

Honey



*"Honey is the word of Christ,
the molten gold of his love.
What lies beyond the nectar,
The mummy of the light of paradise"*

*Federico García Lorca
(Song of Honey)*

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The Unity

Title	HONEY
Area	Knowledge of attributes and healthy features of Honey
Main Target Audience	<p>The end users of the module are ...</p> <ul style="list-style-type: none"> ➤ Students of the participant institutions ➤ Trainers in the partner' institutions ➤ Consumers' associations ➤ Parents of minors and pregnant women
Description of the module and general aims	<p>This module allows the participant to understand ...</p> <p>The origin and meaning of Honey</p> <p>The most widespread Honey - Classical Quartet</p> <p>Nutrition values of several Honeys</p> <p>The benefits of organic production</p> <p>Traditional recipes with Honey</p>
Learning Time and Duration	<p>Learning time and maximum duration for the training related to the module:</p> <p>The maximum duration of training is 24 hours, distributed as follows: - 8 hours of theoretical training; 8 hours for visits (farms, beehives, processors, markets) and 2 hours of practical work in a lab.</p>
Learning Objectives	<p>Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module.</p> <p>Once you have completed this course you will be able to understand:</p> <p>importance of Honey;</p> <p>Features of Honey;</p> <p>What are the benefits of Honey consumption for health;</p> <p>How to prepare recipes with Honey at home.</p>
Competences achieved	<p>Specific competences related to the project theme</p> <p>Knowledge about values of Honey;</p> <p>How to use Honey at home for the family's health..</p>
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	<p>Type of activities considered useful for the training of this module:</p> <ul style="list-style-type: none"> • Theoretical learning: <ul style="list-style-type: none"> - face to face; - online learning. • Practical learning: <ul style="list-style-type: none"> - workshop; - self study. - Honey tasting party.

1. Abstract

This work begins with honey throughout history and its role in human health. There are many cave paintings in Africa and southern France, realizing how humans have taken honey bees. It also explains the composition of honey, and all the components to be used from the hive.

The nutritional value of honey is another great asset of this product, as well as major health benefits. And this noble product has a number of people who realize ill but should dispense consumption.

Honey is an exceptional component for home remedies. The wisdom and experience of millennia make these remedies an invaluable and practical guide.

This teaching unit closes with two listings. One, bibliographic references, and other, references to major web related to honey, its nutritional value as a food, and as a medicine for healing.

KEYWORDS: honey, hive, wax, propolis, royal jelly, home remedies.

2. Introduction

Honey is a product that humans have used since its origins. In fact, the rock paintings of Cueva de la Araña, Bicorp (Valencia), dating back 7,000 years before Christ, show as a man collecting honey. This shows that even the first inhabitants of the land discovered the benefits of this food.

According to the Papyrus of Thebes written in 1870 BC, the Egyptians fed and cared for their children with honey. For the Egyptians, honey comes from the tears of Ra God and is part of all religious offerings in the pharaonic Egypt. When the ancient Egyptians made their expeditions, they preserved meat in barrels filled with honey. Its use is very well recorded in the papyri found; among other things, they used the honey to treat cataracts, sores, cuts, burns; in cosmetics and as a strengthening food. They also brewed beer from fermented honey. In the tomb of Pharaoh Tutankhamun, discovered in 1922, there were several vessels with honey in perfect condition, despite the 33 centuries.



Spider Cave, early settlers collecting wild honey from a hive.

Hippocrates (V century BC), the father of medicine, praised the curative powers of honey, and used it to cure various skin conditions, ulcers and to relieve pain in general. He recommended honey to his patients to achieve longevity (Hippocrates lived 107 years). The Greeks believed that a diet consisting of honey was very important to achieve a deep spirituality. In Greek mythology, is the food of the gods of Olympus, the symbol of knowledge and wisdom, reserved for the chosen ones, the initiated, the exceptional beings in this world and the other.

When Augustus, Roman emperor asked his friend Asinio Pollion Romilis what he attributed his longevity and healthy state (he had just turned 100 years old) he replied laconically as usual " oil in the outside and honey in the inside." Doctors used it to help their patients to doze. The so-called honeymoon has its origin in the Roman custom that the mother of the bride, left a pot of honey every night at the bridal chamber for the newlyweds to "recover energy". This practice lasted all honeymoon.

