

IGNITING YOUR MARRIAGE SWEETER THAN HONEY





Your SMILE
Says it
ALL!

AFTER 52 YEARS OF MARRIAGE, I CAN STILL MAKE DIANE.....



YOU ARE MADE JUST FOR ME!!!!



This Is
Why
I
Love
You!!



HONEY IN THE HONEYMOON

- It has been believed that **HONEY** increases fertility naturally.
- Some think that the celebrating time after marriage, Called the **HONEYMOON**.



- **Honeymoon** got it's name from a custom of newlyweds **CONSUMING HONEY** to assist in conception.
- So they called it **HONEYMOON**.

HONEY References in the Bible Conveys:

- God's Blessings,
 - God's Love,
 - God's Strength,
 - God's Wisdom,
 - things of Great Worth.
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Exodus 3: God calls Moses to lead the slaves out of Egypt to a land that "flows with milk and HONEY.

Leviticus 20:24 You will possess their land; I will give it to you as an inheritance, a land flowing with milk and HONEY.

I Samuel 14:27 But Jonathan didn't hear when his father commanded the people with the oath: therefore he put forth the end of the rod that was in his hand, and dipped it in the HONEYCOMB, and put his hand to his mouth; and his eyes were enlightened.

Proverbs 16:24 Kind words are like HONEY sweet to the soul and healthy for the body.

Self Care

- For No person hates his own flesh but NOURISHES it and CHERISHETH IT, even as Christ does the Church. Eph 5:29
- Self Care is not selfishness, and neither is it vain, when done for the right reason.
- No man hates his own body, if he doesn't treat his body right doesn't mean he hates it, it means that he doesn't understand that God has given him provisions and permission to do for himself.

Self Care (cont.)

- God has given us permission to take good care of our health that we may have the power to nourish and cherish others which includes our mates those connected to us and the Church of God.
- Beloved I wish above all things that you may prosper and be in GOOD HEALTH just as your soul prospers. 1Jn 1:2

BENEFITS OF HONEY



Honey: Allergies and Energy

- Do you have a **pollen allergy**?
- Pollen, the very same ingredient that Honey Bees uses to make honey.
- A spoonful of **HONEY** can **help deaden the allergy**.
- **Honey** is a **potent source of energy**, being rich in natural sugars. Ancient Olympic **athletes ate honey** and figs to boost their performance and maintain energy levels.

HONEY Natural and Medical Alternative

- **HONEY** is one of the most appreciated and valued natural products introduced to humankind since ancient times.
- Honey is used not only as a **nutritional product**,
- Honey is also **used as a traditional medicine as an alternative treatment** for clinical conditions ranging from
- **WOUND healing to CANCER treatment.**

Honey: Potential Therapeutic Treatment of Disease

Has the properties of:

- Phyto-chemical (chemicals produced by plants)
- Anti-inflammatory (fight numerous infections)
- Anti-microbial (fights bacteria that causes diseases)
- Anti-oxidant (substance protects cells caused by free radical)

Honey: Good Cholesterol, Bad Cholesterol

- Honey balances cholesterol levels in the body, **reducing bad cholesterol and increasing good cholesterol**.
- **Honey** boosts the body's metabolism naturally, and also prevents sugar cravings, thereby aiding weight loss.

Honey is used in the treatment of

- Eye diseases
- Bronchial asthma
- Throat infections
- Tuberculosis,
- Dizziness, thirst, hiccups
- Hepatitis
- Constipation
- Worm infestation
- Hemorrhoids
- Eczema
- Healing of Ulcers

Honey: Protective Effects

Honey have protective effects for the treatment of various disease conditions such as:

- **Diabetes**
- **Respiratory**
- **Gastro-intestinal** (includes mouth, throat, esophagus, stomach, small large intestine, rectum, anus, liver gall bladder, pancreas)
- **Cardiovascular**
- **Nervous systems**
- **Cancer treatment** because many types of antioxidant are present in **HONEY**.

