

Side Effects and Contraindications

External Use: none.

Internal Use: There are three instances where honey can be harmful.

- 1) Bees sometimes make honey from poisonous plants and these plant poisons can affect people who eat the honey. Though this is very rare it does sometimes occur. Usually honey bought from reliable beekeepers or local sources who know which plants their honeybees use is safe.
- 2) Occasionally, uncooked honeys can contain botulism spores that can be quite dangerous to children under one year old. The Centers for Disease Control recommends avoiding honey for these young children. Their digestive systems are more fully formed after one year and there are no reports of adverse reactions after that age. You may wish to wait as long as two years to be sure.
- 3) In rare instances people with allergic reactions to bee stings may have adverse reactions to honey.

Alternatives to Honey

Cell regeneration and antibacterial action: echinacea, aloe.

Wound and burn healing without scarring: aloe, St. John's wort.

Antibacterial action on wounds: goldenseal, usnea, wormwood, sage, garlic, cryptolepis.

UNIPER (*Juniperus* spp.)

Family: Cupressaceae.

Part used: Usually berries and needles, but the bark, wood, and root are all active.

Collection: Gather needles, bark, roots, or heartwood at any time. First-year berries, which are green, should be gathered after the first frost, second-year berries, which are bluish-purple, at any time. The berries are ripe when they turn bluish-purple.

Actions: Antibacterial, antimicrobial, antiseptic, antifungal, carminative, anticatarrhal.

Active against: *Staphylococcus aureus*, *Pseudomonas aeruginosa*, *Shigella dysenteriae*, *Streptococcus* spp., *Escherichia coli*, *Candida albicans*, *Salmonella* spp.