

Honey



**It's a Matter of
Health and Taste**

What is Honey

Honey is the nectar combining with enzymes in the bee's saliva. The material is deposited into the cells of the hive where they store it for later. The buzzing of their little wings is what dries the honey out enough that it is ready to eat.



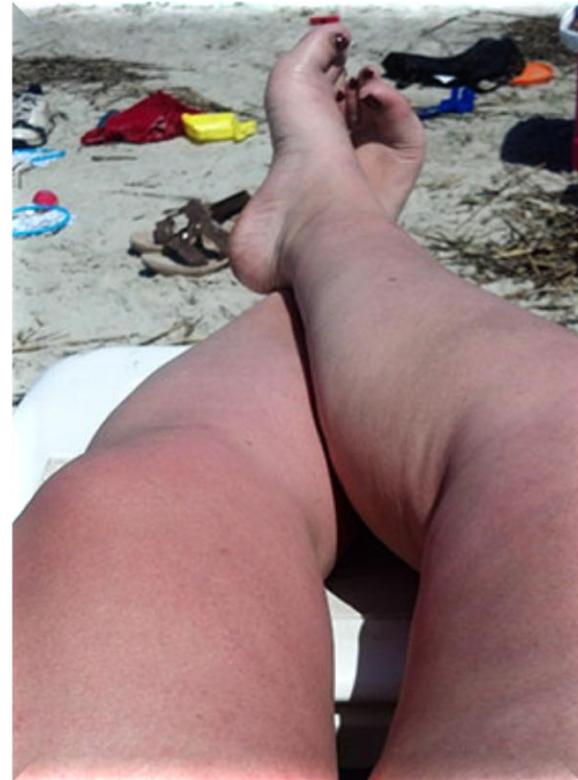
Health Benefits



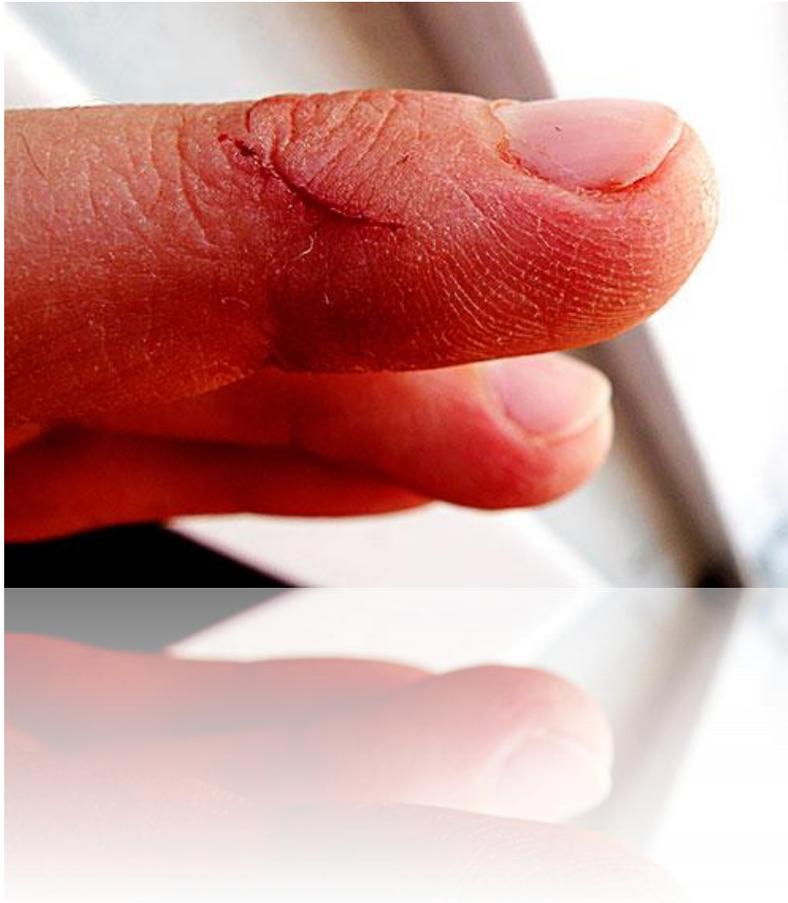
- Fast Energy
- Immunity Booster
- Anti-Inflammatory and Anti-Bacterial

Burns and Sunburn

- Apply honey directly to a burn including a sunburn
- Helps reduce pain and decrease the time it takes to heal
- Honey treated burns heal more quickly



Wound Healing



- Apply honey directly to a wound or to coat a dressing before wrapping a wound
- Almost as powerful as hydrogen peroxide as an antiseptic
- Stops infection and provides a natural barrier that prevents any bacteria from entering

Benefits to the Skin

Honey is a humectant. It attracts and preserves water. When placed on your skin it aids in hydration and helps keep your skin moist and fresh.

It has antibacterial properties which make it an exceptional product for acne prone skin.



Soap and Cleanser



Place a teaspoon or so of honey (preferably raw honey) onto your damp hands, rub into your face like you would soap. Let sit for a minute then rinse and dry.

Cleanse your pores, reduces acne, and leaves your skin feeling soft and clean.

Masks

Honey masks can remove impurities, reduce the look of your pores, and fight inflammation.

You'll experience not only clearer and softer skin but you may also notice a reduction in puffy eyes and fine lines around your mouth and eyes.



Environment



There are two main ways that honey makes a difference in the world around us:

- low emission crop
- bees pollinate 80 percent of our flowering crops

Population Dwindling

A virus is wiping out the honeybee population and scientists just aren't sure what is causing the virus or how to treat it.

Action is required and there are ways you can help.



Recipes



Honey is easy to cook with. It doesn't need to be refrigerated and if it crystallizes, you can simply warm it up before you use it.

Honey is more than something you add to pancakes or sandwiches, it can be the premier ingredient in a recipe.

Wrap Up

You can soothe a sore throat, prevent a burn from getting infected, and treat an upset stomach. Honey can be used in a variety of recipes. Local honey is great for the environment and your local economy.



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