HONEY

Botanical Name - *Mel millis*.

Common Names - Honey. Honey is a Hebrew word meaning enchant.

Description - Honey is a sweet food made by bees using nectar from flowers. Honey was a culinary sweeter, but now it is also recognized worldwide as a healing ingredient in medicinal treatment. The variety produced by honeybees (the genus Apis) is the one most referred to, as it is the type of honey collected by beekeepers and consumed by humans. Honeybees transform nectar into honey by a process of regurgitation and evaporation. They store it as a primary food source in wax honeycombs inside the beehive.

Nutrition - Honey is a mixture of sugars and other compounds. The specific composition of any batch of honey depends on the flowers available to the bees that produced the honey. The carbohydrates in honey are mainly fructose (38.5%) and glucose (31.0%). Honey's remaining carbohydrates include maltose, sucrose, and other complex carbohydrates.

As with all nutritive sweeteners, honey is mostly sugars and contains trace amounts of vitamins or minerals. Honey also contains tiny amounts of several compounds thought to function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase, and pinocembrin.

Actions - Anti-bacterial, antiseptic and anti-fungal. Clinical - Acne. Allergies. Anemia. Arthritis. Asthma. Bedwetting. Bee, stings. Blisters. Blood, sugar. Bronchitis. Burns. Colds. Congestion. Conjunctivitis. Coughs. Cuts. Diarrhea. Eye, diseases. Fatigue. Hair, problems. Headaches. Hoarseness. Hyperactivity. Indigestion. Infections. Influenza. Injuries. Insomnia. Lung, diseases. Migraine. Osteoporosis. Respiratory diseases. Rhinitis. Scars. Sinusitis. Skin, diseases. Sore, throats. Sores. Stress. Sunburn. Teeth, problems. Ulcers. Weight, loss. Weakness. Wounds.

Preparations - Raw or pasteurized honey.

Honey is one of the oldest medicines. Its use is recorded in Sumerian clay tablets estimated to be 4,000 years old, and in Egyptian papyri dated from 1900 to 1250 B.C. It is also mentioned in the Vedas, the sacred scriptures of Hinduism, thought to be about 5,000 years old, and in the Holy Qu'ran and the Talmud.

Hippocrates (460-357 B.C.) used many of the Egyptian prescriptions. He found that honey "cleans sores and ulcers of the lips, heals carbuncles and running sores."

Celsus (circa 25 A.D.) used honey for many different purposes - as a laxative, as a cure for diarrhea and upset stomach, for coughs and throat maladies, to agglutinate wounds and for eye diseases.

Throughout history, honey has often been the subject of numerous claims regarding its medicinal properties. Raw or minimally processed honey is an extremely complex substance that contains hundreds of different compounds, including enzymes, amino acids, beneficial antioxidants and at least twenty different sugars.

During the Civil War, all wounds were treated with honey for its antibacterial qualities.

Honey does not cause cavities. The sugars in honey don't begin breaking down until they reach the stomach. Research is being done to include honey in toothpaste.

Modern research suggests that some of these compounds are highly beneficial and there are many more that have not yet been thoroughly investigated.

Its acidity (pH 3.9) and the presence of peroxides make honey inhospitable to microbes. This quality made it popular as a dressing for wounds with early physicians and honey is still used in a similar fashion as a home remedy for minor burns and injuries.

Among its many compounds, honey contains beneficial antioxidants that curtail the activity of free radicals in the body. Free radicals, a byproduct of metabolism, have been implicated in many lifestyle related diseases.

Honey is also exceptionally effective for respiratory ailments. One Bulgarian study of almost 18,000 patients found that it improved chronic bronchitis, asthmatic bronchitis, chronic and allergic rhinitis and sinusitis.

It's an effective treatment for colds, flu, respiratory infections and a generally depressed immune system. Whereas sugar shuts down the immune system, a good quality honey will stimulate it into action.

Allergies - Honey helps treat and prevent allergies, especially from flower pollen. Hay fever has been treated successfully by taking a teaspoon of local raw honey three times a day during the allergy season.

