Honey, unlike almost everything else we consume in our diet, was intended solely to be a form of nourishment – albeit, for the bees. Only milk, to my knowledge, shares this singular biological imperative. But honey is far more than a source of sweetness and quick energy within the human diet. Honey has profound medicinal applications, some of which are as follows:

- Feeds the good bacteria: It is a little-known fact that bees have a diverse population of beneficial lactic acid bacteria (LAB) in their honey crop, the bulge between the esophagus and the gizzard of the bee. In fact, according to newly published research in *PLoS,* "studies of LAB in all extant honeybee species plus related apid bees reveal one of the largest collections of novel species from the genera *Lactobacillus* and *Bifidobacterium* ever discovered within a single insect and suggest a long (>80 mya) history of association."[i] Indeed, raw honey feeds good bacteria. It has been experimentally demonstrated in in vitro (petri dish) conditions to increase the number of *Lactobacillus acidophilus* and *Lactobacillus plantarum* counts 10-100 fold compared with sucrose.[ii]

- Fights the "bad" bacteria, i.e. MRSA: Reports of honey eradicating MRSA infection have been reported in the medical literature for well over a decade.[iii] MRSA, an acronym for methicillin-resistant *Staphylococcus aureus,* produces a biofilm which makes it especially resistant to conventional antimicrobial agents. Honey has been shown to be effective at killing biofilm-associated MRSA isolates from patients suffering from chronic rhinosinusitis.[iv] This has also been demonstrated in human research, with a 70% effective rate in destroying MRSA in chronic venous ulcers.[v] Moreover, manuka also synergizes with conventional antibiotics making MRSA bacterial isolates more susceptible to their antibacterial action.[vi]

- Kills Dental Plaque-Causing Bacteria: Manuka honey, a special honey produced by the flowers of the manuka plant that grows in New Zealand and Australia, was shown at least as effective as the chemical chlorhexidine gluconate, often used in mouthwash, in reducing plaque formation as a mouthwash.[vii]
Superior to Pharmaceutical at Killing Herpes: A 2004 study published in the *Medical Science Monitor*, showed that topical honey was far superior to the drug acyclovir (trade name Zovirax) in treating both labial (lip) and genital herpes lesions. According to the amazing study "For labial herpes, the mean duration of attacks and pain, occurrence of crusting, and mean healing time with honey treatment were 35%, 39%, 28% and 43% better, respectively, than with acyclovir treatment. For genital herpes, the mean duration of attacks and pain, occurrence of crusting, and mean healing time with honey treatment were 53%, 50%, 49% and 59% better, respectively, than with acyclovir. Two cases of labial herpes and one case of genital herpes remitted completely with the use of honey. The lesions crusted in 3 patients with labial herpes and in 4 patients with genital herpes. With acyclovir treatment, none of the attacks remitted, and all the lesions, labial and genital, developed crust. No side effects were observed with repeated applications of honey, whereas 3 patients developed local itching with acyclovir."[viii]

Protective Against Gastric Damage: Honey has been shown to prevent alcohol-, indomethacin- (a NSAID pain-killer) and aspirin-induced lesions.[ix]

This is just a sampling of the research indicating the profound medicinal value of honey. If you would like to view the full range of demonstrable health benefits of honey, take a look at our page dedicated to the topic which now includes research 120+ ailments and/or symptoms which may benefit from its use.

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References


Sayer Ji is founder of Greenmedinfo.com, a reviewer at the International Journal of Human Nutrition and Functional Medicine, Co-founder and CEO of Systome Biomed, Vice Chairman of the Board of the National Health Federation, Steering Committee Member of the Global Non-GMO Foundation.

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About Michael Silver

Awoken in late 2012. Dedicated to the Mission of Ascension for Mother Earth. Always of Service to The Universe, to Creation, to LOVE, to Our Mother & Father of All Creation. "Be Determined, Be Brave, Be Love... and Most Importantly, Laugh..." Michael Silver Spiritual Intuitive Counselor, Lead Editor, Web Master LoveHaswon.org michaelsilver@lovehaswon.org

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2. It heals wounds and burns. Honey has been used since the beginning of time. Egyptians, Greeks and Romans already used it to relieve wounds and burns. It stimulates the growth of new tissue and accelerates wound healing while eliminating dead tissue from the wound. Honey is a good alternative to white sugar (refined) because it consists of several natural sugars such as glucose, fructose, sucrose and maltose. Despite its glycemic index almost as high as that of sugar, honey remains less caloric. 100g of sugar corresponds to 65g of honey. The use of honey is not only limited to the kitchen because this ingredient is also magical for our skin and our hair. Honey is an excellent conditioner. It is used in masks because it helps to absorb and retain water. By: Sayer Ji, Founder. Honey, unlike almost everything else we consume in our diet, was intended solely to be a form of nourishment – albeit, for the bees. Only milk, to my knowledge, shares this singular biological imperative. But honey is far more than a source of sweetness and quick energy within the human diet. Honey has profound medicinal applications, some of which are as follows: Feeds the good bacteria. It is a little-known fact that bees have a diverse population of beneficial lactic acid bacteria (LAB) in their honey crop, the bulge between the esophagus and the gizzard of the bee. To get the full benefit of honey’s gut bacteria balancing power, however, you’ll need to select a type of raw honey with the least amount of processing. Heating, filtering and processing honey eliminates the enzymes and nutrients that make it such a functional food for health. 3. It may improve brain function. For non-severe burns and wounds of the skin, topical application of honey to the affected area may help it heal faster and more effectively. It turns out that honey’s acidity, hydrogen peroxide content, osmotic effect, nutritional and antioxidant contents, stimulation of immunity, and other compounds work together to promote new tissue growth and minimize scarring.