

Benefits of raw honey



renew the plant - pollinator - people bond



Honey benefits:

- Has the antioxidant punch of spinach and strawberries.
- Stops cholesterol from hardening arteries.
- Stimulates B- and T-lymphocytes to multiply thus boosting immune systems.
- Improves digestion, oral health, sore throat, cough, allergies, wounds and skin conditions.
- Is antibacterial, anti-microbial, and anti-irritant.
- Is more effective than antibiotic ointments on a cut or burn.
- Reduces infection.
- Speeds healing and reduces scarring.
- Destroys 100% of the malicious infection- causing bacteria.
- Helps one exercise harder and longer / prevents feeling sluggish after.



Healing wound
with honey

Recommended: 1-4 tablespoons / day for people ages over one year and pets. Smaller doses for pets.