

# All the Buzz from the Hive

September 2002

This month I have to “bee” more serious and tell you about honey.

Can you believe some people actually believe that honey comes from my bum?! Gross. When we gather nectar we suck a tiny bit of nectar into a honey sac. There the nectar is mixed with acid secretions to eventually form honey. To produce a single pound of honey, bees must bring in 70,000 loads of nectar. There’s no loafing around here!

## **Vitamin and Mineral content of Honey**

Vitamin A	Phosphorus
Betacarotene	Iron
B-complex Vitamins (complete)	Calcium
Vitamin C	Chlorine
Vitamin D	Potassium
Vitamin E	Iodine
Vitamin K	Sodium
Magnesium	Copper
	Manganese
	Sulfur

**CHARACTER :** Antibiotic, antiviral, anti-inflammatory, anti-carcinogenic, expectorant, anti-allergenic, laxative, anti-anemic, tonic.

### **BODY SYSTEMS TARGETED :**

Intestinal, integumentary, skeletal  
(Tonic to all systems)

### **NOTE :**

Raw honey contains a rich supply of live enzymes, which are required for the proper functioning of all body systems.

## **Actions of honey:**

- ✓ Increases calcium absorption
- ✓ Can increase hemoglobin count and treat or prevent anemia caused by nutritional factors
- ✓ When combined with vinegar, can help arthritic joints
- ✓ Fights colds and respiratory infections of all kinds
- ✓ When used externally, speeds the healing process
- ✓ Can help to boost gastrointestinal ulcer healing
- ✓ Works as a natural and gentle laxative
- ✓ Provides an array of vitamins and minerals
- ✓ Supplies instant energy without the insulin surge caused by white sugar

## **HONEY vs. SUGAR:**

Honey glucose boosts the absorption of essential minerals such as zinc, calcium, and magnesium, while ordinary sugar can actually leech these same minerals from the body. Eating white sugar can weaken bones and even block growth by inhibiting the amount of calcium absorption in the intestinal system, hence the bones do not receive the calcium they need.

Another advantage honey has over white sugar is that unlike white sugar, it has not been linked with the development of carcinogens which have been linked to certain types of cancer. The over-secretion of insulin brought on by white sugar consumption has been connected with the formation of carcinogens in the body, which may affect organs like the breast.

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