

**HONEY
WHERE**



IS THE



HONEY

C. du Plessis





Did You Know ?

Honey's unique composition makes it an effective anti-microbial agent, is useful for treating minor burns and scrapes, for aiding in the treatment of sore throats and other bacterial infections.

By C. du Plessis

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ABOUT HONEY

This book consist of a collection of data that was collected from the Internet over a period of time. If any of the data is incorrect, it is due to the sources where it was collected.

Care should be taken to double-check before any of the information is used in any manner.

Honey, the world's oldest sweetener, was also the major sweetener until sugar cane was cultivated on a large scale in the New World. In the ancient literature honey and the honey bees are mentioned with much feeling and with gratitude for their bounty. The Bible also speaks of a land that is "flowing with milk and honey."

In early days, honey was gathered from the hives of wild bees in rock crevices and trees. Later on, bee-hives were part of each and every monastery, castle and farm garden. With honey the principal sweetener until the 19th century, almost every small rural house-

hold kept bees. Old English books tells us how hams were cured in honey, and fruits were preserved in honey solutions. The rinsing of the combs were used to make mead, the ancient honey drink known to all people of antiquity.

Throughout the centuries, honey has also been used for medicinal purposes, in ceremonials, and also in worship. The wax from the honeycombs was equally important. Strips of clean linen dipped into melted wax were used to bind wounds, and smeared with honey to promote healing. The wax was used to waterproof leather, smooth sewing yarn, and even make a kind of primitive chewing gum.

Honey is available in four forms: extracted, comb, chunk, and creamed. Extracted honey is a liquid honey separated from the comb. This type was most readily available and used. Comb honey is sections of the waxen comb filled with honey just as the bees stored it. Section comb is sold from the hive in wooden frames which usually weigh about 1 pound or in round plastic holders weighing 12 ounces.

Honey in the comb is very fragile and hard to handle; few stores stock it, but it is available at farm markets and at roadside stands. Chunk honey consists of a chunk of honey filled comb in a container filled with extracted honey around the comb chunk. Creamed honey is the extracted honey that has been whipped into a semisolid state similar to the consistency of butter. It is very good and it is easy to spread on toast or rolls.

Honey is very often eaten as an energy food. Its simple sugars are absorbed directly into the blood-stream without digestion. Honey mixes well as a sweetener in hot and cold drinks. It goes with nearly all foods, from a simple salad dressings to vegetable and meat glazes to casserole dishes. It is especially good in desserts and baked goods. The moisture absorbing quality of honey helps breads, cakes, cookies and candies stay fresh longer. Honey wine can be served with or following a dinner, and also several after dinner liqueurs include honey.

Honey is truly a gift from the **GODS**. Its uses are just about endless. It is natural and do not contain any preservatives for honey can last for many a year without going bad. When it crystalizes it can simply be decrystallised in hot water or it can be used as is.

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FACTS ABOUT HONEY

It is more than 1400 years ago that Allah and His messenger (peace be upon him) told us that honey can heal a variety of our medical problems.

"And the Lord inspired the bee, saying: Take your habitations in the mountains and in the trees and in what they erect. Then, eat of all fruits and follow the ways of your Lord made easy (for you). There comes forth from

their bellies a drink of varying colour wherein is healing for men. Verily in this is indeed a sign for people who think."



[Quran 16:68-69]

The traditional uses of honey included honey mixed with lemon for sore throats and has also been used for stomach pains and problems, as well as certain eye conditions.

Modern research shows that honey:



- blocks the growth of oral bacteria.
- coats the throat; reduces throat irritation.
- it is effective when used in the treatment of gastric or for peptic stomach ulcers.
- it is effective in the treatment of various wounds and infections because of the antimicrobial (antibacterial, anti-viral and antifungal) properties it has.
- it is considered an antioxidant. This means it allows the blood to circulate better and provide more oxygen to areas of the body such as the brain.

it can also be used externally to promote healing when applied to wounds, even post-



operative wounds.



- it has also been effective in its use to treat burns.
- it contains a variety of sugars and minerals and has been shown to be low in calories and is useful as a sweetener for diabetics, people with heart disease or those who are over-weight.



Researchers are not quite sure why honey heals but they are learning new things about honey every day.

"Honey is considered the food of foods, the drink of drinks and the drug of all the drugs. It is used for creating appetite, strengthening the stomach and in eliminating phlegm, as a meat preservative, hair conditioner, eye salve, and even as a mouthwash. The best honey is produced in the spring, the second best is that of summer, and the least quality is produced in winter."

*The Book of Sufi Healing.
Shaykh Moinuddin Chishti*



Treatment of Burns and Skin Ulcers

A study done (1991) by Dr Subrahmanyam compared the results of topical application of honey to burns with conventional burn treatment, (silver sulfadiazine). The following results were noted and it were reproduced by Julie McCarthy, who was a post graduate student at the University of Guelph.

"Burn patients of different ages were divided into two treatment groups.

Burns of the patients in group 1 were cleaned with a saline solution and pure, undiluted, unprocessed honey was applied daily. Burns of group 2 were cleaned and covered with gauze that was soaked in a 5% silver sulfadiazine which was changed daily. The results showed that within 7 days 91% of the infected wounds treated with the honey were free from any infection, compared to less than 7 % of the silver sulfadiazine treated burns. Within 15 days, 87 % of honey treated wounds were healed compared to less than 10 % of the wounds in group 2."

Furthermore, Efem (1988) showed that the



various types of wounds and skin ulcers which did not respond to conventional methods of treatment such as the use of antibiotics and medicated dressings, as it did respond to the treatment with honey.

These included:

- Fournier's Gangrene
- Burn wounds
- Tropical ulcers
- Bed sores
- Diabetic ulcers



The anti-bacterial activity of honey is based partly on its osmotic effects in that bacteria that causes infection are unable to survive in the honey because they become dehydrated. In addition, it was noted that the presence of hydrogen peroxide generated by the enzymatic activity of the glucose oxidase in diluted honey contributes to the anti-bacterial activity. As hydrogen peroxide decomposes, it generates highly reactive free radicals that reacts and kill bacteria.

Treatment of Gastroenteritis and Stomach Ulcers





Research by Haffejee and Moose (1985) has found honey treatment shorten the duration of diarrhoea in the patients with bacterial gastroenteritis; the patients treated with honey had a mean recovery of 58 hours compared with 93 hours for control patients.

In addition, research conducted here in New Zealand by Somal et al (1994) at Waikato has shown that Manuka Honey successfully inhibits the *Helicobacter pylori*, the organism responsible for upper gastro-intestinal dyspepsia of stomach ulcers. However, it should be noted that research is on-going in this field, and although the initial results are promising, full clinical trials are yet to be completed. As well as all its other therapeutic properties, and the presence of potassium, sodium calcium and magnesium means that honey is capable of neutralising the acid in the body and thus maintaining the acid-alkaline balance.

Sources: Yoirish, N. The Curative Properties of Honey and Bee Venom. USA; New Glide Publications 1977 (pp46-54).

McCarthy, J. The Antibacterial Effects of Honey:



Medical Fact or Fiction? American Bee Journal.

Wound healing was probably the first use of honey for the human health.

According to the Ebers papyrus (from 1550 BC) honey is included in 147 prescriptions used in external applications. Also according to the Smith papyrus (1700 BC) it was used in wound healing:

“Thou shouldst bind [the wound] with fresh meat the first day [and] treat afterwards with grease, honey [and] lint every day until he recovers.”



