



Healing Powers of Honey (Paperback)

By Cal Orey

Kensington Publishing, United States, 2018. Paperback. Condition: New. Reprint. Language: English. Brand new Book. "This book will help you stay healthy . . . for good!" --Ann Louise Gittleman, Ph.D. Discover Honey's Amazing Bee-Healthy Powers Did you know? - Eating honey can help lower the risk of heart disease, cancer, diabetes--even help reduce body fat and unwanted weight!--and increase longevity. - Pure, raw, unprocessed honey is a healthier sweetener than table sugar and high-fructose corn syrup. It's chock-full of antioxidants, minerals, and vitamins--and only has 21 calories per teaspoon. - Honey can relieve a variety of ailments, including allergies, coughs, fatigue, digestive woes, skin problems, pain, and stress, as well as boost libido. Drawing on the latest honey buzz and interviews with medical doctors, beekeepers, and researchers, this enlightening book reveals 30 healing honey varieties, tells you how to incorporate honey into heart-healthy recipes such as Honey Custard French Toast and Honey-Glazed Game Hen, and provides more than 50 home cures, plus beauty treatments and household uses--all made with the amazing honey bee's gifts! "This eye-opening book provides you with a delicious truth of the traditional Mediterranean diet: Honey is a sumptuous route to optimal health." --Dr. Will Clower, author...



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