In the Bible, honey is mentioned as an article of export in Genesis 43:11 and Ezekiel 27:17. Besides many other passages that refer to this product, e.g.:

Pr. 16. 23 The hearts of the wise make their mouths prudent, and their lips promote instruction.

Pr. 16.24 Gracious words are a honeycomb, sweet to the soul and healing to the bones.

Pr. 24.13 Eat honey, my son, for it is good; honey from the comb is sweet to your taste.

Pr. 24.13 Know also that wisdom is like honey for you: If you find it, there is a future hope for you, and your hope will not be cut off.



Painting at the Spider Cave, where the first images of beekeeping were drawn.

All the great prophets refer to honey in the sacred books, the word honey represents sweetness, justice, virtue and divine goodness. The Holy Quran speaks in terms of bees and honey, "Honey is the first benefit that God gave the earth". In the Qur'an there is a Sura that is called "The Bees". In it, God says, "know the men that in the belly of bees a liquid is produced that is used for healing".

The perfection of honey makes it the main element of many religious rituals. Among the Incas and Aztecs of America, honey played an important role in the ceremonies and rituals of initiation and purification.

When Alexander died in Babylon, he was taken to Macedonia in a bowl full of honey and the body remained intact.

Until the sixteenth century when cane sugar appeared, honey was the only known sweetener. At first it was prized for its sweet taste.

In an experiment conducted in 1971 showed that pieces of fish, kidney, liver and other tissues of animal origin, covered with honey, retained its freshness at room temperature for 4 years, while the pieces covered with "artificial honey" (mixture of sugars such as glucose and levulose) began to decompose the fifth and eighth day.

Section I

3. Core contents

3.1. Honey and health throughout history:

By empiricism our ancestors had discovered the antiseptic, dietetic, sweetening, fortifying, soothing, laxative, diuretic, antibacterial properties of honey and were able to take advantage of these properties against most diseases.

The ancient Egyptians preserved the bodies in honey. This proved unwittingly the antiseptic power of this highly saccharine substance. Likewise, they used honey as an ointment on the sores or wounds having realized that it ensured a quick and straightforward healing. This property also evidences the antimicrobial and regenerative activity of honey. Egyptians were also aware of the positive effects on diseases of the digestive tract, kidney and eyes as wells in skin diseases.

In Egyptian cosmetology honey was one of the main ingredients of beauty creams. Its healing properties, its tonic effect and softening qualities made it the favorite ingredient in all cosmetics and facial creams at that time.

The Quran says "Eat honey, my son, because it's not only nice and healthy food, but also a remedy for many diseases." Honey is therefore used to cure. After the incision, honey is used against ulcers, insect bites, burns, eye problems, fungi and bacteria on the skin. Honey also appears to be effective in pulmonary diseases, for example, a maceration of rose petals with pure honey, was thought to be one of the first medications active against tuberculosis.

3.2. Composition of Honey:



Honey is a food produced by honey bees from the nectar of flowers and other sugary substances that they collect from plants, transform, enrich and deposit on the wax panels.

Honeys vary in color, flavor and consistency depending on the plant, the nature of the soil, weather patterns and the harvest season, so no two honeys are the same. However, basically all honey is composed of two simple sugars, glucose and fructose. The body can assimilate these sugars directly, since the bees have already done the necessary work to transform complex sugars into simple sugars, saving the human gastrointestinal tract from that work. Glucose is absorbed directly into the blood, and fructose somewhat less rapidly; as chemical changes are not necessary and being a predigested food by bees, honey is a natural source of quick energy par excellence.

Honey, as the natural product it is, can differ in composition depending on its floral source, time of year and geographic area.

The main components of honey and its general features are:

a) Water: the amount depends on the type of flowers used by bees, ranging between 13 and 20%.

b) natural sugars: glucose (38%), fructose (31%) and sucrose (1-2%).

c) Proteins: in small amounts but in the form of enzymes.

d) mineral salts. The mineral content is very small. The most common are calcium, copper, iron, magnesium, manganese, zinc, phosphorus and potassium.

e) Vitamins of group B and C.

f) HMF or hydroxymethylfurfural: harmless substance that is essential to determine the freshness of honey: a greater amount of HMF less freshness.

g) Volatile components: is responsible for the aroma and some properties of honey.

h) enzymes: invertase, diastase, catalase, inulasa, phosphatase and glucosidase. There are also 4 to 7 flavonoides mainly quercetin, kaempferol and isorhamnetin and other resins, terpenes, essential oils, aldehydes and higher alcohols.

i) Among the lipids there are **glycerides**, sterols and phospholipids. Palmitic acid (27% of total lipids), and oleic acid (60%) have been identified, as well as small amounts of lauric, myristic, linoleic and stearic.

j) Other important ingredients are **colloidal substances**, terpenes, acetylcholine and an antibacterial substance called inhibin.

