



Health Benefits of Raw Unfiltered Honey



Unfiltered raw honey is honey still fresh from honey comb; the bee's pollen and propolis are intact, unlike modern honey processing which robs it of nutritional value due to heating (pasteurization) and filtering. There are various health benefits of unfiltered raw honey as we shall see from this article. You should also read the *top 10 health benefits of honey*.

Health Benefit 1: Nutrient Rich

Unfiltered raw honey has up to 80 various substances from mother nature: B-complex, A, C, D, E, and K, minerals, magnesium, sulfur, phosphorus, iron, calcium, chlorine, potassium, iodine, sodium, copper, and manganese.

Health Benefit 2: Anti-oxidant Rich

Unfiltered raw honey is rich in antioxidants, vitamins, minerals and amino acids. The amino acids in it accelerate the growth of healthy tissue. The honey prevents cell damage by neutralizing the effect of free radicals. As a result, unfiltered raw honey combats various diseases such as heart diseases and cancers. An anti-oxidant in unfiltered honey called pinocembrin improves brain performance.

Health Benefit 3: Promotes Healing

Intake of unfiltered raw honey promotes healing of wounds by creating a protective wall for wounds, skin ulcers, scrapes, sores and burns.

Health Benefit 4: Skin Health

Unfiltered raw honey is the perfect remedy for various skin conditions such as abrasions, rashes and burns. Unfiltered honey applied on skin and rinsed with cold water moisturizes the skin, leaving it soft. It also clears off facial defects resulting from use of cosmetics such as acne and allergies. This raw honey plays an important function in dry skin by stimulating circulation as well as sealing in the moisture.

Health Benefit 5: Cures Colds and Coughs

The anti-bacterial properties in unfiltered raw honey are useful in the treatment of colds and obnoxious coughs. It lowers throat irritation and offers relief from the colds. A study conducted showed that unfiltered raw honey functions just as good as a dose of dextromethorphan in fighting cough especially at night, enabling you to sleep.

Health Benefit 6: Fights Constipation

Unfiltered raw honey provides relief from constipation especially when made a tincture with apple cider vinegar.

Health Benefit 7: Anti-Bacterial properties

Raw unfiltered honey has high sugar content which, together with enzyme inhibine, dehydrates harmful micro-organism. Processed honey would ordinarily destroy this useful enzyme. Antiseptic .It also serves as an antiseptic, inhibiting disease causing micro-organism without adverse effect on the skin. It also treats asthma, bronchitis.

Health Benefit 8: Anti-Allergy

Unlike conventional processed honey, unfiltered raw honey combats allergy better. The basis for this is that although it contains pollen (trigger for allergy); the same mechanism is helpful in treating the very symptoms it causes.

Health Benefit 9: Treats of Sunburn

Unfiltered raw honey treats sun burn when applied on the skin.

Health Benefit 10: Source of Energy

A tea spoonful of unfiltered raw honey energizes the body especially after a vigorous exercise, thanks to its high amount of natural sugar.