Pabasa tombs, 26 e Dynasty, 760-656 BC

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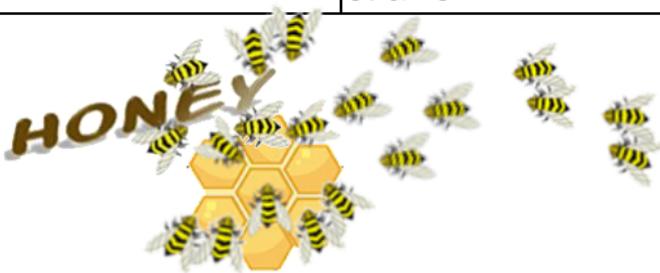
HONEY AND EXTERNAL APPLICATIONS



Bioactivity of honey	Suggested Rationale
Prevention of cross contamination	Viscosity of honey provide protective barrier
Provides moist wound healing environment	Osmolarity draws fluid from underlying tissues
Dressings do not adhere to wound surface Tissue don't grow into dressing	The viscous nature of honey provides an interface between wound bed and dressing
Promote drainage of wound	Osmotic outflow sluices the wound bed
Removes malodor	Bacterial preference for sugar instead of protein (amino acid) means lactic acid is produced In place of malodorous compounds
Promotes autolytic	Bacterial preference for



debridement 	sugar instead of protein (amino acid) means lactic acid is produced in place of malodorous compounds
Stimulates healing	Bio-active effect of honey
Anti-inflammatory	Number of inflammatory cells reduced in the honey-treated wounds
Managing infection	Antiseptic properties found, effective against a range of microbes including multi-resistant strains



Honey for wound healing under home conditions



Besides scientifically based use of honey in wound care in hospitals, but it can also be used under home conditions, as it was used for so many centuries. Although the sterilized honey is only used in hospitals, raw honey can be used under home conditions without any risk, as no adverse effects have been reported.



Prof. Descotte, lectured in several Apitherapy conferences, he has used raw honey routinely for wound care in hundreds of his cases in the hospital of Limoge, in France.

Application of honey for wound healing under home conditions, after:



It is not necessary to disinfect wound because honey will disinfect it.

1. Apply honey as much honey on gauze or a clean cotton cloth as it is necessary to cover the wound fully. The gauze and cloth need not be sterile.
2. Abscesses, cavity and/or deep wounds need more honey to adequately penetrate deep into wound tissues. The wound bed should be filled with honey before applying a honey

dressing pad.

3. Change bandage once a day. When doing it, wound need not be cleaned from honey. Honey is “dissolved“ in the wound or sticks to the gauze.

4. When changing the bandage remove hornification at the border of the wound with a pincette. It can be done under running water or with a soft tooth brush.

The cell debris, which were not removed will not disturb the healing process.

5. After cleaning the wound should be padded with as much gauze as needed for drawing out the wound liquid.

6. If wound is infected by yeast or heals badly, a mixture of honey-betadine 1:1 can be used.



Besides applying on wounds and on burns honey has also other external applications:

Against virus action on lips and in genitals

Apply honey on gauze at the critical point and change once a day.

Against boils and furuncles

Mix liquid honey and flour 1:1, add a little of water and brush with it affected area.

Cover with gauze and leave it overnight.

Against muscle cramps

Cover affected area with honey, cover with gauze or cloth and fix it with adhesive plaster. Cover with a warm wool cloth. Leave it at least 2 hours.



Against bruises and contusions

Mix honey and olive oil 1:1 and cover affected area with mixture. Cover it with gauze and leave for 4 to 6 hours.



Oral health

There is much debate whether honey is harmful to teeth.

Some of the reports show a cariogenic effect of honey, while others claims that the effect of honey is less of a cario-genic effect than sucrose. Due to antibacterial activity, honey ingestion inhibits the growth of bacteria, that cause caries and might have a cario-protective effect. It was shown that Manuca



honey, a potent antimicrobial honey, a positive effect have against dental plaque development and also gingivitis and can be used in the place of refined sugar in the manufacture of candy.

According to electron microscopic studies, ingestion of honey does not cause any erosion of tooth enamel as was observed after drinking fruit juice (pH 3.5).



Ten minutes after consumption of fruit juice, tooth erosion was seen, while 30 minutes after ingestion of honey the erosion was only very weak. This can be explained only partially by the calcium, phosphorous and fluoride levels of honey, other colloidal honey components have to be also responsible.

Summarising the different findings, it can be concluded that honey is probably not as cariogenic as other sugars and in some cases can be cario-protective, especially when a strong antibacterial honey is ingested.



However, for safety reasons, after consumption of honey it is advised to clean the teeth.

Honey against eye diseases

Since ancient times honey has been used for treatment of eye disorders.

Aristotle has written in his *Historia Animalium*:
“honey is good as a salve for sore eyes”.

It has also been used by traditional Indian medicine men in Mali.

In the Rangarya Medical College of India it has been used to treat corneal eye ulcers, treatment of plepharitis (the inflammation of the eye-lids), for catarrhal conjunctivitis and keratitits. Honey is also successful in various ailments of the cornea.

The use of honey in Russia has been reviewed: undiluted or 20 to 50% water solutions being applied to the eye under the lower eye lid against chemical and thermal burns of the eye, conjunctivitis and infections of the cornea. The healing effect of honey can be explained by the anti-inflammatory, anti-bacterial and the antifungal actions of honey.

There are reports on the successful treatment by honey of keratitis, conjunctivitis and blepharitis in Egypt as well.

The positive effect in keratitis to reducing the levels of the angiogenic factors (VEGF and TGF-beta), inflammatory cytokines (IL-12) and chemokines (CC chemokine receptor 5(CCR-5).

Another explanation of the healing effect of honey in eye disease is an irritation effect, that triggers the healing processes of the eye. Stingless bee honey has been traditionally used by the Mayas against cataract.



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HOME USES FOR HONEY

WARNING !

DO NOT AT ANY TIME GIVE HONEY TO CHILDREN YOUNGER THAN 1 YEAR OF AGE. IT CAN BE VERY FATAL TO THEM !



Honey against cough



Small doses honey, 1 to 2 tablespoons intake has been found to influence favourably the cough and also the sleep of children.

The dose of honey that was used was 1/2 teaspoon for 2 to 5 year old children, 1 teaspoon for the 6 to 11 year olds and for the 12 to 18 year-olds 2 teaspoons.

Buckwheat honey was chosen in this study because of its high antioxidant properties. The same study also shows that honey is more effective than a chemical anti cough syrup.



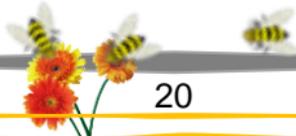
Honey improves sleep



It has been claimed for a long time that honey influences beneficially in human sleep, but there were no experiments to prove the claims.

Ingestion of one to two table spoons of buckwheat honey (10 to 20 gr) by children 6 to 18 years old, (for 6 to 11 years old, one table spoon; for 12 to 18 years old, 2 table spoons) did improve the sleep of coughing children.

According to a theoretical model, influence of honey on sleep, did show that honey do



stabilize blood sugar levels and it contribute to the release of melatonin, the hormone that is required for the recovery and rebuilding of body tissues during rest.



Influenza and common cold

An Iranian study claim that the intake of 50 gram of honey daily reduces the length of the common cold by two days.



The Ukranian doctors Frolov and Peresadin reported on a unique and long term honey intake experiment. Frolov is the chair of the department of infectious diseases in the medical university of Luganska. All members of the department took 3 times a day, a total of 40 to 45 grams of honey added to lukewarm tea. In the whole experiment 26 people of different ages took part; a unique experiment which lasted over a good couple of years. During the whole experiment no other prophylactic was used. During the last 8 years of the experiment the department was in close contact with 40 to 60 patients with influenza and inflammation of the upper respiratory organs or





with other infectious diseases like virus hepatitis, dysentery and even cholera.

During the 20 year duration of this experiment no department member had any of these described diseases. In the immunological blood test it was found that the skin and the blood had an increased bactericidal activity, combined with very low microbial counts on the skin, while there were no pathogens in the whole area of the upper respiratory organs. And there was a control group to this experiment: a medical department, which was in close proximity of Frolov's test group, which had influenza or sore throat 3 to 4 times a year. This shows that a long term honey intake increases the anti-infectious immunity.

Hay fever



Another controversial possible application of honey is the use for preventing hay fever. Bee-keepers claim that eating honey in the pre-vegetation season (i.e. during winter) will prevent or weaken hay fever symptoms. A report by Croft presented evidence that daily

ingestion during winter time of 10 to 20 grams of honey resulted in the improvement of hay fever symptoms in 16 out of 21 patients.

