

DOES BUYING LOCAL RAW HONEY HELP THE BEES?

Releasing Missouri farm-raised bees into select local plant life not only creates some incredible honey flavors, but it also helps pollinate the plants, which is beneficial to all local wildlife. Besides benefiting the plant life, supporting local raw honey helps the bee population as well.

HONEY DOES NOT SPOIL

In fact, raw honey is recognized as the only food that doesn't spoil. It will, however, crystallize over time. Gently heated, it will become a sweet, delicious liquid again.

HOW BEES MAKE HONEY

Raw honey starts as flower nectar collected by bees, which gets broken down into simple sugars stored inside the honeycomb. The design of the honeycomb and constant fanning of the bee's wings causes evaporation, creating sweet liquid honey.

HONEYCOMB

Honeycomb is made up of hexagonal wax cells made by bees, and each cell is full of raw honey. You can eat honeycomb, wax and all! It contains essential vitamins and minerals, supports heart health, liver protecting properties, supports immune and gut health, promotes better sleep and honeycomb is unadulterated.



FUN FACTS ABOUT HONEY AND HONEY BEES

It takes 12 worker bees (about 6-8 weeks) to produce a single teaspoon of honey!

It takes honey bees visiting 2 million flowers to make a pound of honey.

Honey bees may fly 2 miles in any direction to search out nectar and pollen.

Honey is the only natural sweetener known that needs no refining or processing to be utilized.

The average honey bee hive can produce about 50 pounds of excess honey per season.

One tablespoon of honey contains 64 calories, 17.2 grams of sugar and has a pH level of 3.9 (slightly acidic) which may help prevent bacteria growth. ⁽⁴⁾



To become a member of the **Missouri State Beekeepers Association** scan the QR code and go to Membership to pay with a credit card or PayPal.

Annual Dues are
Individual \$15 ~ Family \$25



Contact the local bee club listed in the box below or scan the above QR Code to go to the Missouri State Beekeepers Association website (www.mostatebeekeepers.org) and look on the Local Club tab for a local bee club near you.



This brochure is funded by **Missouri State Beekeepers Association**

THE AMAZING BENEFITS OF MISSOURI'S RAW HONEY



www.mostatebeekeepers.org

BENEFITS OF LOCAL RAW HONEY

A GOOD SOURCE OF ANTIOXIDANTS

Raw honey contains an array of plant chemicals that act as antioxidants. Antioxidants help to protect your body from cell damage due to free radicals. ⁽¹⁾

ANTIBACTERIALS AND ANTI-FUNGAL PROPERTIES

Research has shown that the propolis in raw honey has anti-fungal and antibacterial properties. ⁽²⁾ The potential for both internal and topical treatments using raw honey is significant. The phytonutrients in honey are responsible for its antioxidant properties, as well as its antibacterial and anti-fungal power. They're also thought to be the reason raw honey has shown immune-boosting and anticancer benefits. Heavy processing in regular honey can destroy these valuable nutrients, something that is not done with raw honey. ⁽¹⁾

HELP FOR DIGESTIVE ISSUES

Raw honey is sometimes used to treat digestive issues such as diarrhea, though research to show that it works is limited. It may have a potential as a treatment for *Helicobacter pylori* (*H. pylori*) bacteria, though, a common cause of stomach ulcers. It also contains beneficial prebiotics, meaning it nourishes the good bacteria that live in the intestines, which are crucial not only for digestion but overall health. ⁽¹⁾

RAW HONEY, PROPOLIS, AND ROYAL JELLY HEALTH BENEFITS ⁽²⁾

There are several health benefits that honey bee products such as honey, propolis and royal jelly claim toward various types of diseases in addition to being food. Here is a list of conditions that may benefit from the use of raw honey, propolis and royal jelly.

Raw Honey: Wound Management, Pediatric Care, Diabetic Foot Ulcers (DFU), Gastrointestinal (GI) Disorder, Oral Health, Sore Throat, Cough, Gastroesophageal Reflux Disease (GERD), Dyspepsia, Gastritis and Peptic Ulcer, Gastroenteritis, Constipation and Diarrhea, Liver and Pancreatic Diseases, Metabolic and Cardiovascular Health, Cancer and Oncogenesis (Breast, Liver, Colorectal cancers)

Propolis: Gastrointestinal (GI) Disorder, Gynecological Care, Oral Health, Oncological Treatment, Dermatological Care

Royal Jelly: Reproductive Health, Neurodegenerative and Aging Diseases, Wound Healing



Always consult your doctor before starting any type of self treatments.

RESEARCH ON HONEY FOR SPECIFIC MEDICAL CONDITIONS

Evidence By Mayo Clinic Staff ⁽³⁾

Cardiovascular disease. Antioxidants in honey might be associated with reduced risk of heart disease.

Cough. Studies suggest that eucalyptus honey, citrus honey and labiatae (mint family) honey can act as a reliable cough suppressant for some people with upper respiratory infections and acute nighttime cough.

Gastrointestinal disease. Evidence suggests honey might help relieve gastrointestinal tract conditions such as diarrhea associated with gastroenteritis. Honey might also be effective as part of oral rehydration therapy.

Neurological disease. Studies suggest that honey might offer antidepressant, anticonvulsant and anti-anxiety benefits. In some studies, honey has been shown to help prevent memory disorders.

Wound care. Topical use of medical-grade honey has been shown to promote wound healing, particularly in burns.

We recommend the use of raw, unfiltered, unheated, unprocessed honey raised within a 50-mile radius or less of your home.

Honey can contain the bacteria that causes infant botulism, so do not feed honey to children under the age of 12 months.

⁽¹⁾ <https://www.healthline.com/health/food-nutrition/top-raw-honey-benefits>

⁽²⁾ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5549483/>

⁽³⁾ <https://www.mayoclinic.org/drugs-supplements-honey/art-20363819>

⁽⁴⁾ <https://www.medicalnewstoday.com/articles/264667#properties>



www.mostatebeekeepers.org

Missouri State Beekeepers Association Mission: *To educate and inform the general public and the beekeeper. To promote beekeeping, advise and support all beekeepers, from the backyard hobbyist to the commercial pollinator. Provide a forum for the exchange of ideas and mutual support in the keeping of honey bees and the marketing of honey. Share our insights and passion for beekeeping to help others grow in their appreciation and enjoyment of keeping bees. Encourage the beginner beekeeper and help to establish first-time beekeepers in the success of their efforts. Become a resource of materials and equipment.*