope for individuals suffering from sinus. Recent studies have even suggested replacing antibiotic therapy with honey therapy in infections of the ear, nose and throat!

For detoxification: Honey is great for detoxification and removal of harmful chemicals from the body. A number of individuals drink honey

and lime mixed with warm water first thing in the morning. This provides huge detoxification benefits. You may also consider a three day honey water fast in order to detox yourself, overcome chronic ailments and maintain great health.

For hair loss: Searching for an effective remedy for hair loss? A number of prevalent folk remedies using honey can ease your troubles. A paste made by combining one tablespoon of Manuka honey with a teaspoon of cinnamon can be massaged into scalp in order to cure excessive hair fall. This paste must be left in the hair for twenty minutes and then washed off. You must try and do this at least four times in a week. You may also take $\frac{1}{4}$ cup of onion juice. Mix it with a tablespoon of raw honey and massage into scalp every night. Visible improvement can be seen within a week.

For stomach ulcers: Stomach ulcers are lesions formed in the lining of the stomach. They are also termed as gastric ulcers or peptic ulcers. Stomach ulcers can be caused due to a number of factors such as lifestyle, diet, H pylori infection, stress, acid-alkaline imbalance, etc. Normally antacids and antibiotics are used to treat these ulcers. However, since the bacteria are developing resistance towards antibiotics, honey therapy can come as a welcome change. And it is impactful too! Just mix one tablespoon of Manuka honey with $\frac{1}{4}$ teaspoon of cinnamon powder. Consume this empty stomach every day and notice how your ulcers fade away!

For yeast infection: A number of women suffer from vaginal yeast. That uncomfortable feeling, pain during intercourse, burning sensation and itching around the vagina can surely drive women nuts! Did you know that the flavonoids in honey can inhibit the growth of Candida? Here is a simple way to use this therapy – Just take half a cup of liquid honey into your wash room and apply it liberally over the impacted area. You may want to sit in the toilet seat in order to do this step properly. Leave this on for around fifteen minutes and then bathe in order to clean up. Doing this twice a day for three days can yield substantial results.

For eczema: That consistent inflammation on the skin's outer layer is termed as eczema. While it is important to identify and eradicate the trigger factors responsible for eczema, the honey and cinnamon remedy can prove to be an effective cure. Make a paste using honey and cinnamon in equal quantities and apply over impacted area. In addition to this, drink warm water mixed with half a lime and one tablespoon of honey, first thing in the morning. Drink this every day until your symptoms disappear.

For cough: Well, here is a home remedy for cough. Just mix this sweet liquid from nature (raw honey) with equal quantity of lemon grass juice and drink to reduce your cough. You may even consider mixing ¼ teaspoon of ground ginger, ¼ teaspoon of cayenne pepper, 1 tablespoon of apple cider vinegar, 1 tablespoon honey and two tablespoons of water. This mixture works like magic in relieving cough.

For obesity and weight loss: You have already read why honey is a smarter choice than sugar. Sugar draws up the nutrients from the body in order to get metabolized. This leads to depletion of nutrients. Honey, on the other hand provides your body with anti-oxidants, flavonoids and other nutrients. The honey and lemon diet works wonders in speeding up a sluggish metabolism. Simply mix one teaspoon of unsweetened raw honey and two teaspoons of fresh lime juice in a cup of warm water and drink this first thing in the morning. You may also take this after every heavy and oily meal and it is effective in removal of toxins from the body. The honey and cinnamon mixture described earlier in the chapter also aids in weight loss. Here is a recap of the methodology associated in preparation of this recipe: Add half a teaspoon of cinnamon powder into boiling water. Cover and keep for half an hour. Now add honey into this mixture and drink like a tea at least an hour before breakfast. The impact will be enhanced if you drink this empty stomach. Repeat this for a month to notice visible results!

NUTRITIONAL INFORMATION REGARDING HONEY

Well, honey is beneficial, isn't it? But what is there in honey that makes it so beneficial?