Honey: Inhibitory for Strands of Bacteria

- **RAW HONEY** has an **INHIBITORY** which hinders or prevents the process, reaction, or function of following bacteria in the body, such as:_____
- Ecoli,
- Salmonella,
- Intentional infection,
- Bacteria in uncooked sea food,

Honey: Inhibitory for Strands of Bacteria (cont)

- Bacillus (food borne pathogens)

- diphtheriae (life threaten bacteria)
- Pneumonia,
- Influenzae,
- Tuberculosis,
- Colitis

Honey and Digestion

- **Honey** helps reduce constipation, bloating and gas, **because Honey is a mild laxative.**
- **Honey** is also **rich in probiotic or “friendly” bacteria** which aid in digestion, **promote the health of the immune system**, and reduce allergies.
- Using **honey** in place of table sugar **has been found to reduce the toxic effects in the gut** called mycotoxins produced by mold of fungi capable of causing disease and death.

Honey Benefits on Skin and Scalp

- There are many health benefits of **HONEY** on skin and scalp wellbeing as well.
- In a [small-scale study](#) with 30 patients that looked at the effects of **honey** on **treating dermatitis and dandruff**.
- Participants applied diluted **RAW HONEY** every alternate day by gently rubbing their problem areas for 2-3 minutes.

Honey Benefits on Skin and Scalp (cont)

- The **honey** was **left in place for three hours** before being washed off with warm water.
- **All the patients showed improvement with the treatment.**
- **Itching was relieved and scaling disappeared in a week**, while lesions disappeared in two weeks.
- The patients' **hair loss situation also improved.**
- **Patients who continued the treatment for six months** by applying honey once a week **did not suffer from a relapse.**

- # Honey Is An Energy Food

- One of the important uses of **HONEY** in traditional medicine is as an instant energy booster
- **Honey** contains glucose and fructose
GLUCOSE acts as an instant ENERGY BOOSTER.
- In white sugar where glucose and fructose are combined as sucrose and require an additional step in the digestive process to get the healthy energy booster
- But in honey, these two sugars are separate

Honey and Water

- 1-3 teaspoons of **HONEY** with a glass of lukewarm water, twice a day **nourishes tissues and helps alleviate weakness in the nervous system.**
- 1-3 teaspoons **HONEY** with a glass of lukewarm water **provides instant energy and helps in weight management.**

Honey Helps Children Sleep Soundly

- Preliminary results from several studies indicate that **HONEY** can improve the quality of sleep in children.
- Based on parents' opinions, the studies concluded that **HONEY** reduced cough among children during the night and helped them sleep more soundly.

HONEY and Sleep

- Take a tablespoon HONEY 15 minutes before going to bed.
- If waking up in middle of night is a problem, take a teaspoon immediately.
- Eating honey causes a slow steady spike of insulin, which then transforms into melatonin, substance which helps you sleep.

Honey and Cardiovascular Disease

- Reduces the risk of Cardiovascular Heart Disease (CHD) by the following three main mechanisms:
- **HONEY** can activate Coronary artery dilation, which lower platelet ability to blood clot.
- **HONEY** can Prevents the oxidation of bad cholesterol.
- **HONEY** can lower high blood pressure, can consequently reduce the amount of blood has to be pumped because it can reduce clog arteries that causes heart failure.

HONEY and Chest Pains

- **RAW HONEY** is also used in the treatment of:
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- CHEST PAINS
 - VERTIGO
 - FATIGUE.
 - These effects can probably be due to the **high energy content** in **HONEY**, providing necessary calories immediately after its consumption.
 - In a study, daily intake of **honey** showed various beneficial effects on enzymes (**Proteins the speed up chemical reactions**) hormone system, and blood mineral levels. Furthermore, it has a beneficial effect on immune system.

