

# Top 5 Health Benefits of Raw Organic Honey



Honey is one of nature's premier super foods. Not only does honey taste good in tea, yogurt, baked goods etc. but it has been a staple anti-bacterial and anti-inflammatory since ancient times. Even modern practitioners swear by its miraculous healing properties.

## 1. Honey Kills Antibiotic-Resistant Bacteria

In the world of medicine, few things can be scarier than bacteria that are resistant to antibiotics. Over the past fifty years, over-use of anti-bacterial drugs, such as Azithromycin, have encouraged harmful bacteria to evolve and become stronger. But there's no bacterium anywhere that's resistant to honey which can kill even antibiotic-resistant bacteria.

Ancient people applied it to wounds, infections, and abscesses to great effect. It is important to note that you must use **raw organic honey**, which doesn't include high-fructose corn syrup or white sugar that lower its quality and beneficial effects. Also important to note that in order to increase production, many beekeepers do feed sugar during the honey gathering season, which of course can tremendously impact the value of the honey. Important therefore, is to purchase honey from reliable beekeepers who allow the bees to gather nectar naturally from pesticide free trees and flowers.

## 2. Soothes Coughs

In addition to killing bacteria, honey can reduce the severity of coughs and sore throats more safely than over-the-counter medications. This is another example of a traditional remedy that turns out to be more effective than mass-produced drugs by pharmaceutical companies. While adult cough medicines might be dangerous for children to take, **raw honey helps** lessen the frequency and intensity of a child's cough, letting parents and kids alike get more sleep during cold season. The pollen and propolis which naturally occurs in raw honey also helps to deal with allergies, and viral infections.

## 3. Boosts Wound and Burn Healing

It has been proven that honey sterilizes and heals burns in half the time than its over-the-counter antibiotic competitor silver sulfadiazine. It can disinfect wounds the same way, allowing the body to regenerate faster and with less risk of infection or scarring. Use honey on injuries immediately after they are sustained, and then apply a bandage. Don't worry about using too much, because with honey, there's no such thing. Repeat this procedure at least once every 48 hours to make sure that you're not getting an infection (though odds are good that you won't.)

## 4. Provides Many Nutrients

Unsurprisingly, honey offers a staggering amount of nutritional value. Aside from various nutrients, like riboflavin, folate, betaine, manganese, potassium, copper, zinc, calcium, magnesium, selenium, fluoride and phosphorus, honey is loaded with antioxidants, which can lessen the risk of cancer. It also lowers LDL cholesterol and triglycerides, and generally reduces inflammation.

## 5. Raw Organic Honey is the Perfect Sugar Substitute

As if the **health benefits of honey** weren't enough, honey can play another important part in one's general well-being by sweetening your tea, cookies, pancakes and other baked goods you prepare. Though honey itself is made of fructose, it raises blood sugar far lesser than similar-tasting substances, like sucrose and dextrose. Honey has a healthy Glycemic Index, which means its sugars can be gradually absorbed into the blood stream to result in better digestion. Best of all, you can keep honey on the shelf forever, because it never spoils.

## Raw Honey Has Many Health Benefits

There's a lot that honey can do to improve an active life and diet. It's a great pre-exercise food, as it will provide the power one needs without crashing in the middle of a training session. The healing powers of honey can help heal painful stomach ulcers, hosts good bacteria, including lactobacilli, which help in the digest food, and evidence suggests that honey consumption boosts memory in menopausal women and increase the body's ability to recover from drunkenness. Old time medical practitioners knew the secrets of honey before science discovered them. Today, there are many good reasons to add this incredible food to your diet.