Münstedt and Kalder has found a positive effect of honey ingestion by means of questionnaire filled out by 29 bee-keepers.



SPECIFIC HEALTH EFFECTS OF UNIFLORAL HONEY

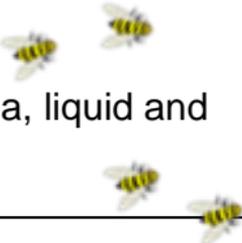
Due to different proportions of the possible sources, nectar and/or honeydew coming from a great variety of plants, no honey is completely the same as any other one. Unifloral honeys are regarded a more valuable class of honey,

and botanical denominations are widely employed on the European market, and often achieving higher prices than any of the other honey blends.

Most biological and clinical studies reviewed above have been made with undetermined types of honeys and there are few studies where comparisons have been done with the different unifloral honeys. Here the fields will be reviewed of studies have carried out.

Unifloral honey in folk medicine

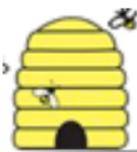


Honey type	Applications
 <p>Acacia, liquid and mild;</p>	<p>Sweetener for people with Diabetes Type II. Improved digestions. Applied at diseases of stomach, intestines, liver and kidney.</p>
<p>Buckwheat, dark and strong</p>	<p>High antioxidant activity, improve digestions, to be taken by pregnant women and when nursing.</p>



 <p>Eucalyptus, dark & strong</p>	<p>Against infection and disease of respiratory organs and urinary passages. Increases the immunity.</p>
<p>Calluna, dark and strong</p> 	<p>High antioxidant activity. Invigorating at fagigue and convalescence; against problems with kidney urinary bladder.</p>
<p>Chestnut, dark and strong</p>	<p>Improves blood circulation; against anemia and infections of kidney urinary bladder.</p>
<p>Clover, light und mild</p>	<p>Sedative</p>
<p>Lavendel, aromatic</p> 	<p>Treatment of wounds, burns, insect stings, infections or the respiratory organ; depressions</p>
<p>Linden, strong, aromatic</p>	<p>Diaphoretic, diuretic, palliative, apetising; against cold, flu, cough, sinusitis, headache, no sleep and anxiety.</p>

Manuka, Dark and strong	High antibacterial activity, against infection and for wound healing
Dandelion, aromatic	Hemo-protective, against gastric, intestine, liver, kidney and gall bladder diseases
Citrus, light and mild	Against indigestion and sleeplessness.
Rape, mild	Sedative, relaxing.
Rosmarine, mild	Hemo-protective; against gastric, intestine, liver diseases.
Sunflower, mild	Spasmolytic in asthma cases, gastric, intestine colic.
Fir, honeydew, dark, strong	High antioxidant activity. Against infection of respiratory organs
Thyme, dark and strong	Against infections of respiratory organs; wound treatment.



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HONEY



RECIPES, DRINKS AND REMEDIES

HONEY in Cosmetics

Since old times honey was used in cosmetics. Queen Cleopatra took a bath of honey and milk for her beauty. Today honey is also contained in many cosmetic products.

Generally, honey cosmetics is suitable for all skin types. Honey is hygroscopic, antibacterial and fungicide, and its ingredients nurture the skin. It is mildly acetic and contributes to the strengthening of the upper acetic protective skin layer (pH of the skin is 5.5).



Simple recipes for honey cosmetics taken from different Internet sources.

Face Masks



Place a cloth in warm water and apply to your face to open the pores. Smear on the mask, and leave on for 15 to 30 minutes. Rinse it off with warm water, and then use cold water to close the pores. Use once a week.



Cleopatra mask

Honey 1 teaspoonful
Milk 1 tablespoonful
Egg white of 1 egg



Honey mask

Place a cloth in warm water and apply to your face to open the pores. Smear on the honey, and leave on for 15 to 30 minutes. Rinse off with warm water, use cold water to close the pores. Use once a week.

Quick mask

Honey 100 g Alcohol 25 ml Water 25 ml

Egg yolk mask

Honey 1 teaspoonful
 glycerine 1
 teaspoonful 
 Egg yolk of 1 egg

Egg white mask

Honey 1 teaspoonful
 Glycerine 1
 teaspoonful
 Egg White of 1 egg

Fairness Mask

Honey 10 g
 Distilled water 155 ml + alcohol 70% 30 ml
 Borax 4 g
 Bergamot oil 3 drops + orange oil 2drops

Hand Care

Massage hands, leave for a while and wash if you need.

Emulsion for hands

Honey 2 teaspoonful
 Almond oil 1 teaspoon
 Perfume few drops

Paste for hands

 Honey 10 g
 Wheat flour 6 g
 Water 4 g






Cracked Lips

Honey 10 g and Lemon juice 10 g
To be used concomitantly with lip moisturizer containing Panthenol.



Honey Bath

Bath 1

Add 200-250 g of honey to the bathing water.

If used once in a while (e.g. every 2 weeks), it will keep on a good terger of the cells and nourishes the skin.



Bath 2

1/2 cup sea salt
2 tablespoons baking soda
1 cup boiling water
1 cup honey
2 cups milk
10 drops of vanilla oil

Dissolve the sea salt and baking soda in the bathwater, dissolve the honey in boiling water and add milk, add the milk-honey mixture and the vanilla oil to bathwater, swirl water to blend all ingredients

Honey massage

Honey massage was developed in Tibet and Russia. Both liquid and crystalline honeys can be used.

1 to 2 tea spoons of liquid honey



The honey are applied on the back.
The massagist puts hands onto this area and unglues the palms. Easy at first, "ungluing" the hands become more difficult with every move because the tension force increases.
Massage lasts until the palms no longer stick to massaged area, and the honey disappears

from it. The actual duration will depend on the type and quality of honey used. Generally, the honey massage lasts from 30 minutes.

Moisturizer

If you have a handful of sweet smelling herbs, think lavender, laying around and ready to be used, why not use them for your own home-made honey lotion?

The ratio you want to use is:



1 tablespoon of herbs per 8 ounces of honey

1 teaspoon of liquid into an 8 ounce bottle of unscented lotion

Warm the honey over a saucepan until it gets to a liquid consistency.

Pour honey over the herbs and cap it tightly.

Let it sit for a week and then mix liquid into a bottle of unscented lotion.



HONEY in Medicine

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Honey And Apple Cider Vinegar **Cough Medicine.**

(by Tarah Damask)

If you're looking for a homemade option to help get rid of a cough, the simple folk treatment of honey and apple cider vinegar mix might be for you. Thanks to the sweet taste of honey, taking it is just as easy. While this mix might be very helpful as a cough medicine, if your cough persists or worsens, do not rely on it. Pursue stronger measures or visit a doctor.

Ingredients

Use only apple cider vinegar and not one of the many other varieties of vinegar.

DrCraigReese.com explains that locally cultivated honey is good for pollen allergies, try to buy local honey if you think that pollen allergies might be a factor in your cough.

The Cough Mixture

DrCraigReese.com recommends that you mix your honey and apple cider vinegar with water.





1 to 2 teaspoons of apple cider vinegar

1 to 2 teaspoons honey



Combine in a glass of water and drink the mix one to two times a day.

An alternative mix, from the book "Herbally Yours" by Penny C. Royal (1982), includes a few more beneficial ingredients. It calls for 1/4 teaspoon of cayenne pepper, 1/4 teaspoon of ground ginger, 1 tablespoon honey, 1 tablespoon apple cider vinegar, and 2 tablespoons of water.

The pepper and ginger are used to reduce the pain and inflammation.

According to an article on Pitt.edu by registered nurse Bonnie K McMillen, there is no set dosage but taking up to three teaspoons at bedtime is effective.

According to McMillen's article, if your cough lasts for more than a week, is accompanied by a headache or a fever, or if the cough is producing a thick yellow or green mucous, then you should see a doctor.

NB: She warns not to give honey to children under 1 year old; honey can be fatal to infants.



Honey And Cinnamon And The Benefits

It is said that a mixture of **Honey and Cinnamon** cures most of the diseases.

Honey is produced in most of the countries of the world.

