

the complete complex of B vitamins, vitamin D, vitamin E, vitamin K, magnesium, sulfur, chlorine, potassium, iodine, sodium, copper, manganese, high concentrations of hydrogen peroxide, and formic acid. Honey, in fact, contains more than 75 different compounds. Many of the remaining substances in honey are so complex (4 to 7 percent of the honey) that they have yet to be identified.

Honey as a consistent additive to food has shown remarkable results in medical trials. Of one group of 58 boys, 29 were given 2 tablespoons (30 ml) of honey each day (one in the morning and one in the evening), and the other 29 boys were given none. All received the same diet, exercise, and rest. All were of the same age and general health. After one year, the boys receiving honey showed an 8½ percent increase in hemoglobin and an overall increase in vitality, energy, and general appearance over the other boys.

Honey has been effectively used clinically for the treatment of fist-sized ulcers extending to the bone and for third-degree burns. Complete healing has consistently been reported without the need for skin grafts and with no infection or muscle loss. Additionally, honey has outperformed antibiotics in the treatment of stomach ulceration, gangrene, surgical wound infections, surgical incisions, and the protection of skin grafts, corneas, blood vessels, and bones during storage and shipment.

Honey is also exceptionally effective in respiratory ailments. A Bulgarian study of 17,862 patients found that honey was effective in improving chronic bronchitis, asthmatic bronchitis, bronchial asthma, chronic and allergic rhinitis, and sinusitis. It is effective in the treatment of colds, flu, respiratory infections, and general depressed immune problems.

### Why Wildflower Honey Only?

Wildflower honey should be used, not the clover or alfalfa honey readily available in grocery stores. Alfalfa and clover crops are heavily sprayed with pesticides and do not have the broad activity available in multiple-plant honeys. Furthermore, large commercial honey growers may often supplement their bees' food with sugar water, which dilutes the honey's power. Pure wildflower honey should lightly burn or sting the back of the throat when taken undiluted.