

RAW

Why You Should Use RAW HONEY

It's a pure, unfiltered and unpasteurized sweetener made by bees from the nectar of flowers. Most of the honey consumed today is processed honey that's been heated and filtered since it was gathered from the hive. Unlike processed honey, raw honey does not get robbed of its incredible nutritional value and health powers. It can help with everything from low energy to sleep problems to seasonal allergies. Switching to raw honey may even help weight-loss efforts when compared to diets containing sugar or high fructose corn syrup. I'm excited to tell you more about one of my all-time favorite natural sweeteners today.

HONEY BENEFITS

STABILIZES BLOOD PRESSURE



Stabilizes Blood Pressure, Eliminates Allergies, Anti Inflammatory,
Promotes Body and Digestive Health, Strengthens the Immune System,
Anti-Fungal, Relieves Pain, Calm Nerves, Balances Sugar, Improves

Bronchitis, Asthma, Anti-Viral and more

Raw Honey Nutrition Facts

Honey is one of nature's purest foods and is far more than just a natural sweetener. It's a "functional food," which means it's a natural food with health benefits. Raw honey nutrition is impressive. Raw honey contains 22 amino acids, 27 minerals and 5,000 enzymes. Minerals include iron, zinc, potassium, calcium, phosphorous, magnesium and selenium. Vitamins found in honey include vitamin B6, thiamin, riboflavin, pantothenic acid and niacin. In addition, the nutraceuticals contained in honey help neutralize damaging free radical activity.

Organic Honey vs. Not Organic



Organic honey usually means raw organic honey. Just like with raw honey, heating is not allowed above 95 degrees F. In order to be called organic, honey must follow good organic management, according to each country's set of standards and conditions. Processing should also only be done by means of gravitational settling and straining.



History and Interesting Facts

Throughout history honey has been an important food. God used honey to motivate the Israelite people when He told them to, "Go up to the land flowing with milk and honey."

(Exodus 33:3)

Raw honey has been used as medicine since ancient times. For centuries, honey was considered sacred due to its wonderfully sweet properties as well as its rarity. It was used in religious ceremonies and to embalm the deceased. Apiculture, or the practice of beekeeping to produce honey, dates back to at least 700 B.C.



Honey was used by runners in the Olympic Games in ancient Greece as an energy source.

The health benefits of honey depend on the quality of a specific honey.

Raw honey contains small amounts of the same resins found in propolis as well as bee pollen.

When raw honey is overly processed and heated, the health benefits are largely eliminated.

Raw Honey Final Thoughts

Raw honey is the most crude and natural form of honey you can purchase. It's unfiltered and unpasteurized, which means there is no processing or heating to decrease its natural vitamin and mineral content.

Raw honey contains disease-preventing and disease-fighting flavonoids.

Raw honey contains both propolis and bee pollen so you get the benefits of those two natural powerhousees as well.

It has been scientifically proven to help with allergies, diabetes, sleep problems, coughs and wound healing.

Raw honey is a smart part of a pre- and post-workout snack for better energy during a workout and better recovery afterward.

Look for a local beekeeper to source your raw honey. This will make it even more likely to help with seasonal allergies.