Ayurvedic as well as Yunani medicine have been using honey as a vital medicine for centuries. Scientists of to-day also accept honey as a Ram Ban (very effective) medicine for all kinds of diseases.

Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as medicine, it does not harm diabetic patients.

Arthritis:

- 1 part honey
- 2 parts luke warm water
- small teaspoon cinnamon

Mix the honey and the luke warm water then add cinnamon powder.

Make a paste and massage on the itching part



of the body. It is noticed that the pain recedes within a minute or two.



Or take 1 cup hot water with 2 spoons honey and 1 small teaspoon of cinnamon powder daily, morning and night. If used regularly even chronic arthritis can be cured.

Doctors treated patients with a mixture of 1 tablespoon Honey and 1/2 a teaspoon cinnamon powder before breakfast, in a recent study that was done at the Coppen Hagen University. They found that within a week, out of the 200 people treated 73 patients were totally relieved of the pain and within a month, mostly all the patients who could not walk or move around because of arthritis started to walk without pain.

Hair loss:

hot olive oil

1 tablespoon of honey

1 teaspoon cinnamon powder



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Those suffering from hair loss or baldness may apply this paste of hot olive oil, honey, and cinnamon powder before they bath. Keep it



on for approximately 15 minutes and then wash the hair. It was found to be very effective even if kept for 5 minutes also.



Bladder infections:

Take two tablespoons cinnamon powder and one teaspoon of honey in a glass of luke warm water and drink it. It destroys the germs of the bladder.

Toothache:

- 1 teaspoon of cinnamon
- 5 teaspoons of honey



Make a paste of the cinnamon powder and the honey and apply it on the aching tooth. This may be done 3 times a day daily till such time that the tooth has stopped aching.

Cholesterol:

- 2 tablespoons of honey
- 3 teaspoons of cinnamon powder
- 16 ounces of tea water



Mix the honey and cinnamon powder in the tea water.

If given to a cholesterol patient, it reduces the

level of the cholesterol in the body by 10 % within 2 hours.

As was mentioned for the arthritic patients, if taken 3 times a day any chronic cholesterol is cured. If pure honey is taken with food daily it relieves complains of cholesterol.

Colds:

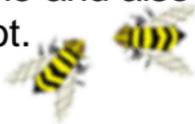
- 1 tablespoon luke warm honey
- 1/4 teaspoon cinnamon powder



Those suffering from a common or severe cold should take the luke warm honey with cinnamon powder daily for 3 days. This process will cure most chronic coughs, colds and clear the sinuses.

Upset stomach:

Honey taken with cinnamon powder do cure stomach ache and also clears stomach ulcers from the root.



Gas:

According to studies done in India and Japan, its revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.



Heart diseases:

Make a paste of honey and cinnamon powder, apply it on bread or chappati instead of jelly and jam and eat it regularly for breakfast. It reduce the cholesterol in the arteries and it saves you from a heart attack.

Also those who have already had an attack, if they do this daily, they keep miles away from the next attack. Regular use of the above relieve loss of breath and it does strengthens the heartbeat.

Various nursing homes have treated patients successfully and have found that due to the increasing age arteries and veins, which lose their flexibility and get clogged, are revitalized.

Immune system:

Daily use of honey and cinnamon powder do strengthen the immune system and protects the body from bacterial and viral attacks.

Scientists found that honey has various vitamins and iron in large amounts. The constant use of honey strengthens the white blood corpuscles to fight bacterial and viral diseases.

Indigestion:

Cinnamon powder sprinkled on 2 tablespoons of honey taken before food, will relieve acidity and it digests the heaviest of meals.

Influenza:

A Scientist in Spain proved that honey do contain a natural ingredient, which kills influenza germs and saves the patient from flu.

Longevity:

4 spoons of honey

1 spoon of cinnamon powder

3 cups of water





For longevity:



Mix together and boil to make a tea.

Drink 1/4 cup 3 to 4 times a day.

The tea, when taken regularly arrests the ravages of old age.

It keeps the skin fresh and soft and it arrests old age.



Life spans also increases and even if a person is 100 years old, he starts performing chores of a 20 year old.

Pimples:

3 tablespoons of honey

1 teaspoon of cinnamon powder paste



Apply the paste on the pimples before sleeping and wash it next morning with warm water. If done daily for 2 weeks, it removes pimples from the roots.



Skin infections:

Apply honey and cinnamon powder in equal parts on the affected parts will cure Eczema, Ringworm and all types of skin infections.

Weight loss:





Daily, in the morning, 1/2 hour before your breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup water. If it is taken regularly it reduces the weight of even the most obese person. Also drinking of this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

Cancer:

1 tablespoon of honey

1 teaspoon of cinnamon powder



Patients suffering from advanced cancer of the stomach and bones have been cured successfully by using this for one month 3 times a day.

Fatigue:

Studies have shown that the sugar content of honey is a lot more helpful than it is detrimental to the body strength.

Senior citizens who do take honey and cinnamon powder in equal parts are more alert and flexible. Dr Milton who has done research



says that half tablespoon honey taken in one glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 p.m. when the vitality of the body starts decreasing. Increases the vitality of the body within a week.



Bad breath:

First thing in the morning gargle with one teaspoon of honey and cinnamon powder mixed in hot water. It help the breath to stay fresh throughout the day.



Hearing loss:

Daily morning and night honey and cinnamon powder taken in equal parts restores hearing.



Honey Cold Cream.

Cold cream is credited as having been first developed by Galen, an 2nd century Greek physician, in his service as an attendant in a local temple to Asclepius, the Greek God of Medicine and Healing. One of Galen's



primary roles was to tend to the Gladiators following "games." Naturally, due to the frequency and the severity of their wounds, he developed a great many healing treatments, an ointment of fat and water among them. Galen's cold cream contained olive oil (for softening), water, beeswax (the base of the cream), and rose petals (for aromatherapy). It was called "cold cream" because after it was applied to the skin, its water content then evaporated, which left a cool feeling on the skin.

Commercially manufactured cold creams have long since replaced the olive oil with mineral or other oils, which will not spoil as rapidly.

Some recipes for cold cream will contain borax (commonly used for laundry whites); others will not. Borax is a natural ingredient and it act as both an antiseptic and a preservative.

A reaction occurs when it is added to those recipes containing beeswax - it turns the concoction into a creamy white colour.

Basic Cold Cream



1 ounce grated beeswax or beeswax** pellets
6 tablespoons light mineral oil
4 tablespoons distilled water
1 teaspoon borax
2-3 drops of your preferred essential oil



In a double boiler or a clean glass dish in a microwave, combine beeswax and mineral oil. Gently heat and stir until melted and it is well blended. While melting, dissolve the borax in the distilled water and heat it very gently - do not boil. Remove both pans or dishes from the heat source, and, stirring constantly, slowly drizzle the distilled water and borax solution into your wax and oil solution. When fully combined, begin to beat it vigorously until it has cooled. Add your essential oil and continue to beat until your cream is light and airy, with a brilliant white sheen. Store in clean glass jars, preferably in the refrigerator. The borax is a simple preservative, but your cream will keep best in the refrigerator, for approximately 3 to 6 weeks. Plus, the cool effect from being chilled is very pleasant.



Honey Cold Cream



40 g (approximately 1.5 ounces) of fresh, good quality cold pressed safflower oil

40 g (approximately 1.5 ounces) distilled water

10 g (approximately 1/3 ounce) of beeswax pellets or grated beeswax**

1 teaspoon honey

1 teaspoon borax, if a white cream is desired, otherwise, optional



** Be aware that some people are allergic to beeswax. Exercise caution.

1 heat resistant microwave safe bowl with lid

1 hand whisk or wooden spoon

1 teaspoon or dropper

Kitchen scales

Heat resistant pot (small) to contain the cream

Ice cube trays

Freezer Storage Container



Combine safflower oil and beeswax pellets or shavings into a clean, dry bowl.

Microwave it on low, gently, until the beeswax has melted.

