

HONEY AND ITS BENEFITS



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Deemed as a top health food across the globe, Honey is a wonderful creation. Honey is among the most popular and widely used sweetener with enormous health benefits. It is used by several cultures around the world serving as a base for many traditional medicines, especially in Ayurveda. The health benefits and advantages of honey have been valued since ages.

USEFUL IN WEIGHT REDUCTION

Did you know you can use Honey for Weight management? According to nutritionist honey burns body fat even while when you are sleeping. It is one of the best foods for losing weight. It is better to have a spoonful of honey before going to bed. You can also consume a little honey with warm water on empty stomach early in the morning. Having it first thing in the morning, helps increase the metabolism, which in turn helps reduce weight faster. Honey is also good for improving your overall health.

STRENGTHENS IMMUNE SYSTEM

Honey has countless medicinal properties that naturally help in curing a sore throat. Its antioxidants and bacteria-fighting assets also help against fighting infections that are caused by viruses, bacteria and fungi. Buckwheat honey has the highest number of antioxidants and when consumed daily can be beneficial for boosting immunity in the long run and this is why honey has known to be one of the best immunity boosting foods. It is always advisable to consume honey every morning before breakfast or even workout

to get an extra kick of energy for the whole day. It also works as a cleansing toner which improves immunity in children.

NOURISHES YOUR SKIN AND FACE

Using Honey for skin is very useful because of its moisturizing and nourishing properties. Honey is the best natural moisturizer, especially for your dry skin and it is also very easy to apply. Raw honey not only unclogs pores but it also helps moisturize parched skin. It also helps curing cracked lips during winters. Many people also use honey masks for skin tone correction. Also being a natural antiseptic, it is useful for treatment of wounds, bruises, cuts, burns and other infections.

BOOSTS YOUR MEMORY

Honey, the eternal sweetener has numerous health benefits, one of which includes boosting memory and concentration. Honey not only increases brain power and memory but also makes you a healthier person altogether. Consumption of honey prevents metabolic stress and helps calm and soothe the brain, which helps in augmenting memory in the long run. The natural antioxidants and therapeutic properties in honey help in boosting brains' cholinergic system and circulation and receding cells that cause memory loss.

HOME REMEDY FOR COUGH

Honey is known to be one of the best home remedies for dry cough as well as wet cough. Research has also shown that drinking a tablespoon of honey can reduce irritation in the throat. Honey is the preferred natural remedy for cough, especially for kids, as it helps to relieve nocturnal cough, allowing proper sleep.

NATURAL REMEDY FOR DANDRUFF

Honey is one of the best natural home remedies for dandruff. It not only provides nourishment to dry hair but it also gives you smooth and soft hair. You can also use honey and lavender with green tea to prevent hair fall. All you need to do is mix 2 tablespoons of Dabur Honey with equal amount of vegetable oil and apply it on your hair. Keep this hair mask on for 15 minutes, and then rinse it off before you shampoo.

USED FOR HEALING WOUNDS

Honey has antibacterial, antifungal, and antioxidant properties, which is why honey is used for healing wounds. After any skin injury, bacteria that live on your skin can infect and penetrate the wound site. Honey, has been found to destroy these bacteria.

NATURAL SLEEPING AID

Drinking this beverage made of warm milk and honey just before you sleep. For centuries, people have used this drink to help them sleep. This beverage is fairly easy to make. All you need to do is add a teaspoon of Dabur Honey into a glass of hot milk, or add 1 or 2 teaspoons of Dabur Honey to a cup of chamomile tea and sip to induce sleep.

EASES SINUS ISSUES

Increasing pollution and dust many people these days suffer from sinus related issues. Sinuses are small cavities in the skull that produce mucus to guard the respiratory system from allergies and infections. When we suffer from infections the viruses block the sinus, traps the air and mucus which causes distress. Honey on the other hand is a natural anti-bacterium and anti-septic that helps to clear the infections and reduce inflammations. Honey also soothes throat and reduces coughs and strengthens the immune system thereby causing less sinus attacks.

HELPS WITH GUM DISEASES

Honey's anti-bacterial and infection healing properties help in treating and healing wounds. Teeth and gum diseases like gingivitis, bleeding and plaque can be treated to a great extent with the regular use of honey. Honey is known to release antiseptic hydrogen peroxide which acts as anti-microbial agent that prevents the growth of bacteria. Experts' advice the use of raw honey mixed with water to be used as mouthwash. Also rubbing honey directly on affected gums gives instant relief from pain and inflammation and other periodontal diseases.

NATURAL ENERGY DRINK

Honey is known as an excellent source of natural energy as the natural unprocessed sugar present in it enters the bloodstream directly and this in turn can give a

quick boost of energy. This quick boost works like a wonder for your workout, especially in longer endurance exercises.

PREVENTS AND CONTROL ECZEMA

Eczema is a skin condition that causes red, itchy, flaky skin that causes discomfort. Usually, young children and teenagers suffer from eczema that can be treated with honey. Those suffering can make a mixture of raw honey and cold-pressed olive oil and apply on the skin to get rid of the problem. Honey acts as a natural cleanser by removing dirt and making the skin smooth and soft. It can also be used for exfoliation of the skin by mixing it with oats in order to remove dead cells. Regular use of honey prevents eczema from occurring or coming back again.

Bibliography:

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