

Honey will heal all

It could be time to ditch pharmacy-bought cold medicines and opt for a natural alternative

You're probably already aware of the healing power of honey. It would make sense that bees were doing something useful, what with all that buzzing and busying around. Bees create honey to feed off during hibernation in winter months, and seem happy enough to share some with us, even if inner-city bee populations are on the wane.

Honey is undoubtedly a super-food, containing essential enzymes, vitamins, minerals, and "pinocembrin", an anti-oxidant that is thought to improve brain functioning. All this talent, and yet a bee's own brain is the size of a sesame seed. Honey-making is indeed a complex process, and it is this very complexity which means that its consumption will lead to hydrogen peroxide and gluconic acid being released in the human body, compounds which can be highly beneficial to

our health, owing to their antiseptic and healing qualities. Amazingly, a hive of bees will fly 90,000 miles, the equivalent of three orbits around the earth to collect 1 kg of honey.

In the 1970s, a clever group of researchers realised that there could be extra health benefits to be gleaned in encouraging bees to feed on plants with medicinal qualities, such as clover and calendula. From this research, a range of "functional" honeys was created, which displayed additional healing properties. Because of its benefits to the immune system in particular, one of these honeys (dubbed LifeMel) has been shown to assist chemotherapy patients in overcoming the side-effects of their treatment.

Honey has a long history in folklore. In Hinduism, it is one of the five elixirs of immortality, and it appears in Jewish,



Christian and Buddhist religious works in both a literal and symbolic context. There seems to be a consensus over the last 10,000 years or so that honey is beneficial to your health, if you can avoid being stung when getting hold of the stuff. And whilst it is expensive, it's about the same price for a jar of ordinary honey as it is for a

packet of upmarket cold and flu lozenges. If you want enhanced or "functional" honey, that's going to cost you more, but I imagine it's well worth it.

For a full range of products including LifeMel, GastroMel, EnergyMel, RelaxMel and LadyMel, visit www.nuvitalityproducts.com

Laura Steel



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