Slowly drizzle the teaspoon of honey into the oil mixture, beating thoroughly. A dedicated blender or food processor works fine (dedicated meaning you keep a spare one for craft projects, and you do not use it for food preparation for a risk of cross-contamination). 

Using a teaspoon or a dropper, slowly drop minute amounts of distilled water into the oil/wax/ honey, whisking quickly the entire time. Once you have incorporated all of the distilled water into the mixture, allow your cream to "settle" for at least five minutes. Water which has not incorporated will settle to the bottom, and the cream layer will rise to the top. 

Drain off and discard this lower layer of water. Gently spoon one teaspoon of "cold cream" into each well of a clean, dry ice cube tray. Freeze until solid. (Optional: Spread a large, loose piece of plastic wrap over the tray for easy removal of the cubes at one time). Remove frozen cubes from the tray and place them into an airtight freezer storage container, or zip-lock bag. 

Each evening, remove a frozen cream cube  

from your freezer, and place into your "daily pot."

An empty, clean cosmetic pot works well.

Thaw overnight, in your refrigerator, and use the cool, chilled cream within 24 - 48 hours.

Repeat the process each evening, or as often as you feel like a smoothing lift.

This remedy is particularly nice on hot summer evenings when your face needs both a moisture boost, and a cooling treatment.

We recommend you keep your cold cream frozen and refrigerated at all times - the borax is a mild, but not aggressive preservative, and chilling will preserve the shelf life.

Insure the containers or jars you will be using are sterile by boiling them in hot water. This will help prevent contamination of your finished product, which could lead to spoilage.



Honey against COUGH

Small doses of honey, 1 to 2 tablespoons intake has been found to influence favourably cough and also sleep of children.



The dose of honey used was:

1/2 teaspoon for 2 to 5 year olds,

1 teaspoon for the 6 to 11 year-olds and

2 teaspoons for 12 to 18 year-olds



Buckwheat honey was chosen because of its high antioxidant properties. The study shows that honey is more effective than a chemical anti cough syrup.

Honey improves SLEEP



It has been claimed for a long time that honey influences beneficially human sleep, but there were no experiments to prove the claims.

The ingestion of:

1 table spoon buckwheat honey by children of 6 to 11 years old

2 table spoons buckwheat honey by children of 12 to 18 years old

1 to 2 table spoons buckwheat honey (10 to 20 gram) by children of 6 to 18 years old improves also the sleep of coughing children.

Honey stabilizes blood sugar levels and it contributes to the release of melatonin, the hormone required for recovery and rebuild-



ing of body tissues during rest.

Influenza and common Cold



An Iranian study claims that intake of 50 g of honey daily reduces the length of the common cold by two days.

Take 3 times a day, a total of 40 to 45 gram of honey added to lukewarm tea.

In an unique experiment 26 people took part and during the whole experiment no other prophylactic was used. During the last 8 years of the experiment the department was in close contact with 40 to 60 patients with influenza and inflammation of the upper respiratory organs or with other infectious diseases like virus hepatitis, dysentery and even cholera.

During the 20 year duration of the experiment no department member had any of the described diseases. In the immunological blood test it was found that the skin and the blood had an increased bactericidal activity, combined with very low microbial counts on the skin, while there were no pathogens in the whole area of the upper respiratory organs.



WARNING !

DO NOT AT ANY TIME GIVE HONEY TO CHILDREN YOUNGER THAN 1 YEAR OF AGE. IT CAN BE VERY FATAL TO THEM !



Recipes For Honey Cough Medicine.

By Kimberly Harris

Honey has been used for medicinal purposes since the dawn of time, and researchers say that honey is one of the best natural medicines avail-



able today. Honey do contain anti-microbial agents that can kill viruses, bacteria and fungi; honey also acts as an anti-inflammatory agent and helps wounds to heal more quickly.

Scientists say that honey contains amazing antibiotic properties as well. One of the most common uses for honey is in the treatment of sore throats and colds.

Listed below are several recipes for home-



made honey cough medicine.



Honey-Lemon cough syrup

Honey-Lemon cough syrup is by far the most common homemade honey cough medicine. It's easy to prepare and works great to sooth a sore throat and quiet coughs.

Place 16 ounces of raw honey in a pan and cook on low heat. (Do not allow honey to boil.)

Place a whole lemon in a pan of boiling water and allow to boil 2 to 3 minutes or until outer skin softens.

Allow lemon to cool and slice into 4 pieces.

Place sliced lemon into honey.

Simmer on low for one hour.

Strain mixture to remove the lemon and seeds.

Allow mixture to cool and place in a sealed container.

Refrigerate up to two months.



Adults take 1 Tablespoon; children 50 pounds and over, 1 teaspoon; and children under 50 pounds, 1/2 teaspoon. May be taken up to four times a day or as needed.



WARNING: Do not give honey to children

under the age of 2.



Anise-Honey cough syrup

Anise is routinely used to treat coughs, bronchitis and asthma.

Recent scientific studies support the use of anise to loosen the bronchial secretions and lessen chest congestion.

Crush 1 teaspoon of anise seed.



Cover crushed anise seed with 1 1/2 cups of boiling water and allow to sit for 30 minutes.

Strain the liquid and simmer for 1 hour or until you have 1 cup remaining.

Add 2 cups honey and mix well.



Place in an airtight container and refrigerate for up to two months.



Adults take 1 Tablespoon; children 50 pounds and over, 1 teaspoon; and children under 50 pounds, 1/2 teaspoon. May be taken up to four times a day or as needed.

WARNING: Do not give honey to children under the age of 2.

Horehound-Honey cough syrup



Horehound has an expectorant that loosens phlegm. Horehound has been used for generations as a treatment for coughs and colds.

Place 1 ounce of dried horehound leaves into 16 oz. of boiling water.

Allow to sit for 10 minutes.

Strain the fluid to remove the leaves.

Add one part of this mixture to two parts honey.

Place in an airtight container and refrigerate for up to two months.



Adults take 1 Tablespoon; children 50 pounds and over, 1 teaspoon; and children under 50 pounds, 1/2 teaspoon. May be taken up to four times a day or as needed.

WARNING: Do not give honey to children under the age of 2.



Did You Know ?

Honey is a rich source of carbohydrates, provides a quick source of energy.

If your honey crystallizes, then simply place the honey jar in warm water and stir until the crystals dissolve.

Energy Booster

Feeling a tad lethargic? Skip the coffee and go for the honey instead.

Mix a tablespoon honey into a cup of tea and you'll be feeling better in no time.

You can add it to most of the drinks for an extra energy boost.

Forget energy bars and shots, just pop a tablespoon of honey before your next workout.

Seriously, it has been proven to boost athletic performance.

Coughing

This is a soothing throat remedy for problems brought on by exertion.

1 lemon

1/2 cup honey

1 tablespoon glycerine

Cover the entire lemon with water in a small saucepan.

Boil for 1 minute then remove from heat.

While still hot, slice the lemon in half and then squeeze all the juice into a bowl, removing seeds.



Stir in the glycerine and honey.

Store the syrup in a well sterilized glass bottle, tightly capped, on a shelf. If the syrup become too cold, warm it slowly by setting the jar in a pan of warm water. The syrup will keep for up to 2 months.

Coughing

1/2 lb. flax seed (you can get this at most groceries)

1 cup granulated white sugar

Juice of 6 lemons (can come from a bottle)

1/2 lb. of honey

1 1/2 pints of water

Put flax seed in a bag; pout over the water and let simmer down to half that amount.

Remove from heat and add the other ingredients while it is still hot.

Give teaspoonful as often as necessary.

Yield: between 1 and 2 pints.





Coughing

The ingredients are a combination of spices and nutrients with no unpleasant medicinal side effects -- no drowsiness, no dry mucous membranes, cautions about using machinery or driving.

It soothes an irritated throat and relieves chest congestion and phlegm. It tastes terrible but if you have a persistent cough, it's worth a try.

- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground ginger
- 1 Tablespoon honey
- 1 Tablespoon apple cider vinegar
- 2 Tablespoons water



Mix and take by the teaspoon.

Take 3 teaspoons for a bad dry cough.

