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HONEY

“There emerges from their stomachs (i.e. of bees) a drink of various hues. In it is cure for mankind. What! Do you not reflect (and derive lesson)?”
(Qur’aan)

The first recorded use of honey as a medicinal treatment was 3,000 years ago in Egypt. Since then, honey has been found to:

- Improve digestion - Use a tablespoon or two to counteract indigestion.
- Relieve nausea - Mix honey with ginger and lemon juice to help counteract nausea.
- Treat acne - It can be used as a face cleanser to fight off acne and is gentle on all skin types. Take half a teaspoon, warm between hands and spread on face gently. Leave on for 10 minutes, and then rinse with warm water and pat dry.
- Lower cholesterol.
- Improve circulation - Raw honey makes your brain function optimal by strengthening the heart and improving blood circulation.
- Reduce insomnia - Add a tablespoon to warm milk to help increase melatonin output and help you sleep.
- Provide probiotic support - Raw honey is full of natural probiotics which promote the growth of good bacteria in the gut.
- Treat allergies - If sourced locally, raw honey can help reduce seasonal allergies.
- Moisturize skin - A spoonful of raw honey mixed with olive oil and a squeeze of lemon can be used as a hydrating lotion.
- Treat eczema - Use it as a topical mixture of equal parts of honey and cinnamon.
- Reduce inflammation - Raw honey has anti-inflammatory agents that can treat respiratory conditions such as asthma.
- Help wounds heal - Raw honey used topically can help speed healing time for mild burns, wounds, rashes and abrasions.
- Treat urinary tract infections - Due to its antibacterial properties.
- Relieve sore throat - Mix with lemon or peppermint oil for fast acting benefits or add to tea.

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