

meeting their match in an ancient medicine: honey. Although honey's healing benefits were known to Muslims more than a thousand years ago, scientists are now beginning to research its amazing powers. Indeed, Peter Molan, biochemist at the University of Waikato (New Zealand) has researched into the healing properties of honey & has shown scientifically that all honeys have varying degrees of such properties. Honey contains many minerals & vitamins beneficial to man. However, one of the most important properties seems to be its antibiotic action.

Each drop of honey contains many minerals (potassium, sodium, phosphate, copper, iron, calcium, manganese), enzymes, trace elements, vitamins (A, B1, B2, B3, C, D, K), as well as beta-carotene. Honey also contains glucose, fructose & saccharine (70%) and is a preservative just by itself. Honey which has been heated & filtered, may not be as therapeutic as one taken from the comb.

Molan's favourite story about honey makes reference to a 20-year-old wound in a British woman. Bacteria had been festering in an abscess in her armpit for years, resisting all the antibiotics she had taken. Nothing seemed to help her and she could barely use her arm. In August 1999, she heard about honey's healing effects & convinced her doctors to put some in her dressing. At that point they were willing to try anything & were not very hopeful that anything would work. However, they were quite surprised when one month later the wound finally healed & the woman could use her arm again.

Since then, honeys have been tested on the different species of bacteria responsible for wound infection. The State Medical Society of Wisconsin announced: It is only a matter of time before antibiotics lose their effectiveness because their overuse creates ever-stronger germs. Thus, we may have to go back to the old fashioned remedy. However, "old fashioned", is not as bad as it sounds. Effectively, the potency of honey was found to be superior to all types of antibiotics. Years ago, Australia approved honey as a medicine.

Honey is now known for its antibiotic, antioxidant & antiviral capabilities. It contains an enzyme that produces hydrogen peroxide, which is the main reason for its anti-microbial activity. If one wants to use it as a dressing, the best way is to use sterilized honey. However, the only way to sterilize honey without destroying its antibacterial agents is through gamma-irradiations. Honey is also used for sore

throats, colds, heartburn, fever blisters, cuts, acne, ulcers, inflammations & cataracts.

The advantage of the honey used externally is that during the healing process the re-growth of the sick part of the body is enhanced by honey's moisturizing properties. Molan explains the mechanism of this process:

1. The nectar, being made of glucose and fructose, is very attracted by water. When put on a wound, it absorbs water and body fluids, taking and destroying bacteria and inhibiting their growth too.

2. Raw honey contains glucose oxidase, an enzyme that produces a mild antiseptic when mixed with a bit of water. This enzyme is destroyed by heat and pasteurization. That is why it cannot be found in commercial honeys.

While the healing properties of honey may be news to modern science, Prophet Muhammad (p) commented on its value 1400 years ago. A man came to the Prophet & said, "My brother has got loose motions." The Prophet (p) said "Let him drink honey." The work of Molan has provided substantial evidence that honey holds promise in the treatment of peptic ulcers & upper gastroenteritis disorders. Despite its high acid concentration, the nectar is very digestible and tones the kidneys.

**Honey should be the first choice in cases of health problems as it is natural** & has a high nutrient value; it does not have the side effects of drugs & is more affordable than most other kinds of therapy. Indeed, honey also nourishes, regulates and purifies blood circulation. Its fructose is the only natural inert sugar and it goes straight into the blood, nourishing nerves and providing the brain with extra energy.

In case of first-degree burns, "the raw wild flower honey formed a flexible protective barrier which prevents infections, absorbs pus & reduced pain, irritation & odor" writes Leigh Broadhurst. A Romanian doctor stated that he tried honey on cataract patients & 2002 of his 2094 patients recovered completely. Another function has been found for honey too: an Oklahoma allergist has said that raw honey is an excellent treatment for 90% of all allergies. A person who is suffering from an allergy to a certain plant should eat honey made from this plant.

However, paradoxical, sweet honey can also protect the teeth. Its anti-microbial activity has been tested on several species of dental plaque bacteria. A study shows that honey has been proven to sharply reduce acid production, thus killing the bacteria

responsible for dental caries. Researchers believe that it also makes a difference in fighting inflammatory infections of the gums.

Honey is a supersaturated sugar and is easy to digest because of the monosaccharides; it is also a superior antibiotic. The natural carbohydrates contained within honey, when combined with proteins, help maintain a good glycemia which is important for recovering after a hard-days efforts. By maintaining a good glucose level, honey also maintains a good insulin level and helps people to avoid hypoglycemia. Studies show that this nectar could thus boost endurance performance in athletes. **Ditch sugar. Use honey!!!**

The field of therapeutic honey is changing rapidly. Apitherapy is the medical use of honey bee products. This can include the use of honey, pollen, bee bread, propolis, royal jelly and bee venom.

