



Fairhaven Farm

Honey
Beef • Eggs

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Liquid Gold: Honey for Health & Healing

Researchers from all over the world are discovering what our ancestors knew long ago -- honey has incredible healing and immune boosting powers.

Honey's antiseptic and anti-fungal properties **fight infection** and heal tissues. It helps reduce inflammation and is used to treat digestive problems such as acid reflux, ulcers, gastroenteritis and indigestion.

It can help **alleviate pollen allergies** because eating honey that contains pollen can trigger an immune response in allergy sufferers that produces antibodies to the pollen and helps build up tolerance.

Honey also acts as a **cough suppressant** and can shorten the duration of colds. Its antioxidants can help prevent cellular damage, including within the brain, and help boost memory. It also helps the body absorb calcium, which is also helps brain health.

Darker honeys contain more **antioxidants** than lighter honey; honey made from buckwheat flowers contains a type of antioxidant called polyphenol, which gives the honey its distinctive dark copper color. Darker honeys such as buckwheat also tend to contain more vitamins and minerals in addition to antioxidants.

The health benefits of honey largely depend on its quality, with raw honey being best. Raw honey is unpasteurized and unfiltered. Pasteurization occurs when honey is heated. This helps delay crystallization and gives honey a more appealing look, but it destroys the vitamins and minerals and removes the pollen, which also is full of vitamins and minerals. It also affects the flavour, making the honey bland. Most supermarket honey is commercial, or processed, honey rather than raw honey. It is therefore less nutritious.

Honey contains carbohydrates (80%-90% glucose and fructose), protein (including enzymes) and amino acids, and is high in vitamins and minerals. Vitamins include: B7, thiamin, niacin, riboflavin, pantothenic acid and certain amino acids. The minerals include calcium, copper, iron,

Benefits of Honey

- ~ Fights infection. According to research, Buckwheat honey has higher antibiotic properties than Manuka honey
- ~ Soothes sore throats & coughs (reduces duration of colds)
- ~ Boosts immune system
- ~ Lowers cholesterol levels
- ~ Treats ulcers & stomach ailments
- ~ Improves cardiovascular health
- ~ Lowers blood sugar
- ~ Reduces allergy symptoms

magnesium, manganese, phosphorus, potassium, sodium and zinc. The broad spectrum of approximately 18 essential and non-essential amino acids in honey is unique and varies by floral source. Also present are antioxidant polyphenols, which can play a role in cleansing the body of free radicals and reactive compounds that can contribute to serious illness such as cancer and heart disease.

Buckwheat honey can also **lower cholesterol** by increasing blood levels of protective antioxidant compounds in the body ("Effect of Honey Consumption on Plasma Antioxidant Status in Human Subjects," H. Gross et al, University of California, Davis, 2004).

Honey is an excellent source of easily assimilated energy. It is one of the most effective forms of carbohydrates to ingest just prior to exercise and to **replenish**

your energy levels. The glucose contained in honey is absorbed by the body quickly, giving an immediate energy boost, while the fructose content is absorbed more slowly, providing sustained energy.

Honey has also been found to keep levels of blood sugar fairly constant compared to other types of sugar, and it appears to be a carbohydrate source that is relatively mild in its effects upon blood sugar compared to other carbohydrate sources.

Because honey metabolizes differently than sugars, it is a safer choice for diabetics. In his book, *The Honey Revolution - Restoring the Health of Future Generations*, Dr. Ron Fessenden says that consuming honey will produce a significantly lower blood sugar response than an equiv-



alent amount of sugar or other glucose-rich starches. Dr. Fessenden says that when consumed regularly over several weeks or months, **honey will lower blood sugar and glycated hemoglobin levels.** He recommends consuming three to five tablespoons of honey a day and eliminating most sugar and HFCS for people with Type 2 Diabetes.

For centuries, pure honey has been used in children to help alleviate cold symptoms. In the December 2006 study on cough suppressants, "Effect of Honey and Dextromethorphan on Nocturnal Cough and Sleep" from Penn State College of Medicine researchers compared honey to over-the-counter medicines in children aged 2 to 18 years. They found that honey **outperformed cough medicine** in offering a better night's sleep and reducing severity of cough.

In caring for a wound, the *American Journal of Dermatology*, in "Honey in the Treatment of Wounds and Burns," says **honey applied topically to a wound can promote healing just as well, or in many cases better than conventional ointments** and dressings. Its anti-inflammatory properties reduce swelling and pain while its antibacterial properties prevent infection.

Honey has been used for thousands of years for healing and for maintaining health. Honey, in its purest form, truly is a head-to-toe cure.

