



Healing Honeys for the Cold Season

In this edition, I delve into the best honeys for soothing coughs, sore throats, and the common cold, with a special spotlight on the potent Red Fir and the robust Oak honey from Mount Othrys. Join me as we explore these gifts of nature, the significance of Active honeys, and share a glimpse behind the scenes of our dedicated team.

Dear <salutation>

This has been a terrible winter for sore throats, coughs, covid and flu. Maybe its because of lockdown and spending time isolated from each other – and from nasty bugs.

Now the bugs are back with a vengeance.

In this situation, as the chill of winter lingers, many of us find solace in the natural remedies in our own medicine chests, honey being one of the main go to remedies.

Right now, I have a key recommendation for your medicine chest – for easing the symptoms of those agonising sore throats and tickling coughs that won't let up.

Thomas' Red Fir honey! This is one of the best honeys we've had in years.

It has proved to be incredibly potent. I was astounded when I got it lab tested and it came back with a 23 Activity Level. More than Manuka.

Back in June last year, when Thomas first took me way up to his hives, high on Mount Kaliakouda in central Greece, I was totally smitten with the place where this honey originates.

The natural beauty is almost too much. Overwhelming.

There was a kind of purity to the clearing where Thomas has his hives on the mountain that you only find in very, very isolated places. The fresh air clears your head. The sounds around relax you – you hear not just the hum of the bees but many insects. (There are also bears and other wild animals on the mountain).

You feel the pulse of life very strongly.

Maybe that's why it's one of the best honeys I've ever tasted and...



Thomas with his Red Fir Honey on Mount Kaliakouda

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Here's how to get maximum benefit from the Red Fir (or other honey) for your sore throat/cough.

The Red Fir is thick, it's delicious and it is great for coating your throat. Just take a spoonful, tilt your head back and rotate your head so it is spread right around your throat. Then let it sit there, slowly sliding down for 10 minutes or so.

Repeat later in the day.

Recent studies have shown that honey has anti-inflammatory qualities – well we all knew that didn't we? And the antimicrobial properties can kill any bugs that take advantage of your weakened state when you have a cold virus.



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the ideal honey for soothing those awful symptoms that can drag on and on.

I'd also like to highlight another honey, that is great for sore throats.

In the same vein, the Oak Honey from Giorgios. It is also from a magical mountain, a different kind of place, a mountain covered in giant ancient oaks. The oak trees on Mount Othrys, which I visited back last June have produced this dark, rich texture and low moisture content honey - making it ideal for easing sore throats and coughs.

I got it lab tested it and it came out at 19.5, still pretty high and great for killing any bugs that may be lurking in your throat when you are weakened by a cold or flu virus.

We've all seen the stuff about Manuka honey and UMF grades.

So, what's the gen about Active honey, like the Red Fir and Giorgios' Oak?

- In the last couple of years, I've made a point of getting some of our dark honeys tested for antibacterial levels. For a long time, the view was that Manuka was the only honey that had high antibacterial levels. But our testing has shown that other honeys are just as active - or in quite a few cases more active. This is how it works.
- The test at the lab measures the total antimicrobial activity of a honey by testing a solution on a lab plate against the Staph Aureus bacteria.
- The honey is then graded according to the amount of bacteria that the honey solution kills. Generally, the range that we see will be between 10 and 25 plus. This type of test is similar to the test used to grade Manuka Honey.
- The main antibacterial activity is caused by a bee enzyme that creates hydrogen peroxide in the honey.

Please bear in mind that the Activity Level is at its highest when we test it and will decrease over time. This will happen faster if the honey is exposed to light and heat. It is important that you store your honey in a dark cool place, as that will help to slow down the rate at which the Activity Level decreases.

Finally, there's one more honey with a different kind of healing property.



Right now Antal is preparing his Acacia to send to us.

Luisa's Calluna honey stands out for wound healing.

I'd like to highlight Luisa's Calluna, for a different reason - for its wound healing qualities. Last August Luisa's daughter Olaya visited us with her family.

She told us how their Calluna honey is being used in a French hospital for wound healing. It seems to be working pretty well as you can see in a video of Olaya explaining the story behind this 'hospital honey'. Just scan the QR code with your phone. Or go to this link: www.therawhoneyshop.com/healing

What's Coming - let me know if you are interested in any of these honeys.

- Soon to arrive is a delicate organic Acacia honey from beekeeper Antal in Hungary.
- There was no Mount Olympus Forest this year because the weather affected the Oak trees, Oak is a key element of his forest honey. But he does have a Mount Olympus Mountain, a lighter honey from high on Mount Olympus.

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Meet the team! Yes, this is us when we had a weekend away to work on our raw honey plans for 2024.
From left to right: Tim, Claire, Kish and Prue.

