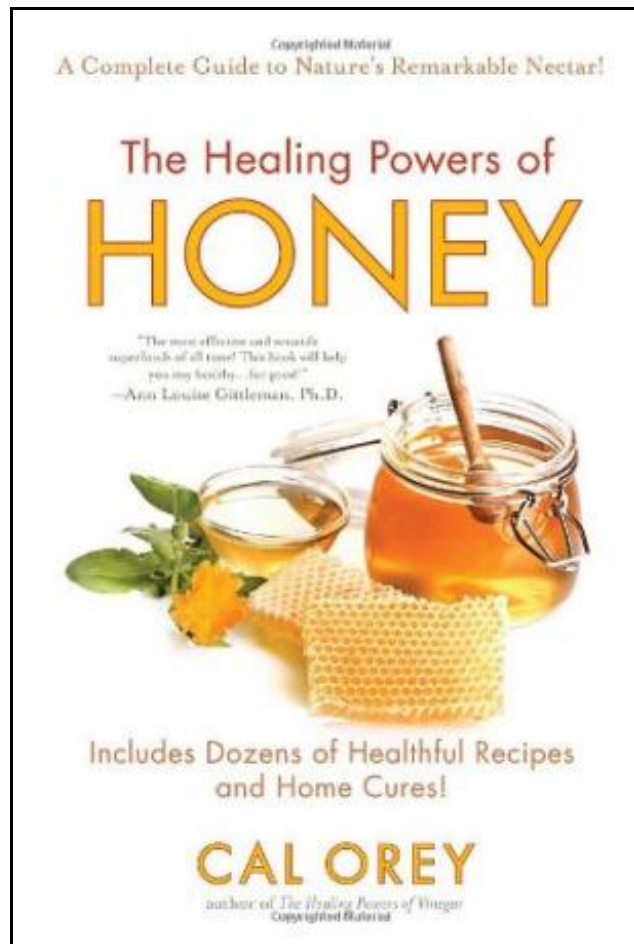


The Healing Powers of Honey: A Complete Guide to Nature's Remarkable Nectar



Filesize: 1.33 MB

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

THE HEALING POWERS OF HONEY: A COMPLETE GUIDE TO NATURES REMARKABLE NECTAR



Kensington Publishing. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 9.2in. x 6.1in. x 1.0in. Did you know. . . Known as Mother Natures nectar of the gods, honey was praised for its healing powers as far back as 5, 000 years ago by Egyptians. Eating honey can help lower the risk of heart disease, cancer , diabetes--even help reduce body fat and unwanted weight!--and increase longevity. Pure, raw, unprocessed honey is a healthier sweetener than table sugar and high fructose corn syrup. Its chock-full of antioxidants, minerals, and vitamins--and only has 21 calories per teaspoon. Super bee foods (including nutrient-rich bee pollen, propolis, and royal jelly) are used and touted for their healing powers by beekeepers and medical experts in the present-day. Honey can relieve a variety of ailments, including allergies, coughs, fatigue, pain, and stress, as well as boost libido. The honey bee pollinates about one-third of the food we consume (including nutritious fruits and nuts). Drawing on the latest honey buzz and interviews with medical doctors, beekeepers, and researchers, this charming and enlightening book (sweetened with stories about honey bees and humans) reveals 30 healing honey varieties paired with cinnamon and teas, tells you how to incorporate honey into Mediterranean-style, heart-healthy recipes like Honey Custard French Toast, Honey-Glazed Game Hen, and Filo Pear and Honey Tarts, and provides more than 50 home cures that combat digestive woes to skin woes. You'll also enjoy Cleopatras milk-and-honey beauty treatments and eco-friendly beeswax household uses--all made with the amazing honey bees gifts! A fascinating read about a natural remedy that is a rich source of antioxidants. --Ray Sahelian, M. D. , author of Mind Boosters This eye-opening book provides you with a delicious truth of the traditional Mediterranean diet: Honey is a sumptuous route to optimal health. --Dr. Will Clower, Ph....



Read The Healing Powers of Honey: A Complete Guide to Natures Remarkable Nectar Online



Download PDF The Healing Powers of Honey: A Complete Guide to Natures Remarkable Nectar

Other Kindle Books



The Poems and Prose of Ernest Dowson

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The PoemsAnd Prose Of Ernest Dowson by Ernest...

[Read Document »](#)



Silverlight 5 in Action

Manning Publications. Paperback. Book Condition: New. Paperback. 1000 pages. Dimensions: 9.2in. x 7.3in. x 2.0in.Summary A thorough revision of the bestselling Silverlight 4 in Action. This comprehensive guide teaches Silverlight from the ground up, covering...

[Read Document »](#)



Scala in Depth

Manning Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.2in. x 7.3in. x 0.8in.Summary Scala in Depth is a unique new book designed to help you integrate Scala effectively into your development process. By...

[Read Document »](#)



Yearbook Volume 15

RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 58 pages. Dimensions: 9.7in. x 7.4in. x 0.1in.This historic book may have numerous typos and missing text. Purchasers can usually download a free...

[Read Document »](#)



Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural

Wordsworth Editions Ltd. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 7.6in. x 5.0in. x 1.3in.Moving, his candle was instantly extinguished, and in the very moment of being left in the darkness he saw, standing...

[Read Document »](#)

**Stories of Addy and Anna: Second Edition (Paperback)**

Mohd Shahrin Bin Daud, United States, 2015. Paperback. Book Condition: New. Siti Haziqah Samsul (illustrator). 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Delightful, Colorful and Fun Learning Book

[Download ePub »](#)

**DK Readers Day at Greenhill Farm Level 1 Beginning to Read**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs

[Download ePub »](#)

**Stories of Addy and Anna: Japanese-English Edition (Paperback)**

Mohd Shahrin Bin Daud, United States, 2015. Paperback. Book Condition: New. Siti Haziqah Samsul (illustrator). 244 x 170 mm. Language: Japanese . Brand New Book ***** Print on Demand *****.This book is bilingual (Japanese-English) edition.

[Download ePub »](#)

**The Ghosts of Pickpocket Plantation Pretty Darn Scary Mysteries**

Gallopade International. Paperback. Book Condition: New. Paperback. 109 pages. Dimensions: 7.4in. x 5.2in. x 0.3in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an

[Download ePub »](#)

**Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who

[Download ePub »](#)