However, although honey is a very safe and natural remedy, it should not be given to infants under one year-old. Honey is a source of bacteria spores that produces a toxin which can cause infant botulism, even though it is rare (a risk of botulism exists in the ingestion of any uncooked food!). Botulism is a rare disease that affects the nervous system & can lead to palsy. It can still be used as a dressing for burns & cuts.

There's always a moral lesson in all of nature:

The honey-bee that wanders all day long  
The field, the woodland, and the garden o'er,  
To gather in his fragrant winter store,  
Humming in calm content his winter song,  
Seeks not alone the rose's glowing breast,  
The lily's dainty cup, the violet's lips,  
But from all rank & noxious weeds she sips  
The single drop of sweetness closely pressed  
Within the poison chalice.

– Anne Charlotte Lynch, The Lesson of the Bee

Kindness in ourselves is the honey that blunts the sting of unkindness in another.

Last night, as I was sleeping,  
I dreamt – blessed vision! –  
that I had a beehive  
here in my heart;  
and the golden bees  
were making  
from **all my old sorrows**  
white wax and **sweet honey**.

**WHEN YOU SHOOT AN ARROW OF TRUTH,  
DIP ITS POINT IN HONEY.**

Nectar of Nature & Heaven...

# HONEY

A HEALING for Humanity...

**"From inside the honeybee  
comes a drink of varying colours,  
wherein is healing for humanity  
There is certainly a sign in that  
for people who reflect."**

All religious Scriptures mention honey, often relating its sweetness to the benefits of the Word to our souls. The Quran & Hadith refer to honey as a healer of disease. The Prophet (p): "Honey is a remedy for every physical illness & the Quran is a remedy for all mental illness. I recommend to you both as remedies." In Hinduism, honey (Madhu) is one of the five elixirs of immortality. In Jewish tradition, honey is a symbol for the New Year, Rosh Hashanah. At the traditional meal for that holiday, apple slices are dipped in honey & eaten to bring a sweet new year. In the Bible (Old Testament), King

Solomon said, "My son, eat thou honey, for it is good". So what's the spiritual application? God's Word is sweet & increases the appetite for Him...it has antiseptic properties & cleanses the soul...it is an antioxidant. It prevents the growth of bad things in the heart & keeps them from circulating in our lives. **God's Word heals.** Psalm 119:103  
How sweet are Your Words to my taste, Sweeter than honey to my mouth! Let's discover the power of this nectar of the Prophets, modern cure & lovers' potion. You will look at honey in a new way – as a bona fide health food as well as a gastronomic treat. **Let's give a high five to the bee hive...**

**And the buzz goes on!!!**

**HONEY: IT'S UN-BEE-LIEVABLE.**

## “And your Lord taught the honeybee...”

A full appreciation of honey inevitably leads to a full appreciation of the bee, as well as an awareness of the precarious relationship presently existing between our species. This verse should awaken in us greater respect for this sacred insect & when we say sacred, it is meant both entomologically & etymologically, as the word sacred means “to make holy.” The word holy shares the same root meaning as the words whole & heal. They have been taught to produce not only for themselves but also for humans! The excellent organization within the hive is also proof of this “teaching.”

So humans are smart, right? However, it is impossible for a human being to draw regular hexagons with a pencil & then to join them together without leaving any traces. Yet bees have been doing exactly this, in three dimensions, since creation. The bee’s nervous system, which enables all their jobs, consists of around 7,000 neurons. A human being has some 2 million times that number. The sophisticated work done by bees has no correlation with the size of their brains. A bee puts to shame many an architect in the construction of her cells.

Regarding these creatures which are capable of performing all these tasks, it will be useful to emphasize one particular point: The total number of nerve cells in the bee brain is a great deal smaller than the number of nerve cells that a human being uses to speak the Latin name for honeybee, *Apis mellifica*. A bee’s brain is just 0.74 cubic millimeters in size. Furthermore, despite her larger body, the brain of the queen bee – the most crucial individual in the whole hive – is even smaller: just 0.71 cubic millimeters.

Who gave bees all these extraordinary characteristics? How did these creatures, which can perform calculations impossible for human beings and have been equipped with so many features, come

into existence? How is it that as soon as these insects emerge from their cocoons, they are able to perform such unbelievable tasks, without the benefit of any special training? How are these unthinking creatures able to establish such an organizational structure? Moreover, how is it that they all fulfill their duties within such a communal order? The organization among them is so perfect that it can only be the work of a superior intelligence.

As we consider all these questions, one truth emerges: It is God Who gave bees their astonishing characteristics. As He does in all the living things He has created. In bees God reveals His infinite wisdom and incomparable creation.

The worker bees, those who gather pollen and make the honey, are actually all females. **The male bees do not make honey.** This was only known recently. However 1400 years ago the Quran refers to bees that generate the honey as females (the Arabic grammar is in the female mode): [Quran 16.68-69] “And your Lord revealed to the bees: Build your hives in mountains, trees and in what people build. Then eat (**for females**) from every fruit and follow (**for females**) your Lord’s enslaved paths, from their bellies (**for females**) exits drink of different colors, in it is healing for man. These are signs for those who contemplate.”

