



HONEY BEE NEETS ME

If you think about what honey is produced from, the pollen from numerous flowers of plants, herbs, and trees, you can imagine it should have many healthy properties. What plants the pollen comes from also determines the honey's flavor and color. In effect, the health properties none the less, are not only numerous they are truly remarkable.

For instance, a 1999 study conducted by the University of Wales Institute found that unpasteurized honey produced an antibacterial action against *Staphylococcus aureus* (more commonly referred to as just staph), a common bacteria found readily in our environment that can cause infections, especially in open wounds. Other reports indicate that honey is effective at inhibiting *Escherichia coli* (E coli a bacteria generally ingested from a food) and *Candida albicans* (candida yeast that lives in our intestinal tract which when over populated can become pathogenic).

Honey is rich in vitamins, minerals, and amino acids, which are wonderful beauty aids that nourish the skin. It is also made up of both simple sugars (called monosaccharides) such as glucose and fructose, complex sugars (called oligosaccharides) and complex carbohydrates.

Complex sugars are present in all life forms and particularly in cell membranes and cell secretions. They form the basic components of:

Hormones - made of links of complex sugars and proteins known as glycoproteins.



Blood proteins - also made from glycoprotein links, with the only exception being serum albumin.

Blood cells - especially if you have a blood group of O.

The complex carbohydrates found in honey are made up of complex sugars. They are considered prebiotic - i.e. these complex carbohydrates are non digestible, but by consuming them, you encourage

the growth of friendly intestinal bacteria in the body, which helps you digest food more easily. An unexpected wonderful side effect wouldn't you say?

It may come as a surprise to many people, but honey is an excellent source of vitamins. This is not equally true of vegetables and fruits.

One example is spinach which loses 50% of its vitamin C content within 24 hours after being picked and fruits lose some of their vitamin content during storage. In contrast, honey keeps very well. In fact, it is probably the only food that never expires!

Honey contains a variety of vitamins and minerals. The vitamin and mineral content of honey of course depends on the type of flowers the pollen came from.

When bees are allowed free forage, the honey blend is higher in a wider variety of vitamins and minerals.

Honey is high in vitamin C, a variety of B vitamins such as niacin, riboflavin, and pantothenic acid, as well as minerals such as potassium.

The amazing honey also contains powerful antioxidants, which fight free radicals and reverse aging,





and amino acids, the basic building blocks of life, essential to our very existence.

The antioxidants slow down aging by neutralizing free radicals which we can get everywhere, including from commercial beauty aids and lotions that use hydrogenated oil, instead of pure oils. Antioxidants perform healing at the deepest cellular level, allowing the benefits to manifest in a myriad of different ways.

A 2003 study conducted by the University of Illinois at Urbana-Champaign concluded that honey had a "mild protective effect". This is the first study to examine honey's effect on human blood. In this honey antioxidant study, researchers tested the blood of 25 men aged 18 - 68 over five weeks. They found drinking 4 tablespoons of buckwheat honey mixed into a 16-ounce glass of water improved the antioxidant levels in their blood.

In another study conducted by the University of California in 2004 it concluded that honey contains as many antioxidants as spinach, apples, oranges or strawberries.

Interestingly, in yet another study on honey producing antioxidants in the blood, the participants showed no weight gain for the month they were consuming honey. And some claimed that eating honey for breakfast actually made them feel full and satisfied. That's right. Substitute that sugar for honey, and feel good about it.

Honey is rich and thick, making it an effective moisturizer. Like other humectants, honey binds moisture to the skin and helps it stay hydrated . So it not only smoothes dry, rough, wrinkled skin, but honey also makes skin supple and plumps up wrinkles. Hence, honey is a valuable moisturizer for your face as well as your body.





One of the amino acids so generously supplied by honey is Tryptophan. It's a natural relaxant, it helps alleviate insomnia by inducing normal sleep, reduces anxiety and depression, relieves migraine headaches, boosts the immune system, reduces the risk of artery and heart spasms, and works with Lysine to reduce cholesterol levels.

Lysine is one of the essential amino acids which your body cannot generate on its own so you must get it from your diet. Recent studies have shown that Lysine may be effective against herpes by improving the balance of nutrients that reduce viral growth. Prolonged stressful situations increase our requirements for Lysine and it is important in the formation of collagen, the protein that forms the matrix of your bone, cartilage and connective tissue (keeping collagen strong in the connective tissues helps maintain strong youthful skin).

Methionine is yet another essential sulfur amino acid supplied by honey. As with other essential amino acids, you do not create your own so you must ingest it for survival. This amino acid contributes to the formation of important compounds in your body and works as a sulfur donor to aid in your body's detoxification processes.

The amino acid Tyrosine is a natural mood enhancer due to its ability to convert to feel-good neurotransmitters norepinephrine and dopamine in the brain, and helps with depression. Don't sweet tastes always lift your spirits? Now, you know what to use for exceptional health benefits besides just the mood enhancer. How sweet it is. It also may convert to thyroid hormone and to adrenaline which is produced by your adrenal gland in response to stress.

Cysteine functions as an antioxidant and protects the body against radiation and pollution.

Histidine, yet another essential amino acid, is





delivered mostly from our diets. It has anti-inflammatory properties and is the only amino acid found to be consistently low in the blood of those with rheumatoid arthritis.

Glutamine. This essential amino acid plays a key role in the metabolism and the gastrointestinal tract. It is the primary energy source for the cells that line your intestines and is essential to keeping them healthy. It is considered also to be a brain food by improving mental capacity. It may also help speed the healing of ulcers and reduce fatigue.

As you can see, the health benefits from just eating a little honey, or spreading honey on your skin with lotions, or creams, is enormous and awe inspiring. The beauty of nature never ceases to amaze.

Here is a quick little moisturizing lotion to create for those dry skin patches that appear at times. Mix together the following:

1. 1 teaspoon of honey
2. 1 teaspoon of olive oil
3. 1/2 teaspoon of lemon juice

Then massage into the dry area. Wash off after 15 minutes.

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