

The Benefits of Local Raw Honey

-Raw honey is full of vitamins, minerals, enzymes, and powerful antioxidants. It also has anti-bacterial, anti-viral and anti-fungal properties.

-Local raw honey contains pollen specific to your area and can help with local seasonal allergies.

-Taking a spoonful or two of raw honey each day will help with allergies. You should begin taking it a few months prior to the allergy season so you build up your tolerance to seasonal allergens.

-Some other traditional uses for local, raw honey are;

- .the enzymes help with digestion.

- .the 52 different sugars in honey are used to balance blood sugar levels (A1C.)

- . it can stabilize blood pressure.

- .used as an immune booster for centuries.

- .as a replacement to sports drinks (lemon water with honey.)

- .has a natural calming affect for stressed mind or body

- .has many pain relieving qualities

- .of course colds, coughs and sore throats

- .for treating burns

- .it was even used for storing bodies before mummification

-Many store bought honey is actually “cut” with water, corn syrup and refined sugars. When you purchase local honey, you’re getting it from the source and you are supporting responsible beekeeping in your community!

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