For the word “eat”: “Kuli” is for females; “Kul” is for males. The Quran used “Kuli” (females). For the word “follow a path”: “Usluki” is for females; “Usluk” is for males. The Quran used “Usluki” (females). For the word “their bellies”: “butuniha” is for females; “butunihim” is for males. The Quran used “butuniha” (females). How could the Prophet (p) who lived 1400 years ago have known that those honey making bees are females?

The colour & flavour & texture & aromas of honeys differ depending on the nectar source (the blossoms) visited by the honeybees. The varieties of honeys around the world numbers in the thousands. Honey colour ranges from nearly colourless to dark brown. Its flavour varies from delectably mild to distinctively bold. Some honeys are renowned for their delicious taste while others taste bitter.

Honey’s flavour excites the appetite. Sweets can be rejuvenating & delightful. It is good for reviving a hungry person. Honey illustrates two blessings of

wisdom – it revives the soul & provides much pleasure. Wisdom also rewards with certain success. Gaining wisdom is energizing & delightful, & then it leads to rewarding prosperity.

Eaten in right amounts, it is invigorating and very pleasant. God created honey as a sweet gift for taste, and it is good for your body. Yet too much can overwhelm your senses & make you sick. When you find something pleasant, use it prudently for its intended purpose, lest it be a snare to your soul, or you end up hating it. **Here is a valuable lesson. Human conduct is compared to a natural fact. The universal knowledge of honey’s sweetness is used to condemn the ambition & desire of people to seek their own praise.** In the very same way, desiring or seeking praise, in order to bring yourself more glory, **is not glory.** It is **disgusting, nauseating & shameful!**

Its properties to rejuvenate & delight the soul are used to illustrate & exalt the value of wisdom. Have you experienced the sweet exhilaration & pleasure of honey? Or much rather, do you know the reviving delight of wisdom? Once you have tasted honey, other sweeteners or substitutes are easily detected & rejected. Once you learn God’s wisdom, even the world’s best ideas are bland or bitter to your heart and mind, for they are far inferior by comparison.

While honey & sugar share similar degrees of sweetness, the differences in the way our bodies respond to them are profound.

Honey is a whole food. Sucrose is **not**. Sucrose is an isolate – technically only one chemical compound – lifted from a background of hundreds of other components within the whole plant. Honey is composed of an equally complex array of compounds, many of which are well-known (including enzymes, probiotics & prebiotics, macronutrients & micronutrients), & others whose role is still completely a mystery.

Even the “sugar” in honey, which we might mistakenly equate (due to caloric & nutrient classification equivalencies) to the “sugar” from sugarcane, is a complex mixture of the monosaccharides (1-sugars) glucose & fructose, & at least 25 different oligosaccharides (which are sugars composed of between two to ten monosaccharides linked together), including small amounts of the disaccharide sucrose, as well as trisaccharides (3-sugars) like melezitose & erlose.

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“Here is a Parable of the Garden which the righteous are promised: in it are rivers of water incorruptible; rivers of milk of which the taste never changes; rivers of wine, a joy to those who drink; & rivers of honey pure & clear. In it there are for them all kinds of fruits; & Grace from their Lord.”

Interestingly, if you were to isolate out the fructose from honey, and consume it in isolation in American-size doses (over two ounces a day), it would likely contribute to over 70 fructose-induced adverse health effects; primarily insulin resistance, fatty liver, obesity, hypertension and elevated blood sugar. But place that fructose back into the complex nestled background of nutrient chemistries we call honey, and the fructose loses its monochemical malignancy to our health. Food is the ultimate delivery system for nutrition. **Reduce whole foods to parts, and then concentrate and consume them excessively, and you have the recipe for a health disaster that we can see all around us today in the simultaneously overnourished /malnourished masses** who still think a ‘calorie is a calorie,’ and a ‘carb is a carb,’ without realizing that the qualitative differences are so profound that one literally heals, while the other literally kills.

Honey was the primary concentrated sweetener consumed by humans until after the 1800s when industrial production of sugarcane-derived sugar was initiated. While the first written reference to honey is found on a 4,000 year old Sumerian tablet, & depictions of humans seeking honey have been found in cave paintings in Spain that are at least 8,000 years old, we can assume that our love affair with the sweet stuff graciously provided by the bee goes back much further.

“*In honey there is healing*” The wisdom here is mainly moral & spiritual, yet it also contains nutritional advice. Simple or refined carbohydrates are a principal cause of obesity & other maladies affecting health. **When prosperity supplies an endless variety, an excessive society can gorge to a diabetic epidemic!**

Modern, drug-resistant bacteria are

**Honey...Wherein is healing for humanity.**

Verily, in this is indeed **a sign for a people who think.** (An-Nahl:69).