

Title:

Honey ~ Important Health Facts!

Word Count:

621

Summary:

Honey is the most known apicultural product, it is a substance that the bees produce through a

Keywords:

honey, food, health

Article Body:

Honey is the most known apicultural product, it is a substance that the bees produce through a

The beekeeping is a very old activity. Evidences from Egypt, Mesopotamia and Greece describe a

Honey consumed as food is important for the balance of the biological process of the organism.

Eating honey will improve your quality of life, since it stimulates and increases physical res

With honey ~ and nothing else ~, Nigerian doctors were able to cure serious wounds, burnings a

It has been indicated to prevent, control or cure the following illnesses:

- Respiratory diseases
- Cramps
- Intestinal disturbances
- Digestive disturbances
- Throat irritation
- Urinary irritation
- Irritation of the eyes
- Dental caries
- Illnesses of the liver
- Rheumatic pains
- Physical fatigue
- Insomnia
- Skin burn
- Stomach ulcer, etc.

The flavour, aroma and colour of the honey differ according to its botanical origin, in accord

Here goes an advice: honey fattens less than sugar. 1 tea-spoon or 5g of honey = 16,4kcal. It

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