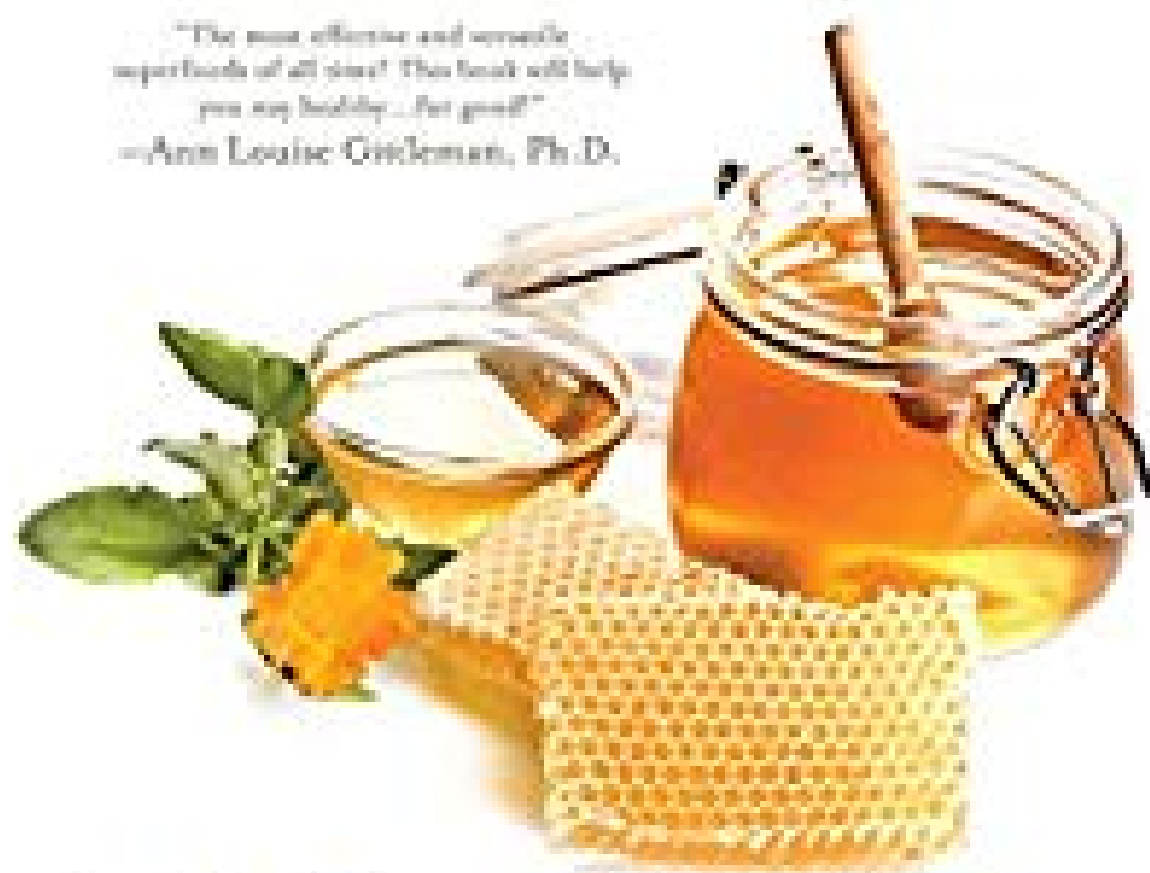


A Complete Guide to Nature's Remarkable Nectar!

The Healing Powers of HONEY

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CAL OREY

author of *The Healing Powers of Vinegar*

Cal Orey

The Healing Powers of Honey: A Complete Guide to Nature's Remarkable Nectar!



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Did you know?--and increase longevity. Pure, raw, unprocessed honey is a healthier sweetener than table glucose and high fructose corn syrup.." --Dr. You'll also appreciate Cleopatra's milk-and-honey beauty treatments and eco-friendly beeswax home uses--all made with the amazing honey bee's gifts!.., writer of Mind Boosters "This eye-opening reserve gives you a delicious truth of the original Mediterranean diet: Honey is a sumptuous path to optimal wellbeing. Super "bee foods" (including nutrient-rich bee pollen, propolis, and royal jelly) are used and touted for their curing powers by beekeepers and medical experts in the present-day.D. The honey bee pollinates on the subject of one-third of the food we consume (including healthy fruits and nuts). Drawing on the latest honey buzz and interviews with physicians, beekeepers, and researchers, this enchanting and enlightening publication (sweetened with stories about honey bees and humans) reveals 30 healing honey varieties paired with cinnamon and teas, lets you know how to incorporate honey into Mediterranean-design, heart-healthy recipes like Honey Custard French Toast, Honey-Glazed Game Hen, and Filo Pear and Honey Tarts, and more than 50 home remedies that combat digestive woes to skin woes. Eating honey can help lower the chance of heart disease, cancer , diabetes--even lessen body fat and your weight! "A fascinating read about a natural remedy that is a rich way to obtain antioxidants." --Ray Sahelian, M.D. It's chock-full of antioxidants, minerals, and vitamins--and just has 21 calories per teaspoon. Referred to as Mom Nature's "nectar of the gods," honey was praised because of its healing powers as far back as 5,000 years ago by Egyptians. Will Clower, Ph. Honey can reduce a number of ailments, including allergies, coughs, fatigue, pain, and stress, as well as boost libido., writer of The French Don't DIET PROGRAM