Alright, let us try and understand the process here:

Nectar is composed of water and sucrose. Now, bees add certain enzymes into this nectar. These enzymes create special chemical compounds that break down the sucrose into glucose and fructose. The water gets evaporated and hence the final product obtained resists spoiling. This final product is what we term as honey!

We can therefore call honey a source of carbohydrates containing around 80% natural sugar – the glucose and the fructose. The high amount of fructose makes honey sweeter than table sugar. Honey also has 18% water content and 2% protein, pollen, vitamins and minerals. These vitamins found in honey include the vitamin B6, riboflavin, niacin, thiamin and pantothenic acid. The minerals found in honey are magnesium, manganese, sodium, copper, potassium, zinc, phosphorus, iron and calcium.

So, how much honey is recommended for consumption every day?

Well, you do understand that honey is amazing for health, don't you? Now, can you eat as much honey as you wish to? Of course not! As a general recommendation, not more than 50ml or ten teaspoons in a day is recommended. This is also dependent on an individual's lifestyle and dietary habits. A person, who exercises and consumes a low sugar diet, can actually consume more quantities of honey than a person who leads a relatively sedentary lifestyle and also possesses a sweet tooth. It is a good idea to replace the refined sugar that you consume with honey.

BEAUTY BENEFITS OF HONEY

Still hunting for that magic wand that can impart a healthy glow to your skin? You don't have to look too far! The magic wand lies in smart use of honey – nature's miracle drink!

Did you know that honey was one of the most preferred weapons in Cleopatra's beauty arsenal? Science is now catching up with what people have known since years.

Here are some beauty benefits of honey:

- Honey can be used as a natural cleanser. It exfoliates your skin from inside and brings a lasting glow on the outside. Want to keep your skin soft and free from blemishes? How about washing your face with honey? Just rub a little honey on your face and rinse with tap water. Simple, isn't it?
- Want a natural glow on your skin? Try out the honey tomato face pack! Blend tomato and honey together to form a thick paste and apply this mixture on your skin. Leave on for approximately twenty minutes, wash and notice the glow it brings on your skin!
- Honey is even used as an effective make up remover. Combine coconut oil and honey in order to create an easy, spreadable texture. Rub this mixture on your face. This will unclog pores and loosen make up. Rinse with warm water. Do make sure that you avoid putting this into your eyes.
- Honey has amazing softening and moisturizing properties. These not only make it a great hair conditioner, but also enable it to provide lustre to dull looking hair. Mix around two tablespoons of raw honey with four tablespoons of extra virgin hair oil and use your hands to spread the mixture through your hair. Rinse after one hour.

- Honey hydrates the skin. Mix some milk cream and honey, apply it on your face and wash with tap water after twenty minutes.
- Honey can bleach your skin too! Regular use of honey over face of any other impacted area can lead to fading away of scars.
- Honey can be used in combination with almonds to serve as a great moisturizing exfoliator. Just combine two teaspoons of honey with two teaspoons of ground almonds. Rub on your face in gentle, circular motion and rinse with warm water. Want to treat your whole body? Well, just increase the quantities of honey and almonds!
- Combine honey with sugar and lemon juice and it helps eliminate excess hair. One tablespoon of honey, three tablespoons of brown sugar and one tablespoon of lemon juice can be combined together and heated in a microwave. Let the mixture cool a bit and use a Popsicle to apply this on your skin. Place a cotton skin over this mixture now and rub it till it feels a little warm. Now, pull the cotton against the direction of hair growth.
- Honey is anti-aging too! Simply incorporating one tablespoon of honey in your daily diet can delay the signs of aging.
- Longing for smooth lips? Mix one tablespoon of raw honey with a few drops of lemon juice and one tablespoon brown sugar. Use this to gently exfoliate your lips.
- Struggling from breaking nails? Honey provides strength to the nails and protection to the cuticles. Mix a tablespoon of apple cider vinegar with a tablespoon of raw honey and apply on your cuticles. Rinse after fifteen minutes.

