

HONEY FOR YOUR HEALTH



My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste.” Proverbs 24:13

A bee lives less than 40 days, visits up to 200,000 flowers, and produces about 1/12th of a teaspoon of honey. A hive can produce up to 100 pounds of honey in a year, and bees must visit 2 million flowers to make just one pound of honey.

There are more than 300 different types of honey. The flavor of each depends upon the type of flowers the bees pollinate, such as clover,

lavender, and orange blossom. The nectar from these flowers mixes with the bees’ enzymes, which breaks down the nectar into simple sugars that are deposited into honeycombs. Honey is both highly acidic and low in moisture, the perfect environment to prevent bacterial growth.

The processing and sealing of honey add to its indefinite shelf life. Despite being low in moisture, the sugars contained in honey take in moisture from the air. But when honey is heated, strained, and sealed properly, moisture cannot be ab-

sorbed, and the honey stays the same forever. The oldest jar of honey ever found is believed to be over 5,000 years old. Thanks to its special chemistry and the handiwork of bees, honey has no expiration date.

Honey contains live enzymes, which are essential for proper digestion and nutrient absorption. A metal spoon kills these enzymes, so the best way to consume honey is with a wooden or a plastic spoon.

Honey contains fructose and glucose, both of which are natural sugars. Honey also contains trace

amounts of protein, vitamins, and minerals. Athletes often use honey for a natural source of energy. Honey is one of the few foods on earth that alone can sustain human life (Matthew 3:4). One spoonful is enough to keep a person alive for 24 hours.

Consuming too much sugar is linked to a host of chronic health conditions, including Diabetes, obesity, high cholesterol, heart disease, pancreatic cancer, dental cavities, and developmental disorders. While honey is higher in calories and carbohydrates than refined sugar, consumption should be with temperance (Proverbs 25:16, 27).

Ancient Egyptians used honey as a medicine to treat various ailments. The bodies of the world's greatest emperors were buried in golden coffins and then covered with honey to prevent them from rotting.

In ancient countries, honey was considered a symbol of fertility and abundance. Newlyweds were given honey to ensure a fruitful marriage, hence the term "honeymoon."

Here are a few more of the amazing health benefits of honey:

Antioxidant Protection

Although honey raises your blood sugar level just like other types of sugar do, the antioxidants it contains may help protect against type 2 diabetes and premature aging. Researchers have found that honey may increase the level of a hormone that reduces inflammation and improves blood sugar regulation. There's also evidence that daily honey intake may improve fasting blood sugar levels in people with type 2 diabetes.

However, while honey may be slightly better than refined sugar for those with diabetes, people should still consume it in moderation. It's also important to know that some producers dilute honey with plain syrup or corn syrup. Even though honey adulteration is illegal in most countries, it's best to use raw organic options or True Source Certified honey.

Heart Disease Prevention

There is evidence that honey may help lower total cholesterol, LDL or "bad" cholesterol, and triglycerides, all of which reduces the risk of heart disease. Robinia or clover honey have the most research to support them for heart health. According to one study, honey may help lower blood pressure, improve blood fat levels, regulate your heartbeat, and prevent the death of healthy cells — all factors that can improve your heart function and health.

Respiratory Tract Protection

Coughing is a common problem for children with upper respiratory infections. These infections can affect sleep for children and parents. Several studies have found that honey was effective in reducing cough duration, as well as improving sleep quality for those dealing with respiratory issues.

An added benefit is that, unlike some prescription or over-the-counter cough medicines, honey doesn't have any negative side effects. Buckwheat honey and certain other dark honeys have been shown to decrease nighttime coughing and help manage cold

symptoms in children. Remember not to give honey to children under 1 year of age due to the risk of botulism.

Wound Care

Honey has a long history of use for wound care, due to its antibacterial and anti-inflammatory properties. It has been studied for diabetic foot ulcers, repairs to surgical incisions related to childbirth, and abscesses. Other research suggests that it may also be a useful treatment for skin conditions, such as psoriasis, dermatitis, and herpes.

Manuka honey has proven to be best for wound care, as this type of honey may block inflammation, sterilize wounds, and promote healing. It's also effective against antibiotic-resistant bacteria. Multiple studies on honey and wound care found it to be most effective at healing partial-thickness burns and wounds that became infected after surgery.

Note: Honey can crystallize over time. This is a natural process and does not mean the honey has gone bad. Simply warm it up to return it to its liquid state.

"The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple. The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes. The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether. More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb." Psalm 19:7-10



Quinoa Garbanzo Burgers

15 oz can of chickpeas, rinsed & well drained
1/2 cup breadcrumbs or panko
1 small carrot, finely grated
1 tsp paprika
2 tbsp flaxseed powder
1/2 tsp cumin
Salt to taste

1 cup cooked quinoa (rinse before cooking)
3 tablespoons water
1/4 cup onion, finely chopped
1 tsp powdered garlic
1 tbsp soy sauce or tamari
1 tbsp olive oil
Top with fresh basil (optional)

Mix flaxseed & water in a small bowl. Let it rest to thicken.

Using a fork or masher, mash the chickpeas in a large bowl till they are almost smooth but still have some lumps. Add the breadcrumbs, soy sauce, carrot, onion, cooked quinoa, and salt. Add the flax mixture and stir till completely blended.

Create six equal patties out of the mixture. Add extra breadcrumbs if it's too moist. Put a dash of water if it's too dry.

Before cooking, warm the olive oil in a skillet over a low heat. Cook patties till golden brown, 3 to 4 minutes each side. Place patties on a baking pan and roast for ten minutes on each side at 375°F, until firm and golden.



Beetroot Powder

Food manufacturers previously only used beetroot powder as a food additive, but now it is being recognized for its many health benefits. Beets contain compounds that may improve gastrointestinal health and stimulate the metabolism and growth of probiotics. Beetroot contains nutrients that may also protect liver and kidney function, lower blood pressure and blood sugar levels, and improve athletic performance and reduce muscle soreness after exercising. Beetroot powder is anti-inflammatory, enhances brain function, and is a useful detox agent. Beet juice is a good source of calcium, potassium, and iron.



From our Lifestyle Center **What Our Guests are Saying**

I came to Uchee Pines to learn how to keep my cancer from coming back. I learned that the root cause of disease is in the mind and spirit. They taught me about the love of Jesus Christ that surpasses all love. The new relationship with Jesus that I developed at Uchee Pines gives me new hope and courage to face all things that lie ahead. The treatments, herbal teas, exercise, meals, and worship have re-invigorated me after surgery and chemotherapy. I feel better now than I have in years. Thank you to Uchee Pines for the haven you developed and maintain to foster healing from the inside out.

-Anon



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