3.3. Nutritional value of honey:

Honey is essentially a concentrated aqueous solution of inverted sugar. Its concentration in sugar makes it a very caloric food (304 cal / 100 g).

Below, there is a table with a summary of the main nutrients of honey. These components are present in all honeys, but the percentages vary depending on the floral source variety.

The amount of nutrients shown corresponds to 100 grams of this food.

Calories	302 Kcal.
Fat	0 g.
Cholesterol	0 mg.
Sodium	2,40 mg.
Carbohydrates	75,10 g.
Fiber	0 g.
Sugars	75,10 g.
Proteins	0,38 g.
Iron	1,30 mg.
Vitamin C	2,40 mg.
Calcium	5,90 mg.
Vitamin B2	0,28 mg.

3.4. The main health benefits of honey:

Consumption of two or three teaspoons of honey a day is recommended as it would be the right amount to sweeten without gaining weight, but in cases presenting an infection or lack of energy, you can eat two or three tablespoons until symptoms disappear.

a) Prevents tooth decay:

- ✓ Natural honey does not cause tooth decay by the action of an enzyme that removes plaque. Although it should not be abused.

b) Improves digestive function:

- ✓ Bees' Honey, alone or mixed with the main foods, reduces gastric acidity. Many authors, based on clinical observations, have reached the conclusion that it can be used as dietetic medicine and food in cases of gastrointestinal diseases accompanied with hyperacidity, gastritis and ulcers.
- ✓ Relieves heartburn and ulcer pains. It also has antibacterial properties against *Helicobacter pylori*, bacteria that is known today as responsible for much of the drawbacks of ulcers and gastritis; probably related with gastric cancer. Amy E. Jeffrey, Carlos M. Echazarreta Faculty of Veterinary Medicine, Autonomous University of Yucatán, Mérida, Yucatán, Mexico.
- ✓ Clinical studies have shown that honey reduces gastric acid secretion. Besides, gastric ulcers have been treated successfully with the use of honey as a dietary supplement. In 600 patients with gastric ulcer who were administered honey orally, a recovery rate of 80% was achieved. Radiological examination showed that in 59% of cases the ulcers disappeared.
- ✓ It has an slight snack effect that helps digestion and assimilation of other foods, being rapidly assimilated, it does not produce alcoholic fermentation. Its free acids also help with fat absorption

✓ Honey activates liver metabolism eliminating up to 35% alcohol. It is also good for removing toxins and it protects the liver from drugs and an unbalanced diet.



✓ Honey favors the process of assimilation in the intestine and especially effective in cases of constipation. Honey progresses through the gastrointestinal tract and its content in acetylcholine influences peristalsis.

✓ Honey helps in the process of gastroenteritis since it exerts bactericidal activity against many pathogens, including species of Salmonella and Shigella, and Escherichia coli (E. Jeffrey Amy, Carlos M. Echazarreta Faculty of Veterinary Medicine Autonomous University of Yucatán, Mérida, Yucatán, Mexico). In cases of bacterial diarrhea is very useful for its antibiotic effect.

✓ In patients undergoing antibiotic treatments that produce disbacteriosis, the combination of honey and yogurt will help replenish the intestinal flora killed by antibiotics, with obvious improvement of diarrhea and general condition of the patient. By regulating intestinal transit, it increases the elimination of toxins, which is reflected in the improvement and beautification of the skin, as Dr. Julio Cesar Days in article published in "Apitherapia Hoy", in Argentina and Cuba.

c) Liver disease:

✓ The action of honey on the liver disease is determined by the glucose / fructose ratio in it. These sugars are rapidly absorbed and subsequently pass rapidly into the bloodstream. Glucose is absorbed quickly, causing an almost instantaneous creation of energy that the body needs. Fructose is absorbed more slowly, keeping blood sugar levels for a long time.

✓ In clinical practice, honey is being used in the treatment of liver diseases. Its high content of fructose achieves more convincing cures than glucose alone. This effect is explained because fructose activate sugar combustion processes responsible for energy. Moreover, it is estimated to have a 10 times faster reaction rate. This translates into a better assimilation of other sugars, and the liver needs to work less, consuming less glycogen. In Hepatic metabolism, up to a 29% of the glucose present in honey is converted into glycogen.

