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The benefits of raw honey

by Luella May

(NaturalNews) When we look at the word "raw", we associated it with the preservation of important vitamins, minerals and enzymes. Just as raw vegetables are preferable because of their nutritional content, the same is true of honey. Raw honey is honey that has not been heated, pasteurized or processed in any way. The differences between raw and pasteurized honey are substantial. Raw honey is an alkaline-forming food that contains natural vitamins, enzymes, powerful antioxidants and other important natural nutrients. These are the very nutrients that are destroyed during the heating and pasteurization process. In fact, pasteurized honey is equivalent to and just as unhealthy as eating refined sugar.

Raw honey has anti-viral, anti-bacterial, and anti-fungal properties. It promotes body and digestive health, is a powerful antioxidant, strengthens the immune system, eliminates allergies, and is an excellent remedy for skin wounds and all types of infections. Raw honey's benefits don't stop there. Raw honey can also stabilize blood pressure, balance sugar levels, relieve pain, calm nerves, and it has been used to treat ulcers. Raw honey is also an expectorant and anti-inflammatory and has been known to effectively treat respiratory conditions such as bronchitis and asthma.

Raw honey purchased from a local source is an excellent way of treating seasonal allergies. Local honey is preferred for treating allergies because the likelihood is great that it will contain small amounts of the specific pollens an individual may be allergic to.

Raw Honey is an effective natural remedy for a variety of conditions

For centuries, honey has been used to treat all sorts of ailments. It can be applied topically to heal wounds and rashes, or it can be taken internally to treat infections and address other health concerns. Although there are numerous remedies, the following are popular remedies for common everyday conditions.

For skin burns, rashes, and abrasions, place a [honey](#) poultice over the affected area.

Raw honey is also an effective treatment for acne. A small amount placed on blemishes and acne nightly will often clear the skin in a short period of time. Washing your face with honey will also leave you with sparkling, clean, soft skin.

Raw honey's antibiotic properties are effective in treating colds and sore throats. Raw honey coats the throat and reduces irritation. For blocked sinuses, mix a teaspoon of honey in a pot of hot water, put a towel over your head, and just inhale the steam.

To treat allergies, take a teaspoon of raw honey a couple of times a day starting a few months prior to allergy season.

The many varieties of honey

There are many varieties of honey, some of which are used to treat specific health conditions. Manuka honey has strong anti-bacterial properties and is used to treat a variety of conditions which include colds, sore

throats, indigestion, stomach ulcers, and acne.

Acacia honey cleanses the liver, promotes intestinal [health](#), and reduces inflammation in the respiratory tract.

Buckwheat honey, a strong tasting and dark honey, has strong antioxidant properties. Unfortunately, Buckwheat Honey is very scarce, especially in the United States. An alternative would be Red Gum Honey that also has strong antioxidant properties.

Eucalyptus honey can be used to prevent colds and headaches.

Heather honey has been used since ancient times for its medicinal properties. This honey contains a high level of protein.

Linden honey is known for its sedative and antiseptic properties. It is used to treat anxiety, insomnia, colds, coughs, and bronchitis.

Neem honey is highly esteemed in Ayurveda for its medicinal properties. Neem Honey is used to treat high blood pressure, diabetes, skin conditions, periodontal infections, throat infections and allergies.

Sources:

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About the author:

Luella May is a natural health advocate helping people to heal naturally. She partners with Tony Isaacs, who authors books and articles about natural health including "[Cancer's Natural Enemy](#)" and "[Collected Remedies](#)" Luella contributes to [The Best Years in Life](#) website for baby boomers and others wishing to avoid prescription drugs and mainstream managed illness and live longer, healthier and happier lives naturally. Luella co-moderates the CureZone "[Ask Tony Isaacs featuring Luella May](#)" forum as well as the Yahoo Health Group "[Oleander Soup](#)" and hosts her own yahoo group focusing on the natural wellbeing of pets "[The Best Years in Life Natural Health for Pets](#)"



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