

An Allergy Defense

Eating local honey may improve or enhance the body's natural defense to certain kinds of local pollen-related allergies. Have family members with Bakersfield allergies? Hate medication? Try this natural remedy which is also good for kids over the age of two.

A Source of Antioxidants

Honey is a source of antioxidants (like fruits and vegetables); substances scientists are finding help the body protect itself against some serious diseases. Honey adds to a long, healthy life.

A Bacteria Inhibitor

Honey can play a role in inhibiting bacteria by acting as a natural barrier and may also promote healing. Therefore, it can be used on minor scrapes and burns. This older natural approach is resurfacing and it is easy to have honey on hand. (Honey is not an ingested antibiotic replacement.)

An Energy Boost

Honey's natural mixture of simple sugars is a unique combination that may help in boosting sagging energy levels and help athletic performance.

A Source of Valuable Nutrients

Honey includes a variety of nutrients in trace amounts, including amino acids and a variety of vitamins and minerals, all important to good health.

FAQ

- **What is raw honey?** One of nature's few substances that needs no processing and never spoils at room temperature. True raw unheated honey will get cloudy and granulate to protect nutrients and its wonderful flavor. It seems the FDA has no warnings re: raw honey.
- **How much would I have to eat?** For allergies eat a small spoonful once or twice a day for around two months then less to maintain acquired health. You can also spread on your favorite foods. It can also be used as a sugar substitute and in food or drinks for kids and adults, but heating raw honey over 93° diminishes its healthy enzymes. Dozens of **recipes** for the whole family are available at kernhoney.com.
- **Is honey an allergen?** The FDA says no, though there is a very rare chance that a very hyperallergic individual may react to a local pollen if it is in a batch of honey.
- **Does it really work?** Results will vary for each individual and trying some can only benefit you and your entire family!

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Portions of this sheet are from the National Honey Board's (www.nhb.com) "Honey User Health Concept Study".