✓ Ioirish (1985) highlights that the mineral salts, organic acids, vitamins, hormones, enzymes, antibiotics and other elements present in honey have a major role in the vital processes taking place in the liver and throughout the whole body.

✓ We recommend taking honey in cases of hepatic failure, as it improves the removal of alcohol from the blood and helps to alleviate the effects of alcoholism and alcohol poisoning. Chezeries (1985).

✓ Alcohol and Honey: the mucosa of the small intestine has absorption mechanism that puts honey in conflict with alcohol, meaning this poison is badly or poorly absorbed. Also catalase, speeds up the metabolism of alcohol at hepatocyte level (liver cell), which removes the body faster. This, along with other dietary properties of honey should be considered in the field of alcohol treatment. It should never be used to the reduce the effects of a planned strong alcoholic ingestion, but to the delight of those who act this way, the effects of alcohol will be less noticeable, as also will be the absence of hangover. Ref. Apitherapia Hoy, Argentina and Cuba, Julio César Días.

d) In the treatment of urinary tract diseases:

✓ Honey has diuretic properties thanks to its levulose, organic acids and essences. It therefore contributes to the smooth functioning of the kidney and disposal of toxic wastes in the urine (especially urea).

e) Antiseptic and healing properties:

- ✓ Honey prevents infection and speeds healing of damaged skin. The biochemistry professor Peter Molan, who leads the Honey Research Unit at the University of Waikato, New Zealand, referred to the history of the wound of a patient that has persisted for over 20 years infected by a strain of bacteria resistant to antibiotics. In August 1999, he read about the healing properties of honey, he convinced doctors to apply it as a poultice to the wound and a month later the wound was completely healed.
- ✓ Honey is effective in the treatment of burns because of inhibin (Dolci, Du & Dziao, 1937), which has antimicrobial effect. In the papyri of Eberts and Smith, dating from before 1500 BC, the use of honey for the treatment of wounds was also advised.
- ✓ The presence of honey in an open wound leads to a steep rise of glutathione in the wound, playing an important role in the redox processes in the body. Therefore, the division and growth of cells is stimulated and, therefore promoting crystallization, according to clinical observations of the Russian surgeon Krinitski (Iorish (1985).
- ✓ Heinerman (1988) recommends the use of honey in the treatment of ulcers, herpetic lesions, cracks and sores. For chronic varicose ulcers, burns, lupus erythematosus, a mixture of honey and Vaseline is suggested (80: 20).
- ✓ The great healing activity of honey makes its use recommended in the recovery and healing of hospital surgeries processes (Heinerman, 1988).
- ✓ Honey applied on skin area affected by edema can reduce it. The edema increases the deterioration of the skin lesions that can lead to necrosis.
- ✓ reports indicate the efficacy of honey in the treatment of gangrene, this may play a beneficial role in reducing the number of amputations resulting from meningococcal septicemia.

✓ honey is considered as a good remedy for wrinkles, according Heinerman (1988), providing softness and freshness to the skin. Its application as a mask is recommended and is a good remedy for dry skin.

✓ Formerly, as Hippocrates and Avicenna indicated properties of honey to give facial skin nuances of freshness and youth.

f) Diseases of the respiratory system:

✓ Honey acts on the mucous membranes of the nose, larynx and lung alveoli when used in inhalations, thus exerting a local bactericidal and generally fortifying the body, as wrote Ioirish (1985) in his work about the healing process of 20 patients suffering from progressive atrophy of the respiratory system.

✓ Honey is effective in treating acute and chronic rhinitis, pharyngitis, bronchitis and other respiratory diseases (Ioirish, 1985).

✓ Honey has great antitussive properties, used as antitussive in countless syrups, plus smooth throat discomfort.

✓ Its use is recommended in case of hoarseness, sore throat, laryngitis and coughing (Heinerman, 1988).

