



THE *NEW*
HONEY
REVOLUTION



RESTORING THE HEALTH OF
FUTURE GENERATIONS

REVISED AND UPDATED



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MD Mph Ron Fessenden

The New Honey Revolution



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This revised and up to date edition contains info from all of the books in The Honey Revolution Series, PLUS new information from a large number of new research studies documenting the amazing health advantages of consuming honey. TGBTGBOOKS. The Definitive Reserve on the Health Great things about HONEY New information from current study - New amazing facts Restoring the health of future generations is more than a hopeful promise or a smart slogan. There are plenty of reasons to read this book. One of the following may end up being just for you. COM, LLC www. Improve your health - sign up for The HONEY REVOLUTION! Since ancient instances, honey offers been known for its many healthful benefits, but what many don't know can be that current medical analysis has validated a lot of those long held beliefs. In The New Honey Revolution you'll discover how: Honey regulates blood sugar and is the sweetener of preference for diabetics Honey will help you sleep better and recover quicker Honey reduces the risks for obesity, diabetes, cardiovascular disease, high blood pressure, cancers, Alzheimer's disease, and more Honey fuels your brain, improves storage and recall Honey treats pores and skin infections and improves wound treatment Honey enhances the immune system The consumption of a small amount of honey each day could reap enormous individual and community health benefits and save billions of dollars each year in health care costs for just pennies a time. tgbtgbooks.com



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Fessenden when my community beekeepers' association had their Fun Day in June to present bees and beekeeping to ... Annoyingly Repetitive but Excellent Info Without doubt, some excellent details, specifically for anyone who is unfamiliar with the advantages of incorporating honey within their diet. An extremely informative book about all honey products. I sat in on his lecture about honey use for better health. I found like other visitors, that Dr. Fessenden is constantly repeating information. Useful to learn a lot about important metabolism stuff linked to the mind, the liver, sugar and how it is converted in your body. Had met Dr. Bought the book and read up on the current studies and presentations of honey's use for a better existence. I am a believer in honey's helpful improvements to one's health and outlook on life. He explains this by saying each chapter can be read aloud of context... I've more energy...I found him doing it to the enth degree within chapters too, nearly to the point of annoyance. This reserve might have been cut in half and still retained important information. I was longing for some quality recipes, but it's, specifically, an informational, ONLY, book!.I'd have given it 5 superstars if it had more current scientific studies cited and discussed with an increase of depth. It didn't have the information I wanted regarding different types of honey. Highly recommend this publication to those who would rather not lay out lots of money for prescription medications for managing blood sugar levels level, diabetes, and wish an excellent night's sleep.. Great reserve. Fessenden when my local beekeepers' association acquired their Fun Time in June to provide bees and beekeeping to the public. A short read, but very good w/lots of good info on benefits of honey and all it's products Covers circumstances made better by honey intake. You'll learn a lot! Excellent book. Gives details of how honey benefits our ..I'd have trained with 4 superstars if it was more succinct. Excellent book. Gives information on how honey benefits our immune system, heart, digestion, sleep, fat burning capacity, etc. Five Stars Very valuable book. Uses followed offers improved my wellness.BUT. Five Stars EXCELLENT BOOK AND UP TO DATE GREAT THINGS ABOUT HONEY Great Info Concerning Honey Exceptional book from an md. about honey! VERY informative. I didn't realize ALL the benefits of . This book is definitely a must-read to greatly help more in our midst understand not only honey but also the additional sugars like the one that result from fruits or one that come from starch.. VERY informative.! Any eating plan I've been on previously, positioned honey in the sugars what's poison category. The ONLY one that doesn't may be the Mediterranean diet program which I'm following forever!! I didn't realize ALL the benefits of honey. Also, THIS publication disputes putting honey as JUST another sugar. Nevertheless, this is a good reserve for anyone to learn about honey and enjoy it's value as a regular nutritional supplement to diet. Must read Life changing information.



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