CAUTION:

Any cough persisting more than a week, and accompanied by headache or fever, and any cough which is productive of thick yellow or green mucous should be evaluated by a physician.

One precaution I have read is regarding the

honey: Do not give honey to children under 1 year of age unless it is pasteurized or boiled for five minutes. I would not give this mixture to a young child anyway, because the taste is too strong, and a child with a cough should be seen by a paediatrician.



Blood Problems, Energy booster, Sleeplessness, Calm down someone;

This was given to me by a doctor for my dad who had a problem with bleeding. He was a type O and a free bleeder (Hemophilia). One day while on the toilet he started bleeding and nearly lost his life.

1 tablespoon honey



1 tablespoon Apple Cider Vinegar



1 glass warm water (as hot as you can)

Mix the honey and cider in the water and then drink as hot as possible.

This should be done twice a day, in the morning and at night before bedtime.



I modified it for my own use (do not do this if you are a free bleeder). Add a tablespoon of whisky to the mixture and it will help you sleep,

calm you down, boost your energy and if you do have a heart problem it will help to thin the blood.

Some people do not add the whisky but they use it with cinnamon, 1 teaspoon per glass.



INFLUENZA: Treating the dry irritable cough.

The most universal presenting symptom of influenza is the dry irritable cough. The natural host cell of the influenza virus is the epithelial cell in the bronchial tract and trachea. The infected cells are inflamed by the body's attempt to remove them and mucous secretions may be deficient.

Quick Cough Syrup

1 licorice root

pint of water

1 tablespoon of wild cherry bark

1/2 cup of honey

Place the licorice root in the water and boil for



five minutes, take off the heat.

Let it cool 10 minutes then add the wild cherry bark and honey.

Let sit until it cools to room temperature.

The dose is a quarter cup.

Another Quick Recipe

a pint of boiling water

an ounce of slippery elm bark powder

3 tablespoons of honey

Into the boiling water, stir the slippery elm bark powder and the honey.

Turn off heat; let stand for a half hour, strain and take as desired.

Formulas for influenza

Demulcent drink

4 parts *Althea officinalis* (Marshmallow)

2 parts *Ulmus* spp. (Slippery elm; Siberian elm)

1 part licorice

Make as tea, simmer 20 minutes, add one cup with 3 tablespoons honey per liter of water.

Drink as beverage.



Cough relaxant tincture

1 part Lobelia inflata

1 part Prunus spp. Wild cherry bark

1 part licorice

Dry cough syrup

HONEY

Simmer 4 oz. fresh Zingiber (ginger) root and 2 oz. Glycyrrhiza (licorice) in 4 pints of water over low heat until the mixture has been reduced to 3 pints. Strain again and add 3 cups of honey and 1/2 cup each lobelia vinegar and Asclepias tuberosa (pleurisy root) tincture, and the juice of one lemon. Skim any froth that forms on the top and add 1 dram each anise and thyme essential oils when cool.

Adults may use 1 tablespoon 5 or 6 times a day, children 1 teaspoon. May use hourly for acute respiratory problems. (Stansbury, J.)

HONEY in Food



Cooking Tips

For best results, use recipes developed for using honey.

When you do substitute honey for granulated sugar in recipes, begin by substituting honey for up to half of the sugar that is called for in the recipe.

When substituting honey for sugar in baked goods:



Reduce the liquid in the recipe by 1/4 cup for each cup of honey used.

Add about 1/2 teaspoon baking soda for each cup of honey used.

Reduce oven temperature by 25 degrees to prevent over-browning.

For easy measuring and clean-up, coat the measuring cup or spoon with cooking spray before adding honey.

A 12-ounce jar of honey is equal to a standard measuring cup.



Storage

Store honey at room temperature, your kitchen counter or pantry shelf is ideal.

Storing honey in the refrigerator accelerates the honey's crystallization.

Crystallization is the natural process in which

liquid in honey becomes solid.



If your honey crystallizes, simply place the honey jar into warm water and stir until the crystals dissolve. Or, place the honey in a microwave-safe container with the lid off and microwave it, stirring every 30 seconds, until the crystals dissolve. Be careful not to boil or scorch the honey.



Grilling Tips

- Marinate foods in the refrigerator, not on the counter or outdoors.
- Don't use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.
- If you partially cook food in the microwave, oven, or stove to reduce grilling time, do so immediately before the food goes on the hot grill.
- When it's time to cook the food, then cook it thoroughly. Use a food thermometer to be sure.

Blazing Bronco Burgers With Smoking Chipotle Honey Sauce

Makes 4 servings



- 1 lb. ground beef or ground buffalo
- 1 teaspoon Creole or Cajun seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 hamburger buns
- 4 slices red onion
- 4 lettuce leaves
- 4 slices tomato
- 4 slices (1 oz.) Pepper Jack cheese
- 4 roasted Anaheim chilli peppers, fresh or can
- Smoking Chipotle Honey Sauce (*see recipe*)



To prepare burgers, divide meat into 4 equal portions and shape into patties.

Combine salt, pepper and Creole or Cajun seasoning; sprinkle the mixture evenly over the 4 patties.

Grill the burgers until nearly cooked to the desired level.

Top each patty with a chilli pepper, followed by a slice of cheese.

Cover the grill and cook burgers until cheese melts and burgers are cooked to desired level.

Spread the Smoking Chipotle Honey Sauce



evenly on each of the four buns.

Serve the patties on buns; garnish with lettuce, tomato and red onion.

Smoking Chipotle Honey Sauce



Combine: 1 canned chipotle pepper in adobo sauce sliced, 1/3 cup of honey, 2 Tablespoons of mayonnaise, 2 Tablespoons ketchup and 1 Tablespoon yellow mustard.

Howling Honey-Berry BBQ Sauce

Makes 2 cups

1 cup water

4 teaspoons corn-starch

Non-stick cooking spray

1 teaspoon minced garlic

2/3 cup honey

1/2 cup ketchup

3 Tablespoons hot sauce

6 Tablespoons green onion, thinly sliced

6 teaspoons chopped, seeded fresh jalapeno peppers

4 Tablespoons red raspberry preserves unseed



In small bowl, whisk together water and corn-starch.

Spray the bottom of a medium saucepan with non-stick cooking spray.



Over medium heat, sauté garlic, green onion and chopped jalapeño for 2 to 3 minutes or until softened.

Add honey, raspberry preserves, ketchup and hot sauce; stir.

Cook for 1 to 3 additional minutes.



Whisk in water/corn-starch mixture and continue to cook until sauce thickens, about 3 minutes. Remove from heat and allow the sauce to cool slightly.

Tip: *Howling Honey-Berry BBQ Sauce may be used on chicken, ribs or pork chops.*

Always add honey sauces to meat during last minutes of grilling to avoid caramelization and burning.

Recipe by Shannon Kohn, South Carolina.





Honey Roasted Peanuts

(By Elizabeth LaBau)

This Honey Roasted Peanuts recipe produces golden brown nuts with a deep honey taste, a satisfying crunch, and a kiss of salt. It is best to use raw nuts in this recipe, but if you can't find any raw peanuts, use nuts with as little processing and salt as you can find. You can also experiment with by adding other spices, like cayenne or chipotle powder, to make this spicy honey-roasted peanuts.



Ingredients:

- 1/3 cup honey
- 1 pound raw peanuts
- 2 tablespoons butter
- 2 teaspoons salt
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/4 cup granulated sugar



Preparation:

1. Prepare a baking sheet, lining it with aluminum foil and spraying the foil with nonstick cooking spray. Preheat oven to 325°F (160°C).

2. Place the butter, honey, vanilla, cinnamon, and 1 teaspoon of salt in a large microwave-safe bowl and microwave it until the butter is melted, about 45 seconds, stirring it halfway through. Once melted, stir until the liquid is smooth.



3. Add the peanuts to the honey mixture and stir until they're all coated. Pour the peanuts out onto the prepared baking sheet and spread them into an even layer.

4. Bake the peanuts for a total of 20 minutes, stirring every 5 minutes to prevent burning. The peanuts at the edges will brown faster, so it's important to stir regularly to get an even roasting.