• Also, I am looking to explore some new honeys this year including an Alpine Fir honey from Austria and an earthy Chestnut honey from Italy. **Scan this QR code or go to ????** to register your interest via a short survey in these honeys, so I can plan ahead.

Warm regards, stay safe and well,

Tim Owner, the Raw Honey Shop.

PS: Laimonas, our Lithuanian beekeeper, has sent us 77 1kg jars of Dandelion honey. It's not one we have had before but I know it is extremely popular in northern Europe. Dandelion honey's flavour varies from bitter and astringent to herbal and mildly sweet, depending on the source mix. Its aroma can range from woody or herbal

to pungent and slightly vinegary. If you want to be updated when it goes on sale scan this QR code or go to: www.therawhoneyshop.com/dandelion

Interested in doing a beekeeping taster course in the beautiful parkland gardens of a riverside art deco villa in rural France?

We have a deal for you. Our friends at 13bees have a fabulous parkland garden alongside their art deco villa in rural France on the banks of the river Vienne, surrounded by verdant Charentaise countryside and typically French, medieval towns and villages.

They run beekeeping courses and are offering Raw Honey Shop customers a 10% discount on any of their courses. You will have a fabulous time, I know, I did one of their courses a few years back.

Go to www.13bees.co.uk to see the courses. If you want to sign up or learn more give them a call saying The Raw Honey Shop sent you. +33 783 10 73 68 or +33 783 46 88 81 and give them this discount code: **13RAWBEES2024**. You can also email them: kevin@13bees.co.uk

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- 1. Immediate Savings:** First things first, download the app and you'll get a 5% discount on your next purchase. This is on top of all other discounts, giving you potentially up to 25% off. It's my way of saying thank you for joining us on this new journey.
- 2. Offline Access:** No more being at the mercy of a shaky internet connection and slow loading speeds. With our app, you can browse our curated range of honeys and their unique stories anytime, anywhere. No need to go online to see the products.
- 3. Early Access:** This is where the app really shines. You'll be the first to know about our newest, rarest honeys. These will be promoted first through the app - I will make sure you're notified before anyone else.
- 4. Exclusive Promotions:** I've set up special offers that you'll only find on the app. These aren't your everyday promotions; they're my way of giving back to you, our most loyal customers, so you have first choice on these promotions – like our main annual end of year sale. (The best honeys in the sale usually sell out within hours, when I open them up to all customers.)
- 5. Seamless Experience:** The app is designed for speed and efficiency. From browsing to checkout, you'll notice the difference immediately. **GO TO <https://l.ead.me/bdhTQh> or scan QR code.**

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How to Order



1. Download and order via our Raw Honey App and you can get an additional 5% off for signing up (just use code APP5% at the checkout page). Go to: www.therawhoneyshop.com/app or just scan the QR code to the left.
2. Or go to www.therawhoneyshop.com/cat and you will see our main honeys
3. Or call us on +44 (0)1273 682109. Prue, Kish, Claire or myself (Tim) will do our best to help you. And you can always email us at info@therawhoneyshop.com

QR Codes—you'll notice that we have added a QR code next to every honey. You can scan this code with your phone camera and it will take you directly to the item online for easy ordering.

www.therawhoneyshop.com/cat

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Our Pick of the Best Healing Honey for the Cold Season

Thomas' Organic Red Fir – Active 23 – comes from a high mountain paradise. This is a beautiful red coloured honey, that has a surprisingly fruity flavour for a honeydew honey, whilst retaining earthy and woody elements. The bees collected the honeydew from Fir trees growing high on Mount Kaliakouda, an exceptionally remote and wild place, frequented by bears. It is a place where nature still rules.



Luisa's Raw Calluna Honey

(the one that is used in a French hospital for treating skin abrasions)

This honey has a strong aroma of flowers (honeysuckle and lilac come to mind), beeswax, and dry woodiness from the moment the jar is opened.

This is an amazing tasting shrub honey, with a very potent flavour. In the aftertaste, there are elements of bitter and sour, though neither lingers overly long. It also has a strong anti-bacterial property and is used in French hospitals for its properties in healing skin abrasions.



Giorgios' Organic Oak from Mount Othyrs – Active 19.5

There's a story behind this powerful medicinal honey, one that the Greeks have known about since ancient times.

It is a honey that will help ease winter ailments misery and even treat external burns and sores. I discovered it after climbing Mount Othyrs, to an ancient Oak Forest where artisan bee keeper Giorgio's, showed me his hives amidst the trees.



Dimitris' Organic Mt Olympus Mountain

This Greek Artisan Honey is an outstanding organic mountain honey from the slopes of the seat of the Gods, Mount Olympus.

This is a very special honey with a complex flavour made possible from the herbs that grow on Mount Olympus, as well as the Oak and Fir forests plus Heather that carpet the mountain. You will find earthy notes initially that give way to a spicy hit on the long tail.