References:

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Medicinal Properties of Honey

Most of honeys medicinal benefits are attributed to its antibacterial and anti fungal properties. These properties have been shown in the laboratory by introducing honey to a specific bacteria/fungus in a petri dish and measuring the degree of inhibition of its growth.

Honey's usefulness as a medicine for humans is partly anecdotal and more recently founded on clinical study.

Honey's antibacterial properties are derived from three things. Hydrogen peroxide production (not its content), low pH and its ability to draw water from its surroundings.

Hydrogen Peroxide (H₂O₂) kills most bacteria and fungus on contact. About one-third of honey is glucose and a very small part is glucose oxidase. The chemical reaction simplified is as follows: glucose combined with water and oxygen producing hydrogen peroxide and gluconic acid (C₆H₁₂O₆ + H₂O + O₂ = H₂O₂ + C₆H₁₂O₇).

This reaction does not take place with regular honey in its jar; the honey must have a much higher pH (around 6) and sodium must be present. Human body fluids meet this requirement with high pH and sodium. When honey comes into contact with an open wound and its fluids, the enzyme glucose oxidase is activated and production of H₂O₂ begins. As more or less fluid is produced the process increases or decreases and is self-regulating. The high acidity (around pH 4) of honey inhibits the growth of bacteria.

Honey, like any super-saturated solution of a sugar and water, will absorb water until it reaches equilibrium. When honey takes water from the cells of bacteria or fungi it kills them by dehydration on the microscopic

level.

Honey is often recommended as a treatment for stomach ulcers. Clinical studies have shown that honey will inhibit the growth of *helicobacter pylori* bacteria. This bacterium is known to cause stomach ulcers and is also linked to stomach cancer. Some research and many anecdotal stories recommend that by taking a few ounces of honey per day you can cure most ulcers within several months.

The use of honey as a cure for acne and as a general treatment for skin goes back thousands of years. A recommendation for acne treatment is to use a cotton swab soaked in a salt water solution to soften the blemish.

Next dab honey on the blemish and leave for 10 minutes before washing off.

Tooth decay is mostly caused by table sugars which are made up of sucrose. Honey has very little sucrose and along with its antibacterial properties is an ideal sweetener for food.

References:

"Protective Covering of Surgical Wounds with Honey Impedes Tumor Implantation", *Archives of Surgery*, 135, Dec. 2000.

"*Honey Composition and Properties*" By J. W. White, Jr. and Landis W. Doner, research leader and research chemist, respectively, Science and Education Administration, Eastern Regional Research Center, Philadelphia, Pa. 19118.

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Black Seed & Honey *From Livestrong.com* Last Updated Sept. 2, 2015 by Karyn Maier



Black seed oil in a jar.

Photo Credit tophailand/iStock/Getty Images

Black seed oil refers to the oil of *Nigella sativa*, a flowering plant native to southwestern Asia. Black seed oil has a long history of use in medicine dating to ancient Egypt (black seed oil was found in Egyptian pharaoh Tutankhamu's tomb). Traditionally, the oil is used to treat respiratory

and inflammatory disorders. The oil is also an abundant source of fatty acids. Before using black seed oil for any purpose, consult your doctor.

Historical Use

In India, *N. sativa* is traditionally used to treat gastrointestinal complaints, parasitic infections and chronic skin conditions, such as psoriasis and eczema. Black seed oil also commonly is used to treat inflammatory disorders, including arthritis, rheumatism, asthma and bronchitis.

Black seed has a long history of use in Islamic medicine as a treatment for numerous disorders, running the gamut from cancer to dizziness. Black seed oil contains thymoquinone, an anti-oxident which is being studied as an anti-cancer agent. Antioxidants can reduce cell damage by destroying free radicals, molecules that destroy cellular DNA.

Nutrient Content

Black seed oil contains numerous chemical compounds. Among its active ingredients are the antioxidants beta-sisterol, nigellone and thymoquinone. The oil also contains selenium, iron, arginine, carotene, calcium, potassium and several amino acids, including a high level of linoleic and smaller amounts of oleic, palmitic and stearic acids. Black seed oil also contains a type of plant saponin called melathin, which contains a significant amount of mucilage.