Anemia - Honey is a natural source of iron and is good for anemia. Honey is the best blood enricher by raising corpuscle content. The darker the honey, the more minerals it contains.

Arthritis - Take one part honey to two parts of lukewarm water and add a small teaspoon of cinnamon powder, make a paste and massage it on the painful part of the body slowly. It is noticed that the pain recedes within a minute or two.

Athletics - Ancient Olympic athletes would eat honey and dried figs to enhance their performance. This has now been verified with modern studies, showing that it is superior in maintaining glycogen levels and improving recovery time than other sweeteners. Many weightlifters, triathletes, and competitive sports figures consume honey before, during and after a workout.

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Bedwetting - A teaspoon of honey before bed aids water retention and calms fears in children.

Bee Stings - Dab on a bit of honey immediately. It helps draw the stinger out, eases the pain and neutralizes poisons.

Blisters - Combine 1 tsp. honey, 1 tsp. Aloe Vera gel and 10 drops lavender oil. Dab on blister, cover with bandage. Change bandages and repeat 2 to 3 times per day.

Blood Sugar - Even though honey contains simple sugars, it is not the same as white sugar or artificial sweeteners. Its exact combination of fructose and glucose helps the body regulate blood sugar levels.

Burns - Apply freely over burns. It cools, removes pain and aids fast healing without scarring. Apart from being a salve and an antibiotic, bacteria simply cannot survive in honey. Immediately spread a thin layer of raw honey over the burn. Especially good for oil splatter type burns and steam burns, but of benefit to all types of burns. It relieves stinging, prevents blisters and infection, and speeds healing.

Conjunctivitis - Dissolve honey in an equal quantity of warm water. When cooled, apply as a lotion or eye bath.

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

Energy - Honey provides instant energy to the body. It is easily digested and absorbed and is also readily accepted by children because of its sweetness. Honey gives a steady release of energy instead of generating the peaks and valleys that come from eating sugar.

Indigestion - Poor digestion. Mix honey with an equal quantity of apple cider vinegar and dilute to taste with water. This is also wonderful for joints and promotes weight loss.

Facial Cleanser - Mix 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 other unwanted blemishes.

Fatigue - Dissolve a dessert spoon of honey in warm water or quarter honey balance of water in a jug and keep in the fridge. Honey is primarily fructose and glucose, so it's quickly absorbed by the digestive system.

Food Preservative - If you replace the sugar in cake and cookie recipes with 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.

Hair Conditioner - Mix honey with an equal quantity of olive oil, cover head with a warm tower for half an hour then shampoo off. Feeds hair and scalp. Your hair will never look or feel better!

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Hyperactivity - Replace all use of white sugar with honey. White sugar is highly stimulating with no food qualities. Honey provides the energy without the "spike."

Insomnia - A dessertspoon of honey in a mug of warm milk aids sleep and works wonders.

Longevity - The most long-lived people in the world are all regular users of honey. An interesting fact, yet to be explained, is that beekeepers suffer less from cancer and arthritis than any other occupational group worldwide.

Migraine - Use a dessert spoon of 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.

Nasal Congestion - Place a dessertspoon of honey in a basin of water and inhale fumes after covering your head with a towel over the basin. Very effective!

Osteoporosis - Research has shown that a teaspoon of honey per day aids calcium utilization and prevents osteoporosis. This is probably a very good idea for anyone over 50.

Skin Care - Its anti-bacterial qualities are particularly useful for the skin, and, when used with the other ingredients, can also be moisturizing and nourishing!

Sore Throat - Let a teaspoon of honey melt in the back of the mouth and trickle down the throat. Eases inflamed tissues.

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

Sunburn - Combine 1 cup of apple cider vinegar, 1/4 cup of honey and 1/4 cup of Aloe Vera gel. Paint onto sunburned skin with pastry brush or damp sponge.

Teeth - Charcoal powder and honey rubbed on the teeth makes them clean and white.

Wounds - The high levels of potassium found in honey make it very difficult for bacteria to survive. Applying a thin layer of raw honey to any cut, scrape or scratch is beneficial. It is speculated that the drying effect of the simple sugars and honey's anti-bacterial nature combine to create this effect.