Honey and Nervous System

Honey is useful for Neurological Disease, it **provides:**

- **ANTI-DEPRESSANT NUTRIENTS**
- **ANTI-ANXIETY NUTRIENTS**
- **ANTI-CONVULSION NUTRIENTS**
- It also modifies the oxidative content in the central nervous system.

Honey and Asthma Related Symptoms

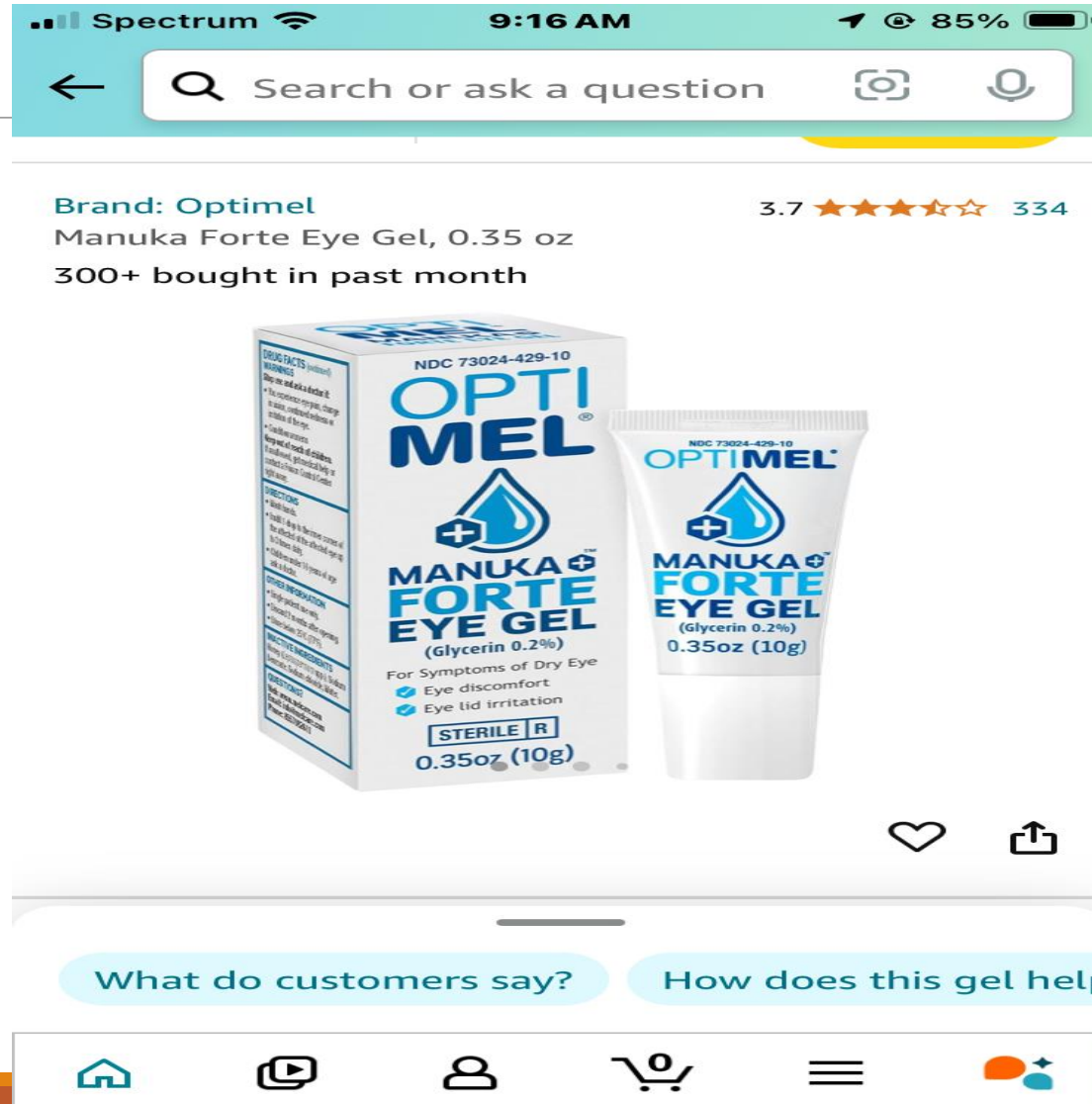
- **Honey** has also been shown to **reduce asthma-related symptoms** and prevent asthma induction.
- In common cold, and seasonal allergies, it was found that the simultaneous **consumption of honey** **with the standard medications improves the overall symptoms of the asthma disease.**