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Honey a requirement in my life I actually started becoming more alert to the benefits honey has for you personally after age 73. Utilized to think it had been sweet but knew nothing at all about quality honey. Since reading the trial edition I started researching honeys. Found the "Curing Powers of Honey" reserve at Amazon and got the trial version. That was great so I ordered the entire book. Started buying raw honey and which has made a big difference in my honey use. Honey is now part of my daily intake. The healing powers of Honey. I will never again choose the clean, apparent honey you see in stores as it offers been heated up, filtered and prepared so that its only value is sweetness. I just offered it a four celebrity as I also believed there was information that wasn't so relative.always keep honey on hand. I did learn some amazing information regarding Honey. I did learn some amazing information regarding Honey I've almost finished the publication. Others may appreciate the information even more than I did so.3. Raw honey that has not had temperature raised over 120 degrees and that is slowly filtered however, not pressure filtered, maintains its healthful enzymes. I certainly gained an enormous respect for the bee. Guilt free sweet treat The Recovery Powers of Honey receive 5 stars. This reserve gives a good overview for anyone who doesn't understand that very much about honey, but enjoys eating it. I also love the way Cal Orey summarizes each chapter for you, under the heading, "Un-Bee-lievable Healing Hints to Capture." Listed in Chapter 7 are the many flavors of honey, including a explanation of each type. Many delicious dishes are also included throughout the book. By the end sites are listed to purchase the various types of honey if they are not available where you live.. I especially loved Chapter 11 called, "Home Remedies FROM YOUR OWN Kitchen," which lists 50 cures.Lots of anecdotes, history, and some recipes mixed it, it's an easy and quick read.Not as comprehensive as I'd hoped, but well crafted with pertinent info for anybody wanting an launch to the globe of honey. This is an excellent book on honey This is an excellent book on honey. Many people understand natural honey is "good for you" , but have no idea why. Invest in your health; My only complaint is usually that there is an awful lot of repetition in it.. Unheated and unfiltered it becomes a health food and not simply a sweetener.Ideal for stopping bleeding won't stop from poor wounds n cutsGood forever.. To sweeten the examine, she even includes some dishes for treats, tonics, and remedies. Would recommend to others.!! A honey of an article There is no doubt that the author is biased and that she actually loves honey. I love how conversationally Cal Orey writes; I've eaten honey every day for quite a while, and now my uses will expand. She convinced me; An extremely readable book.. Loved this book If you value honey, or wish to know even more about the benefits of honey, then this book is a must. Nevertheless, she does a good job in bringing to light the many ideals of honey, not forgetting the many different kinds of honey. Like she actually is sitting across the desk sharing tea with you. Ok! So educational, plus recipes and a lot of info that i never knew, I would recommend to all. Cal brings it house with the research behind the promises, the specifics benefits for diabetics and additional health complications.found in egyptial tombs still gd Five Stars A very good book to read. I've thoroughly liked her books, The Healing Powers of Olive Oil and The Healing Powers of Vinegar and am therefore looking forward to expanding my Healing Powers library to include Tea, Coffee, and Chocolate < We function hard at attracting bees to our backyard keeping it pesticide free etc, but lots of insight received from the reserve. Kona max Great n useful book. enjoy the read. The info regarding medicinal great things about various varietals is vision opening. It's okay , not what We expected. It came from a nasty Good Will Shop ! Lol! Would recommend to others OK for reference make use of. Honey is great for your body ! This reserve explains pretty well and has taught me about different types of honey and the curing powers in various kinds of honey... Very informant and We am happy that I purchased

this book.....I've tried around 5 types that I have read about in this book plus they are all extremely good in various ways and flavors.I am excited to try more. Superb introduction to the World of Honey I purchased this for my hubby along with some varietal honeys mainly because a gift.. One Star Not as expected



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