



You may pass this **FREE MINI E-BOOK** on to a friend or family member and let them discover the **“Magic and Many uses of Honey”**

THE MAGIC OF HONEY AND IT'S MANY USES

TABLE OF CONTENTS

INTRODUCTION.....	4
WHAT IS HONEY?	4
A BRIEF HISTORY OF HONEY.....	5
ABOUT.....	7
THIS	7
GUIDE.....	7
IMPORTANT ADVISEMENT AND DISCLAIMER.....	8
CHOOSING THE RIGHT HONEY	10
STORING HONEY	10
MEDICAL USES OF HONEY	11
BURNS.....	11
ABRASIONS.....	12
HAY FEVER.....	12
COUGHS AND SORE THROATS.....	14
DIGESTION	15
LIP BALM.....	16
ARTHRITIS.....	16
BLADDER INFECTION.....	18
CHOLESTEROL.....	18
OVERALL IMMUNE SYSTEM HEALTH.....	19
DENTAL HYGIENE	19
HALITOSIS	20
WEIGHT LOSS	21
HONEY AND BEAUTY	21
MOISTURIZING	21
ACNE.....	22
HAIR LOSS.....	23
BEAUTY PRODUCTS	25
EATING HONEY.....	29
HONEY'S NUTRITIONAL BREAKDOWN.....	29
FLAVORS OF HONEY	30
HONEY VS. SUGAR: MAKING ADJUSTMENTS	34
BROWNING.....	35
MEASURING HONEY	35
HONEY ON ITS OWN.....	36
HONEY RECIPES	37
MORE USES FOR HONEY	45
ENERGY.....	46
LAUNDRY STAINS.....	47
HANGOVERS.....	48
SHOCKING USES FOR HONEY	49
HONEY TRIVIA.....	50

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THE MAGIC OF HONEY AND IT'S MANY USES

"Sweet as sweetest Grecian honey will my song be when I sing, O Beloved, in the season of the Spring!" Ruben Dario



INTRODUCTION

WHAT IS HONEY?

Honey is the one widely consumed food product produced by insects. It is also a key element in thousands of folk remedies, health and beauty aids and other practical uses.

The thick, sweet liquid is made by bees and contains the insects enzymes, as well as sugars, water and oil. Bees fly to flowers and extract the nectar from the plants using their tongues. The honey is stored within the bees' bodies. After a bee visits enough flowers to get its fill, it returns to the hive and regurgitates the nectar, which is consumed by bees that are not involved in the collection process. The enzymes within the bodies of these "house bees" evaporate much of the water in the nectar, creating honey. The finished liquid is stored in honeycomb cells within the hives and is used for nourishment by all the bees in the colony.

Fortunately, individual hives produce far more honey than is actually necessary for the colony's survival. The honey ripens within the honeycomb and eventually becomes a tasty and consumable product with a variety of exciting additional uses.

A BRIEF HISTORY OF HONEY

Honey has been around far longer than the little squeezable plastic bear containers we may have in our cupboards! It is impossible to say how long people have been gathering and consuming honey because even our earliest historical records indicate that we have enjoyed the work of bees. Cave paintings believed to have been created in or around 7000 BC show that people were keeping bees even then. Honey bees predate that record by centuries, though. Fossil evidence shows that bees were working their magic over 150 million years ago, which means that even the earliest people may have made use of honey.

We know that ancient Egyptians kept bees in specially made hives. The bee makes regular appearances in Egyptian hieroglyphics and was often used as a symbol of royalty as far back as 2400 BC. The Egyptians used honey in a variety of capacities. It was, of course, used to sweeten food and drink. It was also used as an ingredient in embalming fluids and was offered the gods as a sacrifice! The ancient Greeks also used honey. It was an important feature of early Greek cuisine and was also used as a health aid. The Romans relied heavily on honey within their diets and beekeeping was one of the Roman Empire's growth industries. The growth of Christianity, in time, led to an increased demand for beeswax for church candles. Honey also grew in popularity as a sweetener. The appeal of honey continued to grow, unabated, through the Renaissance. At that time, however, sugar from other parts of the world became more common and the use of honey went into decline. By the 1600s, sugar was actually used more often than honey as a sweetener.

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Honey production, however, did not die. Beeswax remained a valuable commodity and the discovery that kept bees could help in the pollination of fruit-bearing trees also helps support the industry. At the same time, honey was still the preferred sweetener of many people and significant numbers recognized the valuable medicinal and health-related properties of honey.

Honey continues to be an important component in a great deal of cooking, its relative health superiority and the resurgence in interest in traditional medicine and healing is also encouraging to the honey industry. Bees have been used to signify ancient royalty. They were embroidered on the robes of Napoleon. Today, they fill cute plastic bears and sit on our tables and within our pantries. Beekeeping and honey have always been an important part of human history.