- Have you tried using honey over your dark circles? Honey is considered as a miracle cure for dark circles. Mix one teaspoon of honey with one teaspoon of sweet almond oil. Apply over your dark circles and let it stay for some time. Rinse off after twenty minutes. Do this at least twice a week or until dark circles are gone!
- Ground nuts can be mixed with honey and lemon juice to create an excellent scrub.
- Half a cup of honey can be combined with one cup of milk and a few drops of your favorite essential oils. Create your warm water bath, sit back and relax!
- Want to tighten your skin? Consider applying a paste made by combining honey and egg white. Use this on your face at least once a week and notice the results!
- Mix onion juice and honey. Use this on your skin regularly in order to turn back the clock! Let this mixture stay on the skin for around twenty minutes and rinse with warm water.

SUMPTUOUS HONEY RECIPES

The versatility of honey can impart a magical touch to almost all foods – pastries, cakes, barbeque meats, homemade cookies, salad dressings, puddings, etc.

You could incorporate honey into your meals by:

- Pouring some on desserts such as puddings, oats, ice-creams etc.
- Sweetening your coffee or tea with it
- Using it as a seasoning for pork chops or chicken legs prior to cooking
- As a salad dressing

Here are some all-time favorite honey recipes:

HONEY BUTTER: Honey is always a sweet treat, isn't it? Would you want to use this delectable liquid over your breads, veggies or potatoes? I recommend that you whip some honey butter. This is such a simple, quick fix recipe – actually, it is so simple that it does not even deserve to be called a recipe!

List of ingredients:

- Honey: one tablespoon
- Butter: three tablespoons

Procedure to prepare:

Simply whisk together one part of honey with three parts of room temperature butter and use this as a spread on your breads, biscuits, pancakes or muffins. Since various varieties of honey may vary in taste, you may want to play around with the ratio to get the sweetness that you prefer. Try this once and you will eat this honey butter every single day.

HONEY CAKE: Easy and nutritious, the honey cake is a favorite with kids.

List of ingredients:

- Butter: 50 grams
- Sugar: ¼ cup
- Eggs: two (beaten)
- Honey: ½ cup
- Self raising flour: three tablespoons
- Ricotta cheese: two cups
- Rum: two tablespoons
- Lemon juice: one tablespoon

Procedure to prepare:

- Preheat the oven to 180C
- Take melted butter and add the sugar into it
- Keep stirring continuously as you add all the remaining ingredients
- Pour this batter into a square or round greased baking tray
- Bake for forty minutes and then let it cool for some time
- Sprinkle some cinnamon powder over the cake and cut into slices
- Serve with fresh kiwifruit and some vanilla ice-cream
- You may even want to drizzle some honey over the ice-cream
- Now that's what we call heavenly honey delight!

DELICIOUS FRUITS AND NUTS FLAVORED HONEY BUTTER: This is an amazingly simple and nutritious recipe. The best part about this recipe is that the kids find it irresistible. Try it for once to believe it!

List of ingredients:

- Soft butter: ¼ cup
- Walnuts and peanuts: ¼ cup
- Dried fruit: ¼ cup
- Cream honey: ½ cup

Procedure to prepare:

- Whisk together all the ingredients in a mixing bowl.

- Spread it on bread or biscuits and watch the delight on your kids' faces!

HONEY GRANOLA: Nutty, crunchy baked muesli, the granola is one of the most preferred on the run snack options. And once you begin to make this mouth-watering delicacy at home, you would never want to buy it from the supermarket!

