



Raw Honey Benefits

Purchasing local raw honey is beneficial for you because it is produced by bees living in your area. They take pollen and nectar from local flowers to make honey. By consuming raw honey you receive immune-stimulating properties needed for your body to adapt to its environment.

- ~Do not feed raw honey to infants, especially under one year of age.
- ~Raw honey is honey in its purest form.
- ~Raw honey is never micron filtered or heated above natural hive temperatures.
- ~One of the major benefits of raw honey is that it's nature's own multivitamin and protein.
- ~Raw honey is a natural source of vitamin B1, B2, B3, B5, B6, and even antioxidant-rich vitamin C.
- ~Raw honey contains minerals like magnesium, potassium, calcium, sodium, chlorine, sulfur, and phosphate.
- ~Raw honey contains particles of pollen.
- ~Raw honey has a high caloric value.
- ~Store raw honey at room temperature.
- ~A spoonful of raw honey a day keeps free radicals at bay.

~Some raw honey can crystalize but you can reverse it without significant detriment to the product by heating the honey to as little as 98F degrees.

~Excessive heat to raw honey reduces the nutritional value of honey especially over 98F degrees.

~Big box store honey has mostly been heated/pasteurized and micron filtered to the point of containing little to no nutritional value.

~Raw honey has been shown to be an anti-bacterial, anti-viral, and anti-fungal substance.

~Raw honey aids stomach and digestion.

~Raw honey is beneficial for healing ulcers, burns and other gastrointestinal disorders.

~Raw honey has anti-cancer properties & helps reduce risk of heart disease.

~Raw honey increases athletic performance maintaining glycogen levels.

~Raw honey heals wounds and burns.

~Raw honey reduces cough and throat irritation.

~Some varieties of raw honey act as a probiotic.

~Raw honey aids in having beautiful skin when used with other ingredients, including moisturizing and nourishing aid.

~Raw honey helps to relieve morning sickness.

~Raw honey contains almost 600 compounds which have yet to be identified.

Source:

<http://www.twobeekeepers.com/raw-honey-benefits/>



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