Health Benefit 11: Ayurvedic Medicine

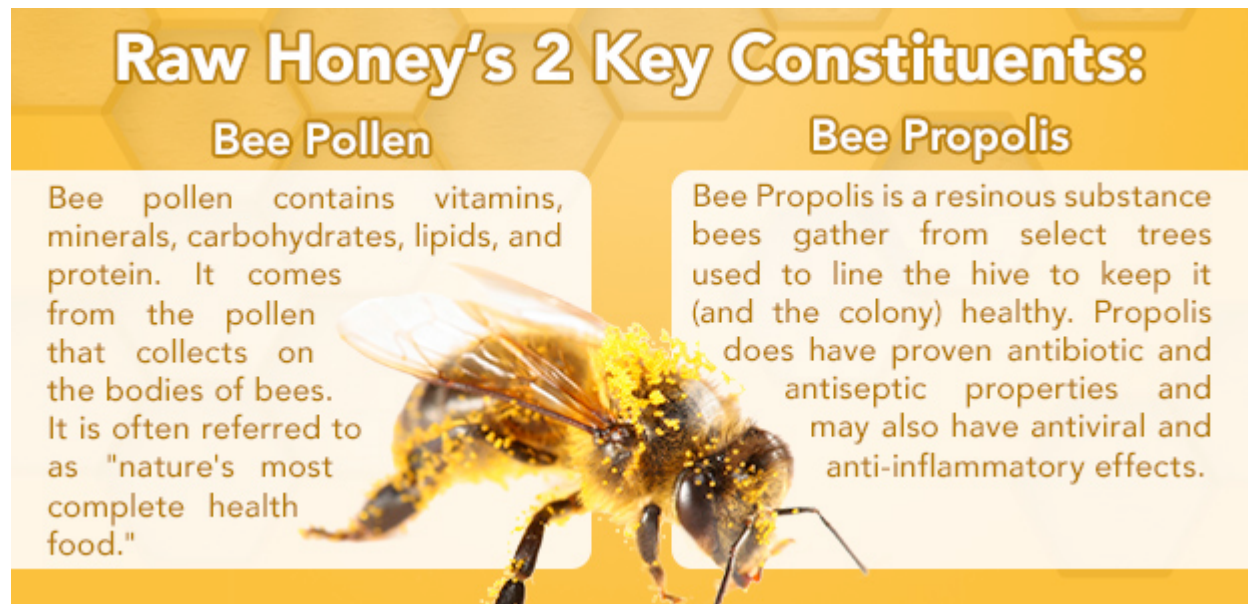
In Ayurvedic medicine, unfiltered raw honey is used for treating various body ailments for eons. This include that is poor eyesight, weight problem, impotence, premature ejaculation, bronchial asthma, nausea and urinary tract infections.

Health Benefit 12: Alkaline Food

Unfiltered raw honey is a source of alkaline food containing vitamins, enzymes and anti-oxidants. The alkalinity of this honey aids in combating various diseases.

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The main health benefits for which we revere raw honey today come from the unique blend of vitamins, minerals, enzymes, antioxidants, phytonutrients and other health components that it possesses. The two key beneficial components of truly raw honey are bee pollen and propolis. - See more at: <http://www.swansonvitamins.com/blog/guest-authors-on-natural-health/raw-honey-the-complete-story#sthash.GdfHnCTY.dpuf>



Raw Honey's 2 Key Constituents:

Bee Pollen	Bee Propolis
Bee pollen contains vitamins, minerals, carbohydrates, lipids, and protein. It comes from the pollen that collects on the bodies of bees. It is often referred to as "nature's most complete health food."	Bee Propolis is a resinous substance bees gather from select trees used to line the hive to keep it (and the colony) healthy. Propolis does have proven antibiotic and antiseptic properties and may also have antiviral and anti-inflammatory effects.

Propolis in Raw Honey

Propolis also has antibacterial and antiviral qualities, as well as antifungal, anti-inflammatory and antioxidant properties. This, along with some of its other characteristics, makes honey highly sought after. The health benefits and uses—both internal and external—of propolis are too numerous to list here.

Some phytonutrients found both in raw honey and propolis have been shown to possess cancer-preventing and anti-tumor properties. Other benefits of raw honey include boosting the immune system, being a cough suppressant, decreasing allergies to pollen, aiding blood sugar regulation, aiding cholesterol regulation, healing ulcers, and treating various bacterial infections.

Raw honey does not ferment in the stomach and can actually be used in aiding stomach upset and nausea. Unlike most sugars, raw honey is not known to aggravate things like indigestion or acid reflux. It has also been linked to helping with Candida problems.

Additionally, **raw honey is alkaline forming** unlike processed honey which is acid forming. For best natural health, our daily food supply should be higher in alkaline forming foods, rather than acid forming foods.