ABOUT THIS GUIDE

This guide takes a holistic perspective on honey. We will discuss the use of honey in the kitchen and will provide some great tips and recipes that will allow you to get the most out of this wonderful product, but we will not stop there! We are going to discuss several of honey's other great uses. We will discuss the many ways honey has been used to fortify healthy people and to heal those suffering from maladies. We will also investigate the ways honey can be used as a beauty product and will take a look at some of the other "less expected" ways we can use honey. Before we really start there are a few things we need to say:

IMPORTANT ADVISEMENT AND DISCLAIMER

It is important to remember that you should **NEVER FEED HONEY TO CHILDREN UNDER ONE YEAR OF AGE**. Honey, as a raw product, may contain bacterial spores known as Clostridium botulinum. This common natural spore may cause an onset of infant Botulism. Infant Botulism is a very rare medical condition, but can be quite serious. The disease affects the nervous system of victimized children. Only 70 to 100 cases of Infant Botulism are reported annually, and most of them are not related to the consumption of honey. Nevertheless, there is sufficient risk to justify keeping honey from small children. Honey is often used in physician recommended diets for those suffering from diabetes. Although many diabetics can handle honey safely, others are not able to do so. As such, **DIABETICS SHOULD NOT EAT HONEY: UNLESS A PHYSICIAN RECOMMENDS DOING SO**. The author, publisher and provider of this information make no warranties of any kind regarding this material. There is no warranty of accuracy, completeness, reliability, or merchantability. Any and all liability from either errors or omissions is expressly disclaimed. The content of this guide is presented as general information and should not be considered advice of any type. The content of this guide is not offered as medical or beauty advice, nor should it serve as a substitute for a consultation with a medical professional. The information presented herein is based on material from a wide range of sources believed to be reliable, however it should not be construed as absolute fact. Anyone planning to use the information presented in this guide is advised to first share it with a professional health care provider. Those considering natural, alternative or herbal remedies have a responsibility to discuss their plans with health care professionals prior to embarking on any course of action. If you have, or believe you have, a serious medical problem, you should consult with a physician immediately.

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CHOOSING THE RIGHT HONEY

Most of the suggestions posited in this guide will work with any commercially available variety of honey. However, raw honey is often your best choice for the kinds of products we have outlined. Most honey is pasteurized and is, thus, not raw. However, a bit of shopping and a willingness to pay a few cents more should allow you to find raw honey quite easily. If your local grocery store does not carry a raw honey, check with health food or other specialty stores. Alternatively, you may be able to find some great raw honey at a farmer’s market or similar event.

STORING HONEY

Easy storage is another item on the seemingly infinitely long list of great things about honey. Honey has a naturally high sugar content and carries an acidic pH balance. Thus, microorganisms do not tend to grow on or by them in honey! If you store your honey in an airtight jar or other container, it will last for years. That is especially true if you if it is kept in a relatively cool area.

MEDICAL USES OF HONEY

BURNS

Honey has some amazing powers when it comes to burn treatment.

ABRASIONS

Honey is a great treatment for abrasions, as well as burns. Honey is a great bet for dealing with your scratches and scrapes for a few distinct reasons.

HAY FEVER

Honey does a lot of spectacular things, but some of the items on it’s “can do” list may seem a bit farfetched.

COUGHS AND SORE THROATS

Honey has long been a popular home remedy for those suffering from sore throats and coughs. That popularity is not merely a matter of tradition, either. Honey really does help these conditions a great deal.

DIGESTION

Honey is an incredible digestive aid.

LIP BALM

Honey is one half of a great treatment for dry lips.

ARTHRITIS

Some of the great things we can do with honey are weird and a little surprising, but do not seem earth shattering.

BLADDER INFECTION

The potent combination of cinnamon and honey has been used to combat bladder infections.

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CHOLESTEROL

Our modern dietary habits have produced a high cholesterol epidemic. High cholesterol is linked to a variety of serious ailments, most notably strokes and heart attacks.

OVERALL IMMUNE SYSTEM HEALTH

An apple a day may help keep the doctor away, but you are even more likely to miss out on extra trips to your physician if you make honey a regular part of your diet.

DENTAL HYGIENE

Your dentist will probably recommend a fluoride-rich toothbrush and vigorous brushing between appointments. He or she might also want to consider offering a few pointers about using honey, though.

HALITOSIS

We have discussed how honey can help improve overall dental health in a number of ways. It also has tremendous value for those suffering from halitosis, or bad breath.

WEIGHT LOSS

If you are looking for the "Honey Miracle Diet," you are probably going to be disappointed. Although honey is a healthy alternative to other sweeteners, it is not a miracle diet supplement. However

HONEY AND BEAUTY

MOISTURIZING

Most of us would not think of honey as a moisturizing skin treatment. Something about its stickiness runs contrary to our expectations from a skin treatment.

ACNE

Honey makes a great skin cleanser, generally, but seems to be particularly effective in fighting acne.

HAIR LOSS

Hair loss is a source of frustration and embarrassment for millions of people.

BEAUTY PRODUCTS

Honey is an awesome ingredient for a variety of homemade beauty products. More about these products in the original edition.

