

## MEDICINAL

### Health benefits of Beelieve Honey




(Raw honey is not filtered or pasteurized)

Honey has been used as a medicine throughout the history of the human race.



#### DIGESTION

Do you suffer from diarrhoea, gastritis, peptic ulcer disease, or other such diseases?

-  Raw honey Improves Digestion
-  Can Ease Digestive Problems
-  Supports Gut Health.





#### WOUNDS

Raw Honey has wound Healing Properties | Natural antibiotics | Anti-bacterial and Antimicrobial properties. Honey appears to stimulate healing and reduce scarring when applied to wounds.





#### IMMUNE SYSTEM

-  Boosts the Immune System
-  Honey can stimulate your immune system to fight against infections.



#### SOOTHES SORE THROATS & EASES COUGHS

-  Natural cough syrup
-  Soothes a sore throat due to the anti-bacterial properties



#### PROMOTES SLEEP

When you consume honey, your blood insulin levels rise. In return, it also triggers the neurotransmitter, serotonin. Your body then converts this into a chemical called melatonin. This naturally occurring compound is responsible for making you feel sleepy at night.



#### HANGOVERS

Raw honey contains antioxidants to help neutralize toxins in your system from drinking too much alcohol. A good concentration of Succinic Acid helps cure a hangover by helping the body rid itself of the toxins that cause the hangover.



#### CHOLESTEROL

Improves **cholesterol** levels for a **healthy heart** - may help lower cholesterol and triglycerides.



#### ATHLETIC PERFORMANCE

Honey is a natural source of readily available carbohydrates and is as effective as glucose for carbohydrate replacement during endurance exercise, ie. Improves Athletic performance.



#### NATURAL ENERGY BOOST

Vitamins and minerals.



#### PREBIOTIC

Raw honey is an excellent prebiotic! It contains compounds called oligosaccharides which are not digestible in the small intestines. They reach the large intestine where the good bacteria utilize them to make nutrients that we can use.