



Handy Honey Hints

The next time you go for a workout, eat a spoonful of honey just before you start - it will help you to go that extra mile and will rejuvenate your muscles quicker afterwards. Honey was even used by runners in the original Olympic games in ancient Greece.

Honey contains sugars that are quickly absorbed by our digestive system and converted into energy, thus can be used as an instant energizer. Eat a teaspoon of honey when you feel jaded to pep you up. Feeling lethargic in the morning? Have honey on toast or in a hot drink instead of a carbonated energy drink

Party too hard last night? Spoon a few tablespoons of honey on toast to feel better faster. Honey is loaded with fructose, which speeds up the metabolism of alcohol.

Honey stops hiccups.

Honey is great for baking and prevents your baking from drying out. Honey is sweeter than table sugar so you need less. Replace half the directed quantity of sugar with honey.

Gargle with honey to soothe a sore throat and prevent coughing attacks. Alternatively mix two tablespoons of honey with four tablespoons of cider vinegar and a pinch of salt.

Honey has a calming effect - for insomniacs try a tablespoon before going to bed for a good night's sleep. Alternatively have a glass of hot milk with a teaspoon of honey to calm the soul and induce sleep. Or, add 1 to 2 teaspoons of honey to a cup of chamomile tea and sip.

Try using honey as a Hair Conditioner. Squeeze a small palm full of honey into your hand after shampooing, and coat the ends of your hair. Wait a few minutes before thoroughly rinsing out to help with no frizz or flyaway hair.

One glass of warm water taken with two teaspoons of honey and 1 teaspoon of lemon juice in the early morning reduces fat and purifies blood.



For skin rashes, burns and abrasions, apply a small amount of raw honey lightly over the affected area. You may cover it with a dressing or a dusting of cornstarch to reduce any stickiness and to keep the area dry

Honey and propolis cleans your teeth, mouth and dentures and stops bleeding gums. Canker sores, blisters and mouth ulcers respond to an application of raw honey. Replace your existing toothpaste with a propolis-based toothpaste.

Spread a thin layer of honey on your face, let it sit for five minutes, and then rinse it off to get a super smooth skin.

Honey is a very good antioxidant that restores damaged skin and gives you soft, young looking skin. Dark honeys are said to have more antioxidants. Honey and beeswax are used in the beauty industry to soften and heal skin tissue and to help attract moisture to the skin. Try moisturizers that have a honey content in them.

Replace manufactured sugar for natural honey. Honey is a natural sweetener and is subjected to minimal heating. You will be getting the benefits of all those antioxidants and antimicrobial properties that are not present in table sugar.