



The Miracle of Honey: Practical Tips for Health, Home & Beauty

By Penny Stanway

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Miracle of Honey: Practical Tips for Health, Home & Beauty, Penny Stanway, The Miracle of Honey is a compact yet comprehensive and authoritative guide to honey, with helpful information on every possible way to use this wonderful product of nature - not only in cooking but also for health and well-being. The book opens with the history of honey and its popularity around the world over the millennia. The author discusses whether honey is a miracle medicine, a valuable natural remedy or just a useful part of a healthy diet. The first part of the book outlines the varieties of honey and how they differ. A digest of the contents of honey and how they affect health is followed by guidance on how to choose, use and store honey. The second part offers guidance on making honey-containing beauty products. There is also a comprehensive A-Z of ailments that may benefit from honey, practical instructions on how to use honey or honey-associated products such as beeswax to keep your home sparkling and sweet-smelling, and a variety of recipes for honey-containing dishes. The final section looks at bee-keeping and the vital subject of...



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