Notes - In hot weather, when there is profuse sweating after playing games or after hard physical work, mix 3-4 teaspoonfuls of honey with the juice of one lemon and add a pinch of salt. Mix with chilled water and add ice, if necessary.

Honey with warm water is good for constipation and indigestion and increases appetite. Honey taken with hot almond milk at bedtime gives sound sleep to elderly people and children. Diabetics can also take honey in small amounts. It is not harmful.

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During recovery from any prolonged illness, especially in old age, take honey with a glass of fruit juice every day for a longevity tonics. Honey with almond milk is good for growing children, exercising adults and body builders.

Tropical Honey Coconut Water Cooler

Ingredients:

1 cup - coconut water

1/2 cup - pineapple chunks

1/2 cup - banana

2 tablespoons - honey

1/2 teaspoon - toasted coconut

3 tablespoons - rum or tequila, optional

Directions: In blender, combine all ingredients except toasted coconut. Blend on high speed until frothy; pour into a 16-ounce glass and sprinkle coconut on top.

Honey Cinnamon Arthritis Tonic

Directions: Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured.

In a recent research, it was found that when the doctors treated their patients with a mixture of one tablespoon 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, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

Lemon Honey Cough Tonic

Directions: Coughs - Combine 6 ounces (170 grams) liquid honey, 2 ounces (55 grams) glycerin and juice of two lemons.

Mix well. Bottle and cork firmly and use as required. Honey mixed with brandy is an excellent remedy for throat irritation and chronic cold and cough. It helps to bring out sputum. People with chronic bronchitis and asthma can use it as a supplementary cough mixture.

Honey Garlic Vinegar (The Miracle Elixir Tonic)

Botanical Name - Mel, (Honey), Allium sativum, (Garlic). Acetic acid, (Vinegar).

Common Names - Honey-Garlic-Vinegar Tonic. HGV tonic. Miracle Elixir Tonic.

Description - Apple cider vinegar when combined with honey and garlic create a “super tonic” for health and longevity. The Honey-Garlic-Vinegar, (HGV) tonic has been used as a blood and immune tonic for acute and chronic diseases.

Nutrition - Honey has been described as the perfect food notes the respected researcher. It contains at least 31 nutrients, 13 minerals, the component part of nine vitamins, six acids and four key enzymes. Garlic provides a storehouse of vitamins and minerals, but what excites researchers most is growing evidence that allicin, an enzyme present in large amounts in garlic, stimulates the immune system. Apple Cider Vinegar is rich in minerals and trace elements, potassium, calcium, magnesium, phosphorous, chlorine, sodium, sulfur, copper, iron, silicon and fluorine. Also rich in Vitamin C, Vitamin E, Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6 and beta-carotene, amino acids and roughage.

Actions - Immune and blood tonic.

Clinical - Acid reflux. Acne. Allergies. Alzheimer's disease. Arthritis. Asthma. Breast, cancer. Bronchitis. Cholesterol, high. Colds. Colon, cancer. Constipation. Coughs. Ear, infections. Fatigue. Fevers. Flatus. Gout. Headaches. Heartburn. High blood pressure. Hemorrhoids. Hypertension. Immune problems. Impotency. Indigestion. Infectious diseases. Infertility. Influenza. Irritable bowel syndrome. Joint aches. Muscle, aches. Obesity. Rheumatism. Sinusitis. Sore, throat. Ulcers. Toothaches. Weight, loss.

Preparations - Pour mixture into another glass container. Seal and leave in the refrigerator for five days.

The Miracle Elixir: Honey Garlic Vinegar Tonic - The combination of honey, garlic, and apple cider vinegar is a wonder remedy that can cure everything from cancer to arthritis. Amazing studies from respected universities around the world prove the miracle home remedy that costs just pennies a day to make, is a super way to fight just about any affliction.

Experts have verified that this health-restoring trio of garlic, apple cider vinegar and honey can wipe out both common and uncommon ailments.

