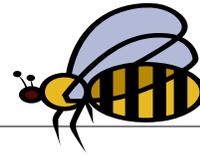


Did you know?



What is “Natural” or “raw” honey and why is it better than “grocery store” honey? “Natural” honey is not pasteurized or heated for processing and only filtered to remove wax, not pollen.

Honey, with its natural pollen, is rich in nutrients and contains a great variety of vitamins, minerals, antioxidants and amino acids (the building blocks of proteins). Ever hear the expression “hair of the dog that bit you”? A tablespoon of raw honey twice a day may help relieve your pollen allergies. The small amount of pollen in raw honey eaten daily can help you become immune. The trick is finding out what pollen you are allergic to and then finding that kind of raw honey.

Natural honey is the only food item that never spoils. Natural Honey has powerful antibacterial properties and research into its use for burn and post-surgery wound healing has confirmed this. But, perhaps the most surprising thing of all about honey is that it actually lowers glucose levels in your blood and that’s been proven scientifically.

Want to keep your brain sharp and escape mental exhaustion? It has been suggested in the book “The Hibernation Diet” that a generous tablespoon of honey in the morning and at night can help fuel our body and brain to work more efficiently. Our liver stores and releases glucose around our body and our brain grabs most of it. That’s why keeping our liver store of glycogen (the proper name for energy the liver stores) is so important. Eating honey is an easily accessible, practical, efficient way of doing this.

For more information please see “The Hibernation Diet” by Mike and Stuart McInnes. Please google “show me honey” and Liz Applegate for information about using honey for sports training.