5. Once the peanuts are golden brown, remove them from the oven and stir again to distribute the honey on the baking sheet. After a minute or two, sprinkle the granulated sugar and remaining 1 teaspoon salt on top and stir again, to give them a bit of texture. As they cool at room temperature, stir occasionally, to break up any big clumps.

6. Once the peanuts have cooled completely,



place them in an airtight container or plastic bag and store them at room temperature.



How To Make Honey From Table Sugar by Larry Parr

You don't need bees to make honey. With a little effort, you can make your own honey, almost identical in taste to natural honey, with just a few clover and orange blossoms, some ordinary table sugar and 1 teaspoon of alum.

Things You'll Need

- 10 cups of granulated white sugar
- 50 clover blossoms
- 2 cups of orange blossoms
(or 20 Fireweed blossoms)
- 2 1/2 cups water
- 1 teaspoon Alum
- 2 heavy sauce pans
- Strainer



Instructions

1. Collect at least 50 clover blossoms. If it is possible, combine the white and purple clover

blossoms. Collect 2 cups of orange blossoms (or 20 Fireweed blossoms if you live in the northern part of the U.S. or in Canada).

2. Place clover blossoms and orange blossoms (or Fireweed blossoms) into a large, heavy pot or a sauce pan with 2 1/2 cups of water. Cover and bring to a boil. Remove from stove and allow to simmer for 10 minutes.

3. Strain liquid into the second large, heavy pot or sauce pan. Squeeze the liquid from the blossoms and let it strain into pot. 

4. Add 10 cups granulated white sugar to the liquid. Add 1 teaspoon alum. Stir to dissolve. Bring to a boil uncovered. Reduce heat and continue boiling for 10 minutes. Stirring it constantly.

5. Ladle the somewhat-thickened mixture into clean jars and seal it. Allow the jars to sit overnight. Open the following day and enjoy your homemade honey!

Tips & Warnings

- Homemade sugar honey will last at least 4 or 5 years, and possibly longer if left in a sealed container.

- Store and treat your homemade honey exactly as you would the honey purchased from a store.
- It is also important that you do collect the clover blossoms as well as orange or the Fireweed blossoms, and boil them for your honey. If these ingredients are only available for a limited time in your area, make as much honey as you can while they are available.
- Follow all cooking times exactly.



Did You Know ?

Honey can be used to treat open wounds and is an antiseptic.



If your honey crystallizes, just place the honey in a micro-wave-safe container with the lid off and microwave it, stirring every 30 seconds, until the crystals dissolve. Be careful not to boil or scorch the honey.



Honey Rice Krispies Bars

- 3 cups Cocoa Krispies
- 4 cups Rice Krispies
- 1 cup HONEY
- 1 cup peanut butter



Mix the Cocoa Krispies and Rice Krispies together and set aside.

Melt together the HONEY and peanut butter, stirring thoroughly.

Mix in the Krispies and pat into a greased 9 X 13 pan.

Melt the chocolate chips as a topping if you like, but these are just as good plain.



Energy Berry Smoothie

- 3 cups frozen berries
- 1 Tablespoon Bee Pollen
- 3 cups milk
- 1 banana
- 4 Tablespoon HONEY

Purée all ingredients in a blender until smooth.



HONEY TORTILLA ROLL-UPS



Makes 4 dozen pinwheels

- 10 flour tortillas
 - 1 cup sour cream
 - 1/4 cup HONEY
 - 1/4 cup chopped onion
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon garlic powder
 - 1/4 cup chopped green peppers
 - 8 oz. package cream cheese
 - 1/2 cup shredded cheddar cheese
 - 1 teaspoon canned chilli peppers, chopped
- 
- 

Beat together the cream cheese, sour cream, and HONEY until smooth.

Stir in the remaining ingredients.

Spread equal amounts of mixture onto each tortilla.

Roll up and place in a covered dish and chill for two hours.

Slice each roll into 1 inch pieces.



For more honey recipes, fun honeybee facts
and general information, visit
www.honey.com.



HONEY FACTS

HONEY is an invert sugar: 38% fructose, 31% glucose, 1% sucrose and 9% other sugars.

- HONEY absorbs and retains moisture.

Therefore, baked goods will not dry out or become stale as quickly as sugar sweetened goods.

- Because of high fructose content, HONEY has a higher sweetening power than sugar and less of an effect on blood glucose and insulin levels.
- A 12-ounce jar of HONEY equals one cup.



COOKING TIPS

For the best results, use recipes developed for HONEY. When you are substituting HONEY for granulated sugar in recipes then use the following guidelines.

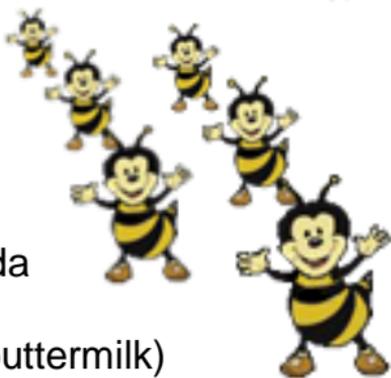


- Substitute $\frac{2}{3}$ to $\frac{3}{4}$ cup HONEY per cup of sugar.
- Reduce amount of liquid by $\frac{1}{4}$ cup for each cup of HONEY.
- Reduce the oven temperature by 25°F to prevent overbrowning of baked goods.
- For easy removal, spray the measuring cup with vegetable cooking spray before the adding of HONEY.



Honey Rhubarb Muffins

- 1 egg
- $\frac{2}{3}$ cup cooking oil
- $\frac{1}{2}$ cup HONEY
- $\frac{1}{2}$ teaspoon vanilla
- $2\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking soda
- $\frac{1}{2}$ cup chopped nuts
- $\frac{3}{4}$ cup sour milk (or buttermilk)
- $1\frac{1}{2}$ cups fresh chopped rhubarb



Sift dry ingredients together and set aside.

In a mixing bowl, stir the oil, HONEY, sugar and egg until well blended.

Alternately add the dry ingredients and the milk to the mixture.

Stir in rhubarb and nuts.

Spoon batter into greased muffin tins.

Top with a mixture of 1/2 cup of sugar and 1 tablespoon of butter.

Bake at 325° for 35 to 40 minutes.



Citrus Spinach Salad



3 Tablespoons HONEY

2 Tablespoons lime juice

1 teaspoon grated lime peel

1/8 teaspoon ground nutmeg

1/3 cup olive oil

10 cups torn fresh spinach

3 medium navel oranges,
peeled and sectioned

2 medium pink grapefruit,
peeled and sectioned

1 medium red onion, sliced
and separated into rings



In a blender, combine the HONEY, lime juice, lime peel and nutmeg; cover and blend.

Gradually add oil until dressing is thickened.

In large salad bowl, combine spinach, oranges and grapefruit.

Drizzle with the dressing; toss to coat and top with onion.



Honey Cinnamon Rolls



2 packages yeast	1/2 cup warm water
1/2 cup shortening	1/2 cup HONEY
2 teaspoons salt	1 pint milk
2 eggs	6 cups flour
1/2 cup margarine	1/4 cup brown sugar
1 cup vanilla ice cream	1/2 cup chopped nuts
1/2 cup brown sugar and 1 teaspoon cinnamon mixed	

Dissolve the yeast with warm water in a small bowl and set it aside.

In a large pan, melt the shortening and add HONEY, salt and milk, and allow it to cool.

Beat eggs and add to yeast mixture then, beat in flour.

Turn out dough on floured surface and knead until smooth.

Place dough in bowl and let it rise until it is double in bulk.

Prepare two 9 X 12 pans with 1/4 cup margarine each and sprinkle with brown sugar. Add nuts and dab teaspoons of ice cream over the entire pan.

