

HONEY (concentrated nectar of wildflowers of various species)

Part used: The honey syrup itself.

Collection: In the fall from beehives.

Actions: Antibiotic, antiviral, anti-inflammatory, anticarcinogenic, expectorant, antiallergenic, laxative, antianemic, tonic, antifungal, immune stimulant, cell regenerator.

Active against: *Staphylococcus aureus*, *Streptococcus* spp., enterococcus, *Helicobacter pylori*.

About Honey

Honey is the nectar of the flowers of plants, gathered by the bee, stored in its stomach for transport to the hive, and there concentrated by evaporation. Natural honeys are from a profusion of wildflowers, whatever grows locally. Natural honeys, unlike the alfalfa or clover honeys of today, are rarely gathered from a single species unless that plant species exists in great abundance (as heather does in Scotland). Natural bee honeys therefore possess the essence of a multitude of wild plants, all of them medicinal. Honeybees find a great attraction for many strongly medicinal plants: vitex, jojoba, elder, toadflax, balsam root, echinacea, valerian, dandelion, wild geranium — in fact, almost any flowering medicinal herb, as well as the more commonly known alfalfas and clovers. The nectar from many medicinal plants is present in any wildflower honey mix. In addition to the plant's medicinal qualities, the plant nectars are subtly altered, in ways that modern science has been unable to explain, by their brief transport in the bees' digestive system. Before regurgitation, the nectars combine in unique ways with the bees' digestive enzymes to produce new compounds.

Honey, often insisted to be just another simple carbohydrate (like white sugar), actually contains, among other things, a complex assortment of enzymes, organic acids, esters, antibiotic agents, trace minerals, proteins, carbohydrates, hormones, and antimicrobial compounds. One pound of the average honey contains 1333 calories (compared with white sugar at 1748 calories), 1.4 grams of protein, 23 milligrams of calcium, 73 milligrams of phosphorus, 4.1 milligrams of iron, 1 milligram of niacin, and 16 milligrams of vitamin C, and vitamin A, beta carotene,