✓ Expectorant and cough soothing. Hippocrates indicated honey-based drink for these symptoms. Avicenna recommended a mixture of honey and rose petals after the appearance of the first symptoms of tuberculosis.



g) Nervous system disorders:

- ✓ Nervous, exhausted or fatigued people are advised to take a glass of warm water with a teaspoon of honey and the juice of half a lemon and half an orange in the evening in order to regain their normal state. (Heinerman, 1988) .
- ✓ Chezeries (1982) considers the honey to have relaxing and sleep-inducing properties, and therefore recommends it in the diet of patients affected with chronic insomnia.
- ✓ Clinical observations have shown that shots of hypertonic glucose solutions give quick results in the treatment of certain disorders of the nervous system. Usually, already after the first three injections some subjective improvement is observed, decrease in headaches, vision improvement, etc.
- ✓ Ioirish (1985) mentions the treatment with honey of patients suffering from Huntington's disease, with annoying convulsive muscle contractions. He notes that after three weeks of treatment and avoiding any other types of medication, very good results were obtained. The patients recovered normal sleep, headaches disappeared, fatigue and irritability decreased, and the mood was recovered.

h) For the eyes:

- ✓ An ointment from eucalyptus honey is suggested for the treatment of eyelid and cornea swelling, ulcers and other conditions of the eye. Ioirish (1985) recounts the virtues of honey in healing patients with acute keratitis and scrofula. Improvements were observed in these patients were, among others, decreased inflammatory processes, improved vision and disappearance of unpleasant subjective symptoms. It should be noted that to treat eye diseases, sterile comb honey must be used.
- ✓ Other authors like Chezeries (1982) note the therapeutic effect of honey in the irritation of the eyes and its use is recommended in the form of instillations made with honey and boiling water.

i) For the heart:

- ✓ Glucose contributes to flebeetasia (dilated veins) and therefore improves the blood circulation of the coronary system. According to Iorish (1985), extended consumption for 1-2 months, of 50-140 g per day in patients with heart disease, led to the improvement of the general state, normalization of blood composition and to raise the amount of hemoglobin and cardiovascular tone.

j) For blood:

- ✓ It stimulates the formation of red blood cells due to the presence of folic acid.
- ✓ It stimulates antibody formation due to ascorbic acid, magnesium, copper and zinc.

k) In the treatment of anemia:

- ✓ Thanks to its minerals, particularly iron, honey helps to increase the level of blood hemoglobin, molecule carried by the red blood cells that provides the oxygen necessary for cell life.

l) Antioxidant action:

- ✓ A study by the University of Illinois (USA) has found that honey has antioxidant properties due to its high content of phenolic acids and enzymes such as catalase and glucose oxidase, that are able to protect cells from free radicals.

a) prebiotic food:

- ✓ Honey is a prebiotic food because it contains oligosaccharides known for naturally increasing the population of bacterial flora (bifidobacteria and lactobacillus), improving digestive and immune system health.

n) In osteoporosis:

✓ Honey ☞ increases calcium absorption therefore helping to increase bone mass. Researchers have found that honey increased by 33.6% the calcium absorption in rats, probably by the contents of carbohydrates as glucose, fructose and raffinose.

o) In the treatment of arthritis:

✓ The intake of honey relieves pain caused by arthritis because it helps reduce the joints inflammation and soothe the pain caused by the disease.

p) Anticancer action:

✓ It has been found that natural honey and its derivatives (propolis, royal jelly, etc.) come to reduce tumor growth and prevent metastasis when injected into tumors in mice, which would make a good anti-tumoral treatment.

q) Action against harmful external agents:

✓ Honey has applications to prevent diseases caused by radiation, and in some countries they use a treatment prepared from honey. It is applied in the form of intravenous injections from deproteinized honey, at a dose of 10 ml of a solution at 20-40%.

✓ Applied before each radiotherapy session, it will largely reduce the consequences of treatment with X-rays. In the European market, a drug appeared for this purpose called "Melcaína", consisting of a honey solution without protein with a 1-2% of novocaine.

✓ Stojko and Col. (1987) demonstrate the effectiveness of honey in the process of adaptation of the organism to harsh environmental conditions.

✓ Heinerman (1988) suggests that honey attenuates allergic hay fever outbreaks and recommended as a preventative, a tablespoon of honey after every meal. The author observed a decrease in the symptoms of allergic disease after the ingestion of honey and observed a significant decrease in lacrimation and mucus. Perhaps the mechanism of action is that the body produces specific antibodies from small amounts of pollen that contains honey, which thus acts as a vaccine. However, further studies are required to reach a conclusion on this point.

r) Astringent and soothing:

✓ Honey has an astringent and soothing action that allow for its inclusion in galenic preparations such as creams, face masks, toners, etc.

s) For the treatment of hair loss:

✓ The use of honey on skin processes has healing properties such as seborrheic dermatitis and dandruff, major causes of hair loss as evidenced by the work of Dr. Al-Wa'ili NS (Dubai Specialised Medical Centre and Medical Research Labs, PO data Box 19964, Dubai, United Arab Emirates Al-Wa'ili NS.

