



# The Wellness Family

Ada Family Chiropractic Keeps You Informed

## Honey and Bees

Honey can be floral, fruity, woody, nutty, earthy, smoky or spicy, depending upon its source of nectar. It can smell like an aged cheese or fresh as grass. It can look almost as clear as water or as thick and dark as molasses. No matter how it tastes, looks or smells, honey has amazing properties, and there's so much that you probably don't know about it and the little creatures that create it.

### About Honey

The National Honey Board says, "Honey is honey, it's just that simple," but is it? About 60,000 bees will live in a hive and travel as much as 55,000 miles to visit more than 2 million flowers in order to collect enough nectar to make just one pound of honey.

The color and flavor of honey will differ depending upon the blossoms used. There are actually more than 300 different kinds of honey in the United States with various floral sources such as clover, eucalyptus and orange blossoms.

Known as honig in German, miele in Italian, shahad in Hindi and miel in French (just to name a few), it is rare to find a place in the world where honey is not widely used and considered a standard part of the cultural diet.

### Healing Properties of Honey

When we think of honey, the first thought is typically, "A healthy sweetener," and that's true enough. But there's so much more to it. Honey can be beneficial in a multitude of ways, based on its antibacterial, anti-fungal and antioxidant properties. Consider the following amazing health benefits:

**Allergies** - Just a teaspoon a day of raw, local honey can decrease symptoms or prevent them altogether. In 2011, a study of 44 patients diagnosed with a birch pollen allergy who consumed either birch pollen honey or regular honey daily, experienced a 60% reduction in symptoms and twice as many days where they were without symptoms. Additionally, they had 70% fewer days with severe symptoms and a 50% decrease in the usage of antihistamines.

**Arthritis and leg cramps** - Likely, the alkalizing effect of a mixture of honey and apple cider vinegar, when used over a period of time, either internally or externally, has relieved the pain of arthritis. As this mix is anti-inflammatory, it increases circulation and, when rubbed on the legs before bed, can help prevent late night leg cramps.

**Conjunctivitis (pink eye)** - Combine equal parts warm water and honey then stir to mix well. Allow the mix to cool, then apply as an eye wash. Be aware that honey can sting a bit.

**Cough and/or sore throat** - Mix equal parts apple cider vinegar and honey, and add a twist of lemon. Drink a bit of this mixture every two to three hours. A research study has determined that children who get a dose of honey cough less and sleep better than those who get cough medicine with dextromethorphan, the ingredient in most over-the-counter cough syrups.

**Cuts, burns and other skin abrasions or wounds** - Significant research has shown the benefits of using honey in wound management. Since it has antiseptic and antibacterial properties, it helps in healing, while additionally encouraging the body to use its own enzymes and moisture to re-hydrate, soften and remove dead tissue from wounds. The Waikato Honey Research Unit in New Zealand continues to research these healing benefits and properties of honey. Spread honey liberally on wounds or burns, then leave it open to the air, it's best (especially with burns) to not apply anything more than a very light gauze.



*Honey is good for you and your family in ways that probably surprise you...*

**Diabetic sores** - One of the only treatments that can help an unresponsive diabetic wound, apply honey directly to the sore and cover with light gauze.

**Diaper rash** - No matter how bad the rash, just a thin coating and then allowing the child to go diaper-less for a bit can clear it up in no time.

**Digestion issues** - Because of its balancing effect on digestion, honey is useful for relieving both diarrhea and constipation.

**Immune support** - Routine eating of raw, organic honey increases B-lymphocytes and T-lymphocytes, two types of white blood cells that improve immunity.