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Honey-Garlic-Vinegar or HGV tonic helps with muscle or joint aches, Alzheimer's disease, arthritis, asthma, high blood pressure, hemorrhoids, infertility and impotence, toothaches, fewer colds and infectious diseases, obesity (a fat destroyer and weight reducer), ulcers, reduces high blood pressure and cholesterol, reduced risks of cancer of the breast - colon - esophagus - skin - stomach and stimulates the immune system.

A daily dose of honey, garlic, and apple cider vinegar has proved to be a powerful fat destroyer and weight reducer, according to research.

Honey - Honey not only makes your daily dose taste better. The sweet tonic also aids in your body's ability to absorb the medicinal properties of the powerful ingredients. Honey is packed with amino acids and essential minerals that help kick-start your body's metabolism. Honey also boosts your digestive system, helps reduce inflammation, and provides powerful antioxidants that can help prevent disease.

Garlic - Garlic can also boost your energy and immunity, fight infection and control blood pressure. Garlic helps your body break down fat-soluble molecules. Studies show that certain ingredients in garlic block agents of the cancer of breast, colon, esophagus and skin. Garlic releases at least 100 sulphur-producing components, all of which are powerful medicines.

Vinegar - Apple cider vinegar kills germs and nourishes the body at the same time, so look at the many ways people have been benefiting from the external and internal application of this folk medicine. By taking this nutritious tonic, you will, at the very least, be helping to reduce the nutrient deficiencies that result from a diet containing many processed, refined foods. Several studies have proven the therapeutic advantages of using apple cider vinegar for many complaints ranging from obesity to arthritis.

Acid Reflux - Heartburn or acid reflux is a condition in which some of the acid content of the stomach periodically backs up into the esophagus. To relieve heartburn, try drinking the HGV tonic (2 or 3 teaspoons to 8 ounces of water) before each meal.

Allergies - HGV tonic helps treat and prevent allergies, especially from flower pollen. Hay fever has been treated successfully by taking a teaspoon of HGV tonic three times a day during the allergy season.

Arthritis - Many arthritis patients start to loosen up at once. Some even call apple cider vinegar a natural arthritis tonic that frees them from stiffness, pain and throbbing aches. Within just a few weeks, most pain wracked arthritis patients can perform normal activities because of this simple tonic. In a study of arthritis, it found that a daily dose of apple cider vinegar and honey reduced pains by 90%.

Athletics - Ancient Olympic athletes would eat honey, garlic and vinegar to enhance their performance. Weightlifters, triathletes, and competitive sports figures consume HGV tonic before, during and after a workout.

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Blood Pressure - Patients given this miracle drink before breakfast showed a remarkable reduction in high blood pressure in a week. This is also wonderful for joints and promotes weight loss.

Cancer - The HGV tonic reduces the risks of breast of cancer of the breast - colon - esophagus - skin – stomach.

Cholesterol - Patients given this miracle tonic before breakfast showed a remarkable reduction in high cholesterol in a few weeks. HGV tonic cholesterol by discouraging 'bad' LDL cholesterol and increasing 'good' HDL cholesterol.

Colds - At the first sign of a cold, take 1 teaspoon of HGV tonic in half a cup of water several times a day. The HGV tonic helps prevent and treat common cold symptoms by boosting the immune system.

Coughs - At the first sign of a cough, take 1 teaspoon in a cup of water several times a day. A home remedy to soothe a nighttime cough is to sprinkle apple cider vinegar on a cloth placed on a pillow.

Digestion - Taking the HGV tonic 2 or 3 teaspoons to 8 ounces of water before a meal will enhance the action of your stomach's acid and digestive enzymes. As we age, it is common for people to produce less stomach acid (hydrochloric acid) which can lead to digestive problems.

Fatigue - Dissolve a teaspoon of tonic in warm water in a jug and keep it in the fridge. HGV tonic gives energy and stamina, and it is quickly absorbed by the digestive system.

Immunity - The overall strength of immunity is increased when taking the HGV tonic. The body becomes more able to fight germs and bacteria once you regularly consume olive leaf extract. If you have a cold or flu, then the symptoms will be relieved more quickly if you take the tonic.