List of ingredients:

- Groundnut oil: 60 ml
- Honey: 150 gm
- Rolled oats: 250 gm
- Sunflower seeds: 150 gm
- Bran: 100 gm
- Hazelnuts: 150 gm
- Dates: 100 gm
- Dried apricots: 150 gm
- Wheat germ: 150 gm
- Flax seed: 100 gm

Procedure to prepare:

- Preheat the oven to 180C
- Pour the oil and honey into a microwave safe dish and heat until the honey has melted
- Mix bran, oats, sunflower seeds and flax seeds in a bowl
- Pour the honey and oil mixture into this bowl and mix well
- Spread this mixture on a large baking tray
- Roast for around 25 minutes, turning the sides at least three to four times
- Leave this to cool
- Roast the hazelnuts separately until they change color to golden brown
- Chop the golden brown hazel nuts along with dates and apricots
- Mix everything together and store in an airtight container
- It normally lasts up to a month but is so delicious that you may be ready to make a new batch within a week

DAIRY FREE HONEY BREAD: What a delightful sweet and soft tea bread! If you are a honey lover like me, you would love to consume it drizzled with honey butter.

List of ingredients:

- Honey: 150 gm
- Castor sugar: 100 gm
- Plain flour: 225 gm
- Hot water: 150 ml
- Soda bicarbonate: 1 teaspoon
- Zest of one lemon

Procedure to prepare:

- Butter a 450gm loaf tin, line with baking paper and preheat the oven to 160C
- Mix the sugar and flour together
- Melt honey and mix with water in another pan
- Add soda bicarbonate to this honey water
- Add the zest of lemon as well into this water
- Pour this mixture into the big pan in which the sugar and flour have been mixed
- Blend well
- Pour into the prepared loaf tin and bake in the oven for approximately one hour
- Remove from the tin and dress the top of the bread with honey
- This will give a nice, sticky finish to the bread
- Cool, slice and serve with honey butter!
- Absolutely delicious!

HONEY FRUIT DIP: A delicious five minute dip recipe, this is great to satisfy lunch time hunger pangs.

List of ingredients:

- Plain yogurt: three cups
- Chopped almonds: one cup
- Honey: one tablespoon

- Assorted fruits (grapes, strawberries, green apples – sliced): half cup

Procedure to prepare:

- Combine the plain yogurt, chopped almonds and honey in a bowl.
- Chill in the refrigerator
- Just before serving garnish with assorted fruits
- A refreshing and delightful dessert is ready in a jiffy! Enjoy!

HONEY PIZZA: These lip-smacking pizza slices are simply awesome! They are easy to prepare and extremely nutritious too!

List of ingredients:

- Ham: 150 gm (cut into small slices)
- Soft white bread: five slices
- Honey: two tablespoons
- Shredded mozzarella cheese: ten tablespoons
- Tomatoes: three (finely chopped with juice drained away)
- Spices such as oregano, thyme, pepper, basil and rosemary: a pinch of each spice

Procedure to prepare:

- Spread the honey on all bread slices
- Next, place the tomato pieces evenly on the bread
- Now, place the cut ham over the tomato pieces
- Spread the cheese on top and then sprinkle mixed spices over the cheese
- Preheat the oven to 140C
- Place the prepared bread slices and bake for thirty minutes
- Absolutely delicious and healthy!

GREEN MANGO HONEY SALAD THAI STYLE: The green apples used in the recipe provide a great texture and the honey enhances the taste of the dish. Want to try out this wonderful recipe?

List of ingredients:

- Green mango: one
- Green apple: half
- Red chili: one
- Lemon leaves: three
- Shallots: five
- Thai basil leaves: five
- Roasted peanuts: one tablespoon
- Dried shrimp: two tablespoons
- Clover honey: one tablespoon
- Lime juice: half tablespoon
- Fish sauce: one tablespoon

Procedure to prepare:

- Chop the green apple into small cubes
- Peel and cut the mango into long strips
- Slice the shallots as well
- Wash and pound the dry shrimp
- Fry it in small quantity of oil until fragrant
- Combine lime juice, fish sauce and honey
- Pour all the ingredients in a large serving dish
- Mix well and serve garnished with basil leaves

HONEY MUSHROOMS: Mushrooms are great alternatives to meat and promote weight loss. The low sodium and zero fat content make them a smart choice that can be incorporated regularly in meals.