Pharmacological Effects

According to a paper in the June 2005 issue of "Food Control," black seed oil effectively counters 20 different strains of *Listeria monocytogenes*, a foodborne bacteria pathogen responsible for spreading listeriosis. The study authors attribute this effect to the presence of nigellone. Thymoquinone exerts antioxidant, anti-inflammatory and analgesic effects. Specifically, it inhibits the production and release of certain prostoglandins, hormone-like agents that are involved in activating pain and inflammatory response. Researchers from King Saud University in Saudi Arabia who reviewed the numerous nutritional components of black seed oil, reported in the April 17, 2003 edition of *Phytotherapy Research* that thymoquinone compounds also improve respiration, reduce blood pressure and decrease serum levels of glucose, cholesterol and triglycerides. In addition, according to an article provided by *PhysOrg.com*, researchers at Thomas Jefferson University in Philadelphia have found evidence that thymoquinone promotes apoptosis, or programmed cell death, in pancreatic cancer cells.

Safety Precautions

The topical application of undiluted black seed oil may cause skin irritation in some people. Otherwise, as the authors of the 2003 study published in *Phytotherapy Research* noted, black seed oil has a very low degree of toxicity and the internal administration did not produce negative effects on the liver or kidneys. However, the safety of black seed oil during pregnancy or lactation has not been established. Honey contains numerous polyphenols, plant substances with possible health benefits. Polyphenols found in honey, which include caffeic acid, chrysin, galangin, kaempferol, apigenin and quercetin may have antioxidant properties and restrict cancer cell growth in the laboratory, Indian re-

searchers reported in the July 2009 issue of the *Journal of Biomedicine and Biotechnology*.

Combining honey with black seed may provide a weapon against liver disease. A December 2010 study published in *Integrative Cancer Therapies* found that a combination of the two increased levels of antioxidants, which reduced the viability of liver cancer cells in the laboratory.

Here are a few beneficial properties intrinsic to black seed, from **GreenMedInfo**. Black seed has been researched for specific health conditions. The most compelling applications include:

Analgesic (Pain-Killing)	Bronchodilator
Anti-Bacterial	Gluconeogenesis Inhibitor (Anti-Diabetic)
Anti-Inflammatory	Hepatoprotective (Liver Protecting)
Anti-Ulcer	Hypotensive
Anti-Cholinergic	Insulin Sensitizing
Anti-Fungal	Interferon Inducer
Ant-Hypertensive	Leukotriene Antagonist
Antioxidant	Renoprotective (Kidney Protecting)
Antispasmodic	Tumor Necrosis Factor Alpha Inhibitor
Antiviral	

Type 2 Diabetes: Two grams of black seed a day resulted in reduced fasting glucose, decreased insulin resistance, increased beta-cell function, and reduced glycosylated hemoglobin (HbA1c) in human subjects.[ii]

Helicobacter Pylori Infection: Black seeds possess clinically useful anti-H. pylori activity, comparable to triple eradication therapy.[iii]

Epilepsy: Black seeds were traditionally known to have anti-convulsive properties. A 2007 study with epileptic children for whom conventional drug treatment did not work, found that a water extract significantly reduced seizure activity. [iv]

High Blood pressure: The daily use of 100 and 200 mg of black seed extract, twice daily, for 2 months, was found to have a blood pressure-lowering effect in patients with mild hypertension. [v]

Asthma: Thymoquinone, one of the main active constituents within *Nigella sativa* is superior to the drug fluticasone in an animal model of asthma.[vi] Another study in human subjects found that boiled water extracts of black seed have relatively potent anti-asthmatic effect on asthmatic airways. [vii]

Acute tonsillopharyngitis (Sore throat, mostly viral in origin): black seed capsules (in combination with *Phyllanthus niruri*) have been found to significantly alleviate throat pain, and reduce the need for painkillers, in human subjects. [viii]

Chemical Weapons Injury: A randomized, placebo-controlled human study of chemical weapons injured patients found that boiled water extracts of black seed reduced respiratory symptoms, chest wheezing, and pulmonary function test values, as well as reduced the need for drug treatment. [ix]

Colon Cancer: Cell studies have found that black seed extract compares favorably to the chemoagent 5-fluoruracil in the suppression of colon cancer growth, but with a far higher safety profile.[x] Animal research has found that black seed oil has significant inhibitory effects against colon cancer in rats, without observable side effects. [xi]

MRSA: Black seed has antibacterial activity against clinical isolates of methicillin resistant *Staphylococcus aureus*. [xii]

Opiate Addiction/Withdrawal: A study on 35 opiate addicts found black seed as an effective therapy in long-term treatment of opioid dependence. [xiii]

For more info and references: <http://www.greenmedinfo.com/blog/black-seed-remedy-everything-death>

BENEFITS OF BUCKWHEAT HONEY

Buckwheat honey is considered to be healthier compared with other honeys: it contains more magnesium, iron, copper, zinc, phosphorus, nickel, bohrium, iodine and cobalt. The healing and curing aspects of buckwheat honey:

- * improves the flow of blood in capillaries;
- * cleanses the walls of blood vessels;
- * improves the recovery of damaged tissues;
- * cures infections;
- * improves the functions of the nervous system;
- * helps to renew the blood;
- * increases the level of hemoglobin in the blood;
- * is very helpful in various blood sicknesses (buckwheat is chemically very similar to blood).