Honey for the Eyes

Honey is used to **treat various eye disorders** such as;

- **Conjunctivitis** (redness, itching, tearing, crust)
- **Keratitis** (vision disorder, blur vision, sensitivity to light,
- **Blepharitis** (inflammation of eye lids)
- **Corneal injuries**, and thermal and chemical burns.
- In 102 patients with non-responsive eye diseases, application of **Ophthalmic HONEY Ointment** improved these disorders in 85% patients and there was no disease's progression in the rest of them.

Manuka Honey Eye Gel is an Ophthalmic honey



Honey and Diabetes

- There are strong evidences which indicate the beneficial effects of **honey** in the treatment of diabetes.
- These results point out the therapeutic prospects of using **honey** **with the standard anti-diabetic drugs improves in the control of diabetes.**

Honey and Diabetes (cont)

- Experts used to recommend that people with diabetes avoid all foods with added sugar. Now some say it's OK to eat them in small amounts as part of a healthy diet.
- But if you take insulin, it's very important to count the number of carbohydrates (including honey) that you take each day. That helps you determine the correct dose of insulin you should take.
- Staying on top of the number of carbohydrates and fiber you eat can also help you keep your blood sugar from going too high.
- Even if you take insulin, high [blood](#) sugar can lead to health problems over time. That's why it's a good idea to limit honey. Talk to your diabetes educator, doctor, or a dietitian who specializes in diabetes to figure out how much is safe for you.

Honey and Diabetes (cont)

- Experts don't all agree on whether **honey** is a **good choice** for people with diabetes.
- Research shows that **honey** has **anti-inflammatory and antioxidant qualities**.
- That **MAY** be important for people with diabetes, who often have higher levels of **inflammation** in their bodies.

Honey and Cancer

- Current studies show that **honey** may exert anti-cancer effects through several mechanisms.



Honey and Cancer (Cont.)

- **HONEY** has ANTI-CANCER property that interferes with multiple cell signaling pathways of the following:

- Anti-Apoptosis (a type of cell death, that occurs when a cell activates a death cell),
- Anti-mutagenic (reduce or remove the effects of harmful chemical)
- Anti-proliferative (to multiply rapidly)
- Anti-inflammatory pathways. Honey modifies the immune responses.
- Anti-oxidants, reducing the risk of cancer and keeping your cell structure and **immune system healthy**.

Honey Is Good For Your Blood

Honey influences the body in different ways depending on how you consume it:

- Mix **HONEY** in lukewarm water, it has a **beneficial impact on the red blood cell (RBC) count in the blood.** RBC carry oxygen in blood throughout body.
- Mix **HONEY** in lukewarm water, it **raises the bloods hemoglobin levels,** which **takes care of anemic conditions.**
- Hemoglobin is a protein containing iron that facilitates the transport of oxygen in red blood cells.

Honey Is Good For Your Blood (cont)

- Iron Deficiency Anemia is a condition that occurs when dietary intake or absorption of iron is insufficient, and the oxygen carrying capacity of the blood is compromised.
- The reduced oxygen carrying capacity leads to fatigue, breathlessness, and sometimes depression and other problems. Honey can deny these issues by building the oxygen-carrying capacity of the blood.
- Building the level of oxygen in the blood is extremely important because how healthy the body is and how easily it rejuvenates itself depends on the level of oxygen in the blood.

Honey Is Good For Your Blood (cont.)

