

Paris Holistic Health



September 2012 Newsletter

Honey, Liquid Gold! ----- Honey is a magnificent gift from our bee friends. It has benefits when eaten, used topically, or taken as a medicine.



Honey is a wonderful alternative to using sugar. Honey has 64 calories per tablespoon which is more than the number of calories in white sugar (45 calories). While honey has more calories, it is 1.5 times



sweeter than sugar so people tend to use smaller servings. Honey also has vitamins and minerals that sugar does not have, which is why nutritionists refer to sugar as empty calories. Additionally, honey has enzymes, organic acids, and esters that are antioxidant and aide our digestion. While it is more nutritious than white sugar, it is still a sweetener and has a glycemic index of 55 which is considered moderate (sugar has a glycemic index of 68). So pre-diabetic and diabetics should take this into account when planning their daily meals.

Honey has been used on the skin for centuries to help wounds heal and as a cosmetic agent. Honey has antimicrobial properties which help to clean wounds and prevent infection. When used on burns, honey not only provides protection against infection but the burns actually heal faster. It also

reduces swelling and thus reduces pain associated with wounds. Because of its emollient properties, honey is used as a cosmetic agent. This means that it helps to soften the skin. It also means that it forms a moisture barrier so that water stays in the skin making it plump and supple. Cleopatra used a balm of honey, egg white, and milk all over her body to keep her skin soft and young looking.

Honey in and of itself is a wonderful medicine. It has long been used for colds and flu because it has demulcent property which sooth irritated throats and reduce inflammation. It can also be beneficial for asthma, constipation, nausea, psoriasis, and ulcers. Medicinal herbs can be mixed with honey to make them more palatable. This is a great way to get medicine into children. However, it should not be given to children younger than 1 year of age. This is due to the possible presence of botulinum endospores which cause botulism in children whose immature digestive systems are not able to destroy them.

I hope that you now have a greater appreciation of the wonderful benefits of honey. If you want to learn more about health and herbs that can support your health, Paris Holistic Health is here to help. Call today, 443-243-4728, to schedule your complimentary session. Get to know the herbalist and decide if holistic health is an approach that will work for you. Best of all, this first meeting is absolutely FREE!

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