Buckwheat honey crystallizes quickly compared to lighter kinds of honey. Buckwheat honey is richer in:

- fructose and glyucose (over 75%);
- amino acids, among which 18 irreplaceable amino acids, including 2 times more of lysine and methionine;
- microelements (boron, fluorine, iodine, cobalt, chromium, silicone, manganese, magnesium, nickel, zinc, vanadium and especially a lot of iron and copper);
- vitamins (B1, B2, B3, B6, B9, E, C, K, A, P);
- organic acids;
- active ferments (many times more active - the diastase number is over 30);
- If buckwheat honey is freshly extracted, it has: 51.6% fructose, 46.59% glucose and 0.27% sucrose.

It is recommended to intake 1-1.5 g of honey per 1 kg of body weight; around 50-100 g a day (for example 3 times a day, before eating, 1 tsp of honey dissolved in a glass of hot water.

Why Buckwheat Honey is Healthy

Atherosclerosis prevention and treatment. Thanks to the high quantity of easily absorbing magnesium, it regulates neural tension and heart rate. Glucose and fructose are easily absorbed by body and nourish muscles, including the heart muscle. Enzymes called Flavonoids increase elasticity and endurance of capillary which reduces the risk of sclerosis in blood vessels. Another enzyme – Quercetin,

absorbs free radicals which, among other harmful qualities, are responsible for sclerosis.

Liver detox

High quantity of monosaccharides (fructose and glucose) especially in freshly extracted honey, nourish liver cells. Buckwheat honey contains more choline than other honeys which is necessary for proper metabolism.

Diabetes mellitus type 2.

Thanks to high quantity of fructose buckwheat honey (like acacia honey) is recommended for people who suffers from diabetes mellitus type 2.

Microcytic anemia (iron deficiency anemia)

Because of high quantity of easily absorbed iron and vitamin C this honey is recommended as a prevention or treatment of iron deficiency anemia.

Bacterial infections prevention and treatment

According to a research made in Pulawy, Poland, this honey has high antibiotic qualities against *Staphylococcus aureus* and *Escherichia coli*. On a scale from 0 – 5, it scored 4!!! It also has been proven that the qualities remained the same, both in freshly extracted and 6 months old honey kept in various conditions.



Other qualities

Some authors claim that this kind of honey improves health during pulmonary diseases, especially the ones which cause high body temperature.

It has been claimed that consumption of buckwheat honey improves recovery after surgical procedures with high blood loss. That might be associated with high iron, vitamin C content and presence of certain enzymes in the honey.

It decreases fracture and wound healing time. According to one Slovenian research buckwheat consumption resulted in increased hemoglobin content. That again proves high iron quantities in the honey.

Excerpted from:

<http://www.livestrong.com/article/505025-benefits-buckwheat-honey/4>

DR. OZ: BUCKWHEAT HONEY FIGHTS COLDS -- From New York, NY (PRWEB), Dec. 14, 2012

Last week on his show, Dr. Oz talked about his flu prevention checklist and what supplements can help boost immunity and prevent or shorten the lifespan of the flu, sore throat, and the common cold. With Dr. Oz as special guest Dr. Tasneem Bhatia from the Atlanta Center for Holistic and Integrative Medicine. One of the natural remedy solutions she recommended is taking 1 to 2 teaspoons of buckwheat honey every day.

“Buckwheat honey should be a part of every winter medicine cabinet,” said Dr. Bhatia “and here is why—it’s high in antioxidants and it really has a lot of immune boosting properties. Ideally the buckwheat honey has a darker, richer flavor, it’s a little bit like molasses...this particular honey can keep you healthy throughout the winter.”

Dr. Bhatia recommends taking 1-2 teaspoons of buckwheat honey per day that can be eaten either from a spoon or mixed in a warm drink such as your favorite tea.

“What most people don’t realize is that if you are planning to buy any honey for its health-benefits, it must be raw honey because it has not been heated or filtered.” said Ross “Heating honey (pasteurization) destroys the all of the pollen, enzymes, propolis, vitamins, amino acids, antioxidants, minerals, and aromatics. Honey that has been heated and filtered is called commercial, liquid or regular honey.”