Indigestion - HGV tonic helps with poor digestion, diarrhea, constipation, gas and bloating. Mix HGV tonic with water and dilute to taste.

Infections - HGV tonic fights infections. It is a great antiseptic. It has the property to destroy germs and treat infections. It is a very powerful antibiotic.

Influenza - Taking the HGV tonic every day will help to keep you generally healthy as it boosts the immune system and prevents diseases such as colds and flu. If you are starting to get sick, try using HGV tonic to decrease recovery time and the severity of symptoms. It also helps one to recover from influenza.

Longevity - HGV tonic promotes long life and good health. The most long-lived people in the world are often regular users of honey, garlic and vinegar in their diet.

Sinusitis - To help relieve the pain of sinusitis, by drinking a glass of water with 1 or 2 teaspoons of HGV tonic added, every hour for 6 to 8 hours. For excess mucus in the nose, throat, or sinuses (postnasal drip), drink a solution of warm water and 1 to 2 tablespoons of HGV tonic.

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Sore Throat - One of many natural healing home remedies for a sore throat involves gargling with a mixture of 1 teaspoon of apple cider vinegar and honey to half a cup of water, using 3 mouthfuls of mixture each hour.

Weight Loss - Since obesity is now one of the greatest threats to Americans' health, fad diets have become a popular way to lose unwanted pounds. The use of apple cider vinegar mixed with water, honey, garlic and ingested before meals has been a popular folk remedy used to assist digestion and control appetite. Research has shown that a vital component of apple cider vinegar, acetic acid, "suppresses body fat accumulation by increasing fatty oxidation and thermogenesis in the liver."

Notes - This is an excellent home remedy that you want to keep available at all times in your home. It's great as a preventative and for maintaining good health.

The base mixture includes the three main ingredients of honey, apple, cider vinegar and garlic. Each of these three ingredients have individual benefits on their own and in this mixture, a synergistic effect enhances the properties of each.

Years of research by experts around the world have proven beyond doubt that garlic, apple cider vinegar and honey are nature's magic potion.

There appears to be little doubt that this astounding honey-garlic-vinegar tonic can extend life by protecting the user from many chronic diseases.

Patients, who took the additional honey-garlic-apple cider vinegar tonic daily, were more vigorous, had fewer colds or infectious diseases and in general were healthier than those who didn't. On their own, these three ingredients are powerful natural remedies for a whole host of common problems.

Dosage - Normal dosage is one to two teaspoons in a glass of water or fruit juice, grape or orange juice. It is best before breakfast.

Miracle Elixir Recipe - Here's how to make your own miracle home remedy.

Ingredients:

1 cup apple cider vinegar

1 cup raw honey

8 cloves garlic

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Directions: Put the ingredients in a blender. Mix at high speed for 60 seconds. Pour mixture into a glass container. Seal and leave it in the refrigerator for five days. Normal dosage is two teaspoons in a glass of water or fruit juice; grape or orange juice is best before breakfast. The normal dosage is 2 teaspoons in a glass of water, daily, first thing in the morning. The mixture is very strong and should not be taken directly.

Options: There are some variations to this with the addition of other ingredients such as lemon, ginger, or cayenne pepper. Also add herbs like olive leaves for more immune boosting effects or charcoal for detox benefits. Enjoy!

HGV Weight Loss Therapy

Step 1 - Enjoy your first dose before breakfast. Mix 2 teaspoons of the tonic in 8 oz. of water. Feel free to use either hot or cold water. Many people enjoy drinking hot water as a kind of tea or elixir which can be comforting in colder weather, while the colder option can be quite refreshing in the summer.

Step 2 - Consume your second dosage before lunch. Try to limit carbohydrates or fats in your meal. The consumption of vinegar with your meal helps to control the increase in blood sugar you might normally experience after eating carbohydrates.

Step 3 - Savor your third and final dosage before dinner. Again, use the same recipe as is found in Step 1. Enjoy the entire glass before your meal.