List of ingredients:

- Lettuce: five big leaves
- Mushrooms: one cup chopped
- Black pepper: to taste
- Himalayan sea salt: to taste
- Garlic: four cloves
- Cooking oil: two tablespoons
- Balsamic vinegar: three tablespoons

- Honey: one tablespoon

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Procedure to prepare:

- Wash the mushrooms and dry with a kitchen towel.
- Chop into small pieces
- Chop the garlic as well
- Heat vegetable oil and fry garlic until it turns golden brown
- Add mushrooms and stir fry till they turn soft
- Add salt and pepper
- Turn off the heat
- Cut lettuce leaves into fine slices and toss them into a salad bowl
- Add mushrooms, honey and vinegar into this bowl
- Mix and enjoy!

FRUITY ICE POPS: A great refreshing summer treat for kids and adults, this out of the box recipe is pretty and healthy!

List of ingredients:

- Kiwi: one (cut round slices)
- Strawberries: ten (cut into small pieces)
- Orange: one (retain the pulp only)
- Grapes: ten (deseeded and chopped into small pieces)
- Honey: one tablespoon
- Green tea: half cup
- Ice pop molds: four

Procedure to prepare:

- Arrange the slices of the fruits against the walls of your ice-pop molds. This makes the fruits pops pretty!
- Stuff the remaining fruits towards the center of the mold – this will not be visible from the outside.
- Mix green tea and honey in a cup
- Pour into the molds until they are completely filled
- Freeze for a minimum of eight hours
- Enjoy your fruity summer treat!

ADDRESSING COMMON QUESTIONS RELATED TO HONEY

Well, this chapter lists some commonly asked questions related to honey. I have tried to answer each one of them:

- **Question:** Why does honey 'thicken' on storage?

Answer: Thickening or crystallization of honey is a natural process. It is not a result of exposure to heat or hot objects. The floral variety of honey sometimes determines the rate of crystallization. Exposure to cold temperature may hasten the process of thickening. Crystallization does not alter the quality of honey; however exposure to humidity and air can make it lose its aroma!

- **Question:** Can children under one year old consume honey?

Answer: Absolutely not! Children under one year old are advised to stay away from honey. This is primarily because of the food poisoning that can occur due to the presence of botulinum spores in honey. The process of pasteurization cannot eradicate these spores as they are extremely resistant to killing by chemical and physical agents.

- **Question:** Is it okay to consume honey and lemon water during pregnancy?

Answer: It is absolutely alright to consume honey and lemon water during pregnancy if this is done to facilitate digestion. This should however not be done with an aim to lose weight.

- **Question:** Can consumption of milk and honey at bedtime aid in weight loss?

Answer: Consumption of milk and honey at bedtime can induce sleep and calm the soul. It will not impact your weight.

- **Question:** Is honey an invert sugar?

Answer: Well, chemically honey is invert sugar. It contains a mishmash of fructose and glucose. However the difference between honey and invert sugar is that invert sugar is man-made and honey is processed by the honey bee.

- **Question:** Can honey help in spring time allergy?

Answer: Absolutely! Consuming two teaspoons of honey per day can help. Start taking this before the pollen season sets in!

- **Question:** Can honey cause allergies?

Answer: Honey allergies are extremely rare. However, unprocessed raw honey may contain proteins from the pollen of the plants the honey bee visited. Now, proteins are a major source of all allergies. That seems to be scary! Well, you don't really have to bother because honey contains very small amount of proteins. However, if you do think that you are allergic to certain kinds of proteins, it is best to avoid honey. You may want to test this with small quantities of honey. The art is to take responsibility of whatever you eat and monitor the results. More often, the results will be positive!

THANK YOU

Before you go, I want to warmly say “thank you” from the bottom of my heart! I realize that there are many e-books on the market and you decided to purchase this one so I am forever grateful for that.

Thanks a million for reading this book all the way to very end!

If you enjoyed this book then I need your help!

Please take a moment to leave a review for this book after you turn the page.

This valuable feedback will allow me to write e-books that help you in your journey through life. And if you love it, please let me know.