Honey for Health!

SUPER FOOD

Tis the season to stay healthy! With the flu and other colds popping up around us, it’s important to take precautions and take care of our bodies. Remember to take your vitamins, ensure you’re getting plenty of vitamin D and C, and of course remember to wash your hands regularly. But when all else fails, and that cold catches ya, there are always natural remedies to help ease the process.

One super food from natural that is known to help soothe colds is Honey! Honey is known for being chockful of antioxidants, antibacterial and antimicrobial properties which help us fight against common cold and its symptoms. Honey and the cold have been associated together because honey helps in relaxing the sore or scratchy throat naturally. Also, honey for cold boosts the immune system, which helps us recover faster and helps reduce the chances of the common cold in the future.

Other fun facts about honey:

* The large amounts of antioxidants found in honey have been linked to reduced risk of heart attacks, strokes and some types of cancer.
* Proven to lower blood pressure.
* Helps reduce bad cholesterol in the blood system.
* Makes for a delicious non-artificial sweetener for foods and drinks.
* Helps heal wounds and burns due to its antibacterial properties.

Are you sold on honey yet? If not, give this delicious Lemon Tea with Honey a try! It’ll definitely help suppress that cough- if you have one. Enjoy!

Lemon Tea with Honey

Time:

10 mins

Servings: 1 serving

# Ingredients

* 8oz Water
* 1 Black Tea bag
* 2 tlbs of Raw Honey
* 1 tlbs of Lemon Juice

# Instructions

1. Combine 2 tablespoon of honey with 1 spoon of lemon juice.
2. Add enough of hot water so the mug gets filled till top.
3. Dip and mix the tea bag to saturate the liquid.
4. Stir the mixture vigorously.
5. Enjoy!