- [Preliminary research](#) has also shown the positive effect of **honey** on **hypertension or high blood pressure**.
- Honey is also consumed to reduce the effects of **hypotension or low blood pressure**.
- Some evidence that **honey** can prevent low white blood cell count in chemotherapy patients. In a [small-scale experiment](#), 40% of **patients at risk of low WBC count** had no recurrence of the problem after consuming two teaspoons of therapeutic honey a day during **chemotherapy**.

Liquid Gold



Honey and Gastro

- **Honey** is an anti-bacterial, anti-fungal substance, which works on the gastrointestinal system, killing off bacteria
- It keeps stomach-related diseases like ulcers at bay and helps cure acid reflux.
- It is a natural sugar substitute, without any of the problems created by refined sugars and artificial sweeteners.
- In most cases, **honey** can actually bring down high blood sugar levels thanks to the unique combination of fructose and glucose.
- **Honey** is a natural remedy for colds, coughs, and other nasal and bronchial conditions, helping keep all throat and nose-related ailments away.

Liquid Gold



Liquid Gold

- If you've got a cut or a burn, acne, and breakouts put a drop of **raw honey** onto it
- Thanks to its anti-bacterial nature, it helps heal wounds faster.
- It is the ultimate cleanser moisturizer. Applying a **thin layer of honey on your skin** leaves it smooth, supple, and nourished, cleansing it without stripping it off natural oils.
- **Honey** is a good de-tan agent while combating the damages caused by excessive exposure to the sun like rashes and sunspots. **It boosts overall complexion and skin health.**
- **Honey** is high in **antioxidants**, it slows down the aging process and treat mature skins.
- **Honey** for dry and **dehydrated** skin conditions, chapped lips to **cracked heels**, they've all been known to benefit.

Liquid Gold

- Women often go through hormonal imbalance, which is a result of disbalance in testosterone levels, which in the long run affects reproductive health.
- Consuming honey daily helps in balancing the testosterone levels,
- Which improves reproductive health,
- Reduces mood swings and
- Improves hormonal balance.
- Natural laxative
- Boosts Metabolism
- Improves memory
- Combat seasonal flu, allergies, fever, colds sore throats.

Liquid Gold

- Apart from healing the pain or boosting immunity, both consumption as well as application of honey can help in reducing the emerging signs of aging like fine line or wrinkles.
- Adding honey to morning drinks or tea is the best way to consume it and for application just mix honey with cottage cheese, chickpea flour and apply to get flawless skin and a glass skin glow.

Liquid Gold

- Our skin loses suppleness and is more prone to dryness as we age.
- Honey is overflowing with natural substance that promotes moist retention and moistening properties due to the presences of strong enzymes that hydrate the skin
- Even after prolonged exposure to sun rays honey significantly reduces dryness.
- Honey moisturizing and calming properties make the skin feels smooth, radiant and glowing after use
- The idea for healthy skin is to add to tea or morning drink

Honey Good for Spot Treatment

- Natural remedy for acne.

- Its anti-inflammatory characteristics reduce pimple redness and swelling
- Contains antibacterial properties that can help battle acne causing germs
- Honey also helps controls oil production since it maintain skin hydration . For best spot treatment apply raw honey directly on affected spot. Rinse honey off after 10-15 minutes
- Excellent for stinging burns and sun burns no gauzes needed because of honey thickness it automatically form a barrier against any infection

Vinegar





Ginger, Cinnamon, Cumin



Beets



CONCLUSION

Sufficient evidence exists recommending the use of honey in the management of disease conditions. Evidence confirming the use of honey in all areas of clinical practice is needed. Studies revealed that the medicinal effect of honey may be due to its antibacterial, anti-inflammatory, apoptotic, and antioxidant properties. This review should provide practitioner with remarkable evidence supporting the use of honey in the medical field. Although some studies exist having tested the efficacy of honey in relation to medical purposes, more studies are needed to cover all medicinal aspects of honey.

Disclaimer

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