Cases where the honey is not recommended:

✓ **Children under eighteen months.** Honey should not even be used to sweeten the dummy. At this age the child's digestive system is not sufficiently developed and this could favor the germination of spores of *Clostridium botulinum*, which can be present in honey, which could cause botulism toxin in children.

✓ **Obesity or overweight.** Its high calorific value makes their consumption not recommended for people who have to control their weight or undergo weight loss program.

✓ **Hypertriglyceridemia.** People with high triglyceride levels in blood must restrict their intake because of its richness of carbohydrates would favor the increase of triglycerides.

✓ **Diabetes.** Diabetics must control the use of honey for its high content of simple sugars such as glucose and fructose, which would increase blood glucose levels.

✓ **Hayfever,** especially if children are involved. The presence of pollen in honey can cause asthma attacks and develop other allergies.

“Bee Honey, tastes well and feeds well”

Popular saying

Section II

4. Put into practice

4.1. Folk Remedies with Honey:

a) Honey Remedy for asthma:

Boil, simmer, 1 small onion, 2 garlic cloves and a pint of Royal Jelly, for 30 minutes. Let it cool. Alternate 1 tablespoon of the mix and 1 tablespoon honey every two hours.

b) Honey Remedy for a hangover:

Combine half a cup of honey with half a cup of grapefruit and crushed ice. Take time before attending a party to mitigate, in part, the effects of ingested alcohol.

c) Honey Remedy for Insomnia:

c.1) Mix 2 tablespoons honey with the juice of 1 lemon or 1 orange in half a glass of warm water. Take before bedtime. It is recommended that honey is the darkest possible for best results.

c.2) Mix 2 teaspoons of apple cider vinegar with 2 teaspoons of honey in a cup of water. Take a quarter cup before bedtime.



d) Honey Remedy for states of exhaustion:

Put in a warm water bath in 1 liter of sherry wine, 25g of rosemary tops, sage 20 g and 15 g of honey. After 20 minutes, remove from heat and let cool. Filter and take 1 glass before meals.

e) Honey Remedy for minor burns:

Place 2 or 3 tablespoons of honey over the burn which will provide rapid relief of pain and itching.

f) Honey Remedy for Cough:

Boil a lemon inside water for 10 minutes or until crust is tender. Cut in half and extract the juice. Place lemon juice in a glass. Add 2 tablespoons of honey. Take 1 teaspoon every 4 hours.

g) Remedy with honey for ulcers, stomach and duodenum:

Take a teaspoon of honey, fasting, daily, one hour before breakfast, slowly swallow honey after dilution in the mouth.

h) Honey Remedy for intestinal disorders or diarrhea:

Dissolve honey in a jar with water and take as a daily beverage. It effectively acts as an antiseptic intestinal flora.

i) Honey Remedy for colitis and constipation:

Add 1 or 2 tablespoons of honey as a sweetener in 200 grams of any food which will help control the activity of the intestines.

j) Remedy for the nervous system:

Take 1 teaspoon of honey, six times a day, will give you peace and quiet. You can add a glass of milk to rest easier.

k) With honey remedy for liver diseases

Dilute 2 or 3 teaspoons of rosemary honey, sweetening a cup of infusion of juniper.

l) Honey Remedy for Jaundice with honey.

Boil 30 grams of sage in 1 liter of water for 10 minutes and then sweeten with a teaspoon of honey. Take three cups a day.

m) Remedy for acne with honey.

Boil 40 grams. elderberry leaves in a liter of water for 10 minutes. Remove from heat and let cool. Take a daily cup sweetened with honey rosemary.

Questions

- 1. Do you remember the composition of honey?**
- 2. How can honey help patients with liver diseases?**
- 3. Why is honey good for the respiratory system?**
- 4. How does honey affect the nervous system?**
- 5. How does honey affect heart behavior?**
- 6. How does it affect our blood?**
- 7. Honey and its derivatives, how can they be beneficial against cancer?**
- 8. What do you remember about honey and its effect on physical exhaustion?**
- 9. If you had rheumatism, would you consider bee-stings as a therapy?**

Are you interested?

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