



HONEY BEE SECRETS: Honey Miraculous Healing With These Proven Techniques

Dr. Paul Allen

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Honey has a long medicinal history. The ancient Egyptians not only made offerings of honey to their gods, they also used it as an embalming fluid and a dressing for wounds. On that last point, at least, they were on to something.

Today, many people swarm to honey for its antibacterial and anti-inflammatory properties. Holistic practitioners consider it one of nature's best all-around remedies.

But outside of the laboratory, claims for honey's healthfulness are unproven -- except in the area of wound care and, to a lesser extent, cough suppression.

Here's the truth behind the claims about honey's health benefits -- and an important warning.

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