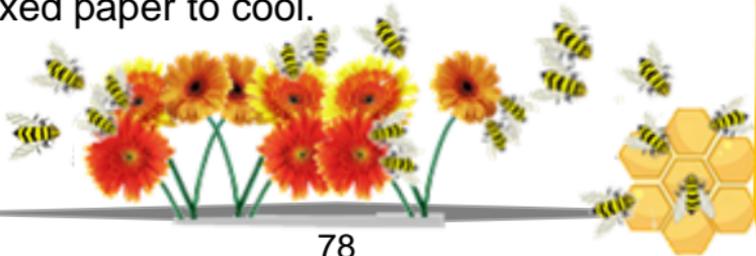
When dough has risen, punch down and place half on floured surface and roll out to 9x12 size with floured rolling pin.

Spread with butter or margarine, then brown sugar and cinnamon.

Roll up like a jelly roll then cut off about 1 1/2" slices and place on prepared 9 X 13 pan. You should get about 16 cinnamon rolls per pan.

Let these rise until double in bulk then bake in a 350° oven for about 30 minutes.

When brown on the top turn upside down on waxed paper to cool.





Spiced Honey Butter

- 1/4 cup HONEY
- 1 teaspoon grated orange peel
- 1/2 teaspoon ground cinnamon
- 1/2 cup butter or margarine, softened

Combine all the ingredients, mix it well and serve with biscuits, bread or toast.



Sweet Potato Soufflé

- 1/4 cup milk
- 3/4 cup HONEY
- 1 stick melted butter
- 1 Tablespoon vanilla
- 2 eggs, slightly beaten
- 1/2 bag small marshmallows
- 1/2 cup finely chopped pecans
- 6 cups boiled and mashed sweet potatoes



Mix all ingredients except marshmallows and pecans.

Spread into 2 quart baking dish and top with pecans and marshmallows.



Bake at 325° for 20 minutes or until marshmallows are browned.



Oven-Fried Honey Chicken

4 boneless, skinless chicken breasts - 4oz. each
1/2 cup buttermilk baking mix
1/4 teaspoon pepper
1/2 cup HONEY
2 Tablespoons olive oil
2 teaspoons ground ginger
1 teaspoon seasoned salt



Coat chicken with HONEY; set aside.

Combine baking mix, ginger, seasoned salt and pepper.

Roll the HONEY coated chicken in seasoning mixture.

Brown chicken in hot oil in non-stick skillet.

Place chicken on rack in baking pan.

Bake at 350° for 30 minutes or until juices run clear.



GINGER BEE COOKIES





- 1 egg
1 1/2 cups HONEY
5 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon ground cloves
3/4 cup butter or margarine, softened
1 Tablespoon each ground ginger and ground cinnamon



In large bowl, cream the HONEY and butter until light and fluffy then beat in the egg.

Add the flour, baking powder, ginger, cinnamon and cloves; mix until it is combined.

Wrap dough in plastic wrap and then refrigerate for at least 2 hours.

When the dough is chilled, divide dough in half; return one half to refrigerator.

Dust work surface and dough with flour.

Roll out dough to 1/4" thick and cut into the desired shares using cookie cutter.

Transfer to a well-greased baking sheet and bake at 350°F for 10 to 12 minutes.

Remove cookies from sheet and cool on rack.

Rooftop Honey Goat Cheese Ice Cream



Serves 6

- 1 Litre heavy cream
- 250 ml milk
- 6 oz. chevre
- 1/2 cup sugar
- 3/4 cup honey
- 9 egg yolks
- 1 vanilla bean, split



Bring the heavy cream, milk, sugar, honey and vanilla bean to a scalding temperature (above 150 degrees Fahrenheit).

Have the yolks ready to go in a bowl and when the liquid is hot add it slowly to the egg yolks stirring quickly.

When the two are combined return the liquid to the pot and put on low heat until the liquid thickens enough to coat the back of a spoon and stay there. Place in an ice bath and cool.

Place in the ice cream maker until creamy.

Remove and place in freezer.

Serve within 5 days.



Basil And Honey Collins



- 1 1/2 oz. Beefeater Gin
- 1/2 oz. Drambuie
- Fresh lime juice
- 1 oz. honey syrup
- 1 basil stem

Add all the ingredients to a shaker.

Add ice and stir for 20 seconds.

Top with soda strain into a highball glass filled with crushed ice.

Garnish with a basil stem.



Honey And White Chocolate Truffles

1. Temper 700 g of dark chocolate
2. Pour into the chocolate moulds
3. Allow to sit for 4-5 minutes
4. Pour out excess chocolate
5. Allow chocolate shells to harden
6. Fill 3/4 full of honey ganache (recipe below)
7. Pour tempered chocolate over the mould and scrape away excess
8. Allow chocolate to harden completely



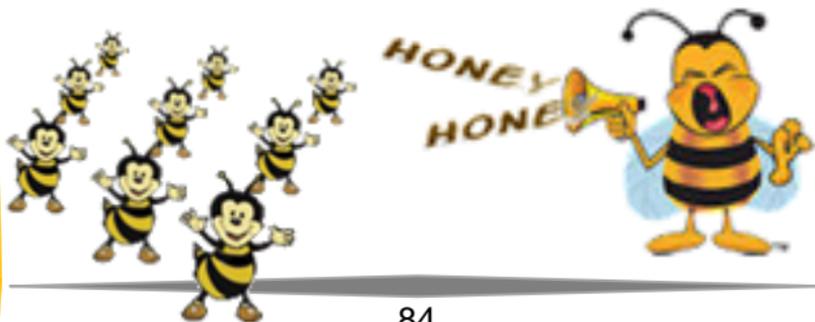
9. Tap free from mould
10. Enjoy

Honey Ganache

- 454 g white chocolate
broken into chunks
- 70 g honey
- 225 g cream
- 75 g butter



Bring cream to a boil
Add honey and dissolve.
Add chocolate and stir until the chocolate is completely melted.
Add butter and stir until completely melted and ganache is emulsified.
Allow it to cool and set completely, preferably overnight.



Honey Cured BBQ Salmon

Serves 8



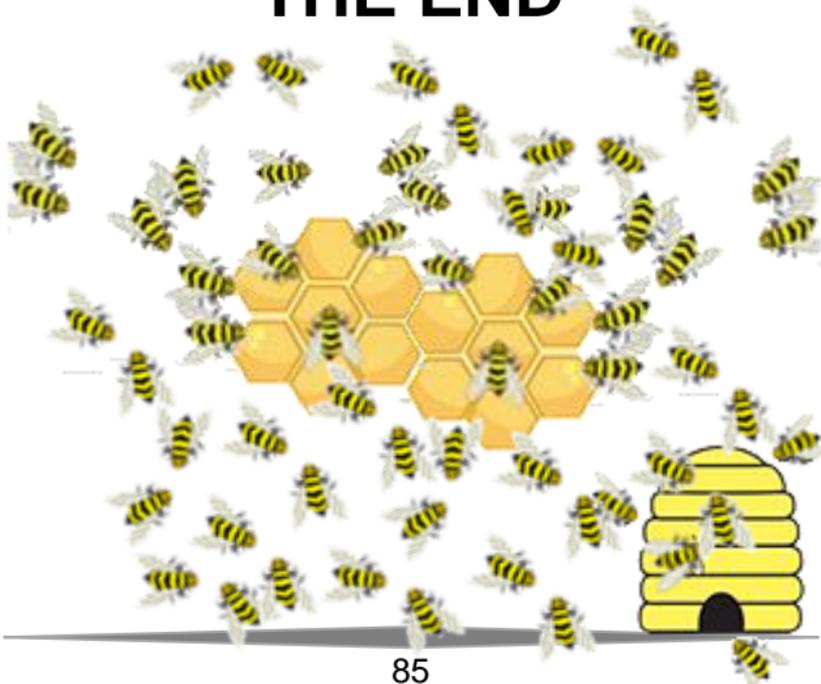
3 cups honey
kosher salt
coarse cracked black pepper

1 cup rice vinegar
chopped chervil

1 1/2 Kg Salmon Fillet, scaled with skin on
1 pan of apple wood chips, soaked 1/2 hour
and drained

 Back

THE END



**There was so much to learn, and there
are still a lot that has not
been touched or mentioned.**

**This book is for all the Honey Lovers
out there.
And hopefully a couple has been
convinced.**



**By C. du Plessis
July 2012**