

HONEY

Written by Administrator

Monday, 28 December 2020 12:27 - Last Updated Monday, 28 December 2020 12:30

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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(<https://beforeitsnews.com/r2/?url=http://www.offthegridnews.com/alternative-health/7-old-fashioned-grandma-approved-health-remedies-that-actually-do-work/>)

14 Jamaadil Awwal 1442 – 29 December 2020