



HONEY IS BETTER THAN SUGAR

The use of honey to treat wounds goes back to ancient times, but science has recently rediscovered its medicinal potential, proving that it's much more than just a sweetener competing with sugar on your kitchen table.

how can it help?

▶ As a *natural antibiotic ointment* for burns, wounds, and pressure sores. Honey contains antibacterial and anti-inflammatory factors that enhance the immune system, speed up healing, reduce pain, and result in less scarring. Studies have shown that honey works even better than conventional medicine, especially against bacteria that are resistant to antibiotics—good news if you have a non-healing diabetic foot ulcer and want to avoid limb amputation!

▶ As a *dietary antioxidant supplement*. Compared to sugar (including brown or raw), honey is loaded with flavonoids, phenolic acids, and other phytonutrients that have been identified as potent antioxidants. On a weight basis, honey has been shown to have an antioxidant capacity similar to fruits and vegetables.

▶ To *inhibit the growth of Helicobacter pylori* (responsible for stomach ulcers) and possibly to treat gastritis. The equivalent of a small dose before meals has been shown to be effective in test-tube studies, and it's much cheaper

than the two-to-three antimicrobials currently used in combination.

which honey?

Generally speaking, the darker the color the higher the antioxidant content. For eating purposes, any honey will give you more health benefits than sugar.

Honey derived from particular floral sources has been discovered to contain enhanced activity (for example, manuka and buckwheat, which are available through some health-food stores). These honeys are approved for marketing as therapeutic honey. Medihoney is now approved for use on wounds in the United States, Canada, Australia, and New Zealand.

five ways to use honey

1. Drizzle over breakfast cereal.
2. Combine with rolled oats to make a granola topping for stewed fruit.
3. Glaze fruits (pears, peaches, etc.) and bake in the oven as a dessert.
4. Add to herbal tea.
5. Blend into natural yogurt to take away the tartness.

Nutritionist Sue Radd is the award-winning author of *The Breakfast Book* and coauthor of *Eat To Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease and improve well-being. See www.sueradd.com for more nutrition information.