

Raw Honey Health Benefits

Raw honey is loaded with vitamins, amino acids, incredible plant compounds, and enzymes. Raw Honey is Natures Sweetener, Energy Food, Skin Care, & Cough Suppressant and helps the body maintain a balanced PH

Raw Honey is:

- ~ Anti-fungal, Anti-Microbial, Anti-Bacterial, Anti-Viral, Anti-inflammatory & Anti-septic
- ~ An excellent source of Antioxidants ~ Supports Good Bacteria
- ~ Slows Aging
- ~ An Immunity System Builder
- ~ Anti-Cancer!
- ~ An Aphrodisiac

Raw Honey helps to heal:

- ~ Allergies
- ~ Cuts & Burns
- ~ Hangovers
- ~ Sore Throats
- ~ Sleeplessness
- ~ High Cholesterol and Type 2 Diabetes
- ~ Common Cold / Mosquito bite relief / Acne treatment



Honey:

- ~ may promote better blood sugar control.
- ~ helps you lose weight.
- ~ reduces the risk of heart disease.
- ~ soothes indigestion.
- ~ reduce ulcers and other gastrointestinal disorders.
- ~ relieving morning sickness.
- ~ may also lower total cholesterol while increasing HDL(good) cholesterol.