

# 80 reasons to use honey as a DIY home remedy.

## Medicinal Uses

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Moisturize skin with a mixture of honey, eggs and flour

- ~ Honey is antibacterial and makes a powerful antiseptic to cleanse and heal wounds and prevent scabs from sticking to bandages
  - ~ Kills viruses and bacterial infections when mixed and eaten with raw, minced garlic
- ~ Boosts energy, reduces fatigue, stimulates mental alertness, strengthens immunity, provides minerals, vitamins, antioxidants
- ~ Restores eyesight, relieves a sore throat, makes an effective cough syrup
- ~ Prevents heart disease by improving blood flow and prevents damage to capillaries
  - ~ Regulates the bowels; cures colitis and IBS
- ~ Soothes burns, disinfects wounds, reduces inflammation and pain, promotes faster healing
- ~ Reduces anxiety and acts as a sedative; creating calm and restful sleep, alkalizes body's pH
  - ~ Anti-cancer agents protect against the formation of tumors
  - ~ Relieves indigestion and acid reflux, heals peptic ulcers
  - ~ Makes a great lip balm and refreshing herbal wash or lotion
    - ~ Destroys bacteria causing acne, prevents scarring
    - ~ Flushes parasites from liver and colon
  - ~ Heal diabetic ulcers with topical applications
- ~ Mix with powdered herbs for topical applications or to reduce bitterness when taken internally
- ~ Smooths and exfoliates facial skin, reduces surface lines, softens dry skin on elbows and heels
  - ~ Add to green coconut water for supercharged athletic drinks.

## **Medicinal Uses. cont.**

- ~ Relieve hangovers by eating honey the morning after
- ~ Protect hair from split ends with a honey conditioner; honey rinse promotes shiny hair
  - ~ Soften hard water by adding honey to bath water
  - ~ Speeds metabolism to stimulate weight loss
  - ~ Improves digestion with natural enzymes
- ~ Mix honey and lemon with warm water first thing in the morning for an effective cleanse
- ~ Anti-fungal properties cure vaginal yeast infections and athlete's foot
  - ~ Relieve hay fever by chewing on honeycomb
  - ~ Protects topically and internally against pathogens such as Staphylococcus aureus, Pseudomonas aeruginosa and MRSA
- ~ Builds immunity to hay fever allergens by mixing honey and bee pollen and take early in season
  - ~ Quenches thirst and relieves heat stroke; stops hiccups
  - ~ Lessens the effects of poisons and toxins
  - ~ Has mild laxative properties
- ~ Relieves asthma when mixed with black pepper and ginger
- ~ Controls blood pressure when mixed with fresh garlic juice

### **Warning**

**Never give honey to babies under the age of one due to the risk of botulism.**

**Honey carries botulism spores and babies don't have enough immunity for proper protection.**

Learn more:

[http://www.naturalnews.com/036649\\_honey\\_home\\_remedies\\_medicine.html#ixzz2rmOkFwgx](http://www.naturalnews.com/036649_honey_home_remedies_medicine.html#ixzz2rmOkFwgx).