- Honey Bath
- Hair Shine
- Hair Conditioner
- Skin Clarifier
- Skin Lotion
- Cleansing Scrub
- Firming Mask
- Facial Toner
- Moisturizing Mask

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EATING HONEY

HONEY'S NUTRITIONAL BREAKDOWN

Honey is primarily made of water and carbohydrates. It also contains trace amounts of several minerals and vitamins. You can find niacin, calcium, copper, riboflavin, iron, magnesium, potassium and zinc in honey. Honey also contains a blend of flavonoids and phenolic acids.

[See Original Edition for full nutritional breakdown.](#)

FLAVORS OF HONEY

The pedigree of Honey Does Not Concern the Bee - A Clover, anytime, to him, Is Aristocracy. ~ Emily Dickinson

The flavor of a honey is dictated, in large measure, by the flowers from which the producing bees gather nectar. There are hundreds of different honey flavors in the United States alone, let alone the world. Sometimes, the differences between honey types are barely perceptible. In other cases, however, you really can clearly taste the difference between honeys. Let us look at some relatively common honey types and the flavors they bring to the table.....

- ALFALFA.....**
- AVOCADO.....**
- BLUEBERRY.....**
- BUCKWHEAT.....**
- CLOVER.....**
- EUCALYPTUS.....**
- FIREWEED.....**
- ORANGE BLOSSOM.....**
- SAGE.....**
- TUPELO.....**
- WILDFLOWER.....**
- HONEY BLENDS.....**

HONEY VS. SUGAR: MAKING ADJUSTMENTS

Honey is a great sweetener and can be used in place of "regular" sugar in many different recipes. However, you cannot simply replace sugar with an equal quantity of liquid honey and expect great results. Research shows

BROWNING

Cooking with honey is easy, but it does require some changes if you are accustomed to using traditional white sugars. One of those differences is particularly pronounced in baked goods.

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MEASURING HONEY

When you measure honey, you might be tempted to add a little extra to compensate for the quantity of the sticky treat that will inevitably be left behind on the measuring spoon or measuring cup used. That instinct is smart, but there is a better (and more exact way) of handling the measuring of honey.

HONEY ON ITS OWN

Honey is a great replacement for other sugars. It is also an important ingredient in a variety of tasty treats. In many cases, however, honey stands out best all on its own. Let us look at a few of the ways you can use honey as a stand-alone product instead of as an ingredient in a larger recipe.

HONEY RECIPES

There are no limits to the things you can make with honey. Not only can honey stand in for beat or cane sugar, it also has a unique taste of its own that you can use in your cooking, fettered only by your creative inclinations. The recipes presented here are merely examples of some of the great ways you can make honey part of your everyday dining experience.....

Bonus Recipe, Get 13 great recipes in the original edition.

Honey Orange Chicken

6 chicken breast halves, 4 to 6 ounces each, skinned if desired

1/4 cup butter or margarine, melted

1 6 ounce can frozen orange juice concentrate, thawed

1/4 cup honey

3/4 cup fine bread crumbs

1/2 cup all purpose flour

1 teaspoon paprika

1/4 teaspoon black pepper

1/2 teaspoon salt

Brush chicken breasts with butter. Then, combine concentrated orange juice and honey in shallow dish. Mix bread crumbs, flour, paprika, pepper and salt. Roll chicken in honey mixture, then in bread crumb mix. Place chicken in a large greased baking pan and drizzle with any remaining butter or honey mixture. Bake at 375F for 45 to 50 minutes or until tender and no longer pink.



Ambrosia with Creamy Honey Citrus Dressing; Tasty Honey Cake; BBQ Ribs with Honey Glaze; Caramel Honey Pecan Treats; Honey Carrots; Simple Honey Chicken; Easy Honey Pork Chops; Cinnamon Clove Honey Cookies; Honey Spice Cake; Honey French Toast; Honey Basil Sauce; Honey Mustard Mayonnaise...and much more in full edition...

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MORE USES FOR HONEY

A spoonful of honey will catch more flies than a gallon of vinegar.

~ Benjamin Franklin

ENERGY.....

LAUNDRY STAINS.....

HANGOVERS.....

SHOCKING USES FOR HONEY

We have covered many different uses for honey. It is obviously a versatile substance. What else can you pour on your pancakes, use as a laundry additive and apply to your face to remove a pimple? Well, believe it or not, there are a few additional uses for honey that are even more surprising than the ones we've discussed so far.

HONEY TRIVIA

You may think you have learned just about enough honey trivia to satisfy your needs. After all, we have looked at a wide variety of different uses for honey ranging from golf balls to ice cream. Here are a few fun facts questions, answers can be found in the original edition:

- 1. How many flowers must honey bees tap to make one pound of honey?**
- 2. How far does a hive of bees fly to bring you one pound of honey?**
- 3. How much honey does the average worker honey bee make in her lifetime?**
- 4. How fast does a honey bee fly?**
- 5. How much honey would it take to fuel a bee's flight around the world?**
- 6. What is mead?**
- 7. How long have bees been producing honey from flowering plants?**
- 8. What Scottish liqueur is made with honey?**
- 9. How many sides does each honeycomb cell have?**
- 10. What is the U.S. per capita consumption of honey?**

Answer can be found in the Full edition of "The Many and Magic uses of Honey"

Thank you for reading our Mini Version E-book:

You can get your own sweet copy here @

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