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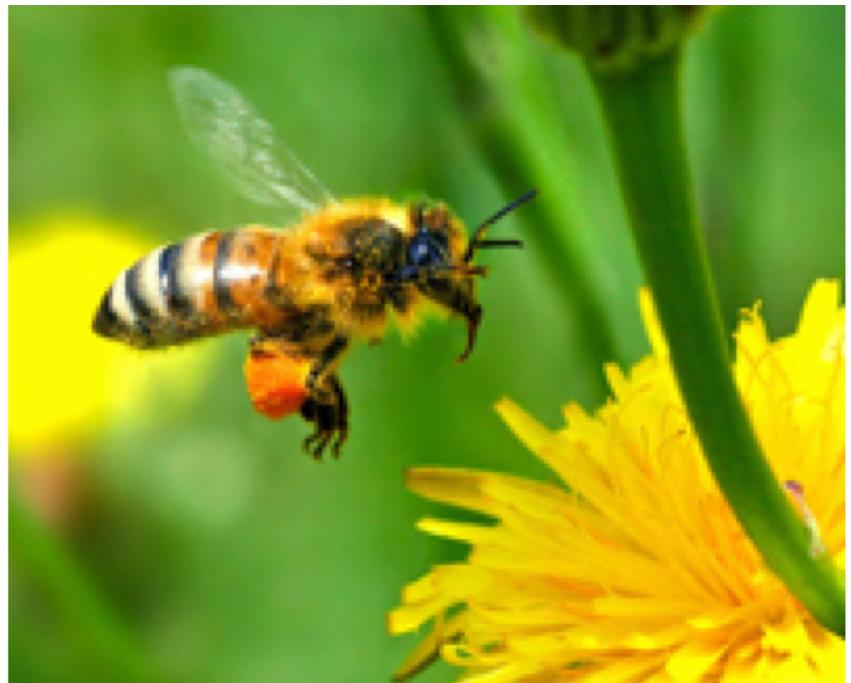


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# Message: from the President of BioNatural Healing College (BNHC)



Greetings!

First and foremost, I am extremely thankful to Almighty God for granting me this opportunity to present the BioNatural Healing College E- Magazine to our dear readers. Also, I would like to thank you all especially those that are our dear readers that send us their valuable feedback and support. The information provided is for educational purposes only.

We hope this BNHC- E Magazine will be useful to you based with the contribution and dedication of many other respected researchers and colleagues around the globe. Thanking and wishing you all have the best health and prosperous life.

Best regards,  
Dr. Nadir Sidiqi Ph.D.



# BioNatural Healing College

**BioNatural Healing College** Hope you and your loved ones are staying healthy and safe during this pandemic (COVID-19). What we need to do especially during this uncertain time as follows:

1. Sanitation and Isolation from Social Interaction.
2. Positive Attitude will Increase the Power of Mind and Immune System.
3. Healthy Diet and Drink Plenty of Water (Honey with green tea, vitamin C), Get Enough Sleep.
4. Exercise (any type of physical activity for 30 minutes daily).
5. A Lot of Prayer to Almighty God (be patient, calm).

**May Almighty God bless, guide us all (Humanity) and grant us the ability to find a cure for the prevention of COVID-19.**

# Fake Honey: A Real Problem

## By Prof. Rosalie Stafford

In the last issue of Bio-Natural Healing College's internet magazine, we looked at bees and the medical use of bee venom. This month (November 2020), we will look at *honey*, specifically the problem of fake honey.

### **Raw Honey: a *Bee-yootiful* Part of a Healthy Diet**

For untold centuries, people have prized the golden nectar of bees. This drawing of a prehistoric rock painting in Spain dates from eight to ten thousand years ago; it depicts a honey-harvester taking honey from a tree trunk — and a swarm of bees defending their hive (Atlas Obscura).



“The earliest written record of keeping bees in hives,” writes the Honey Association, “was found in the sun temple erected in 2400 BC near Cairo.”

Doubtless, the ancients used honey in its purest form — raw — which is, of course, its most nutritious form:

Honey contains mostly sugar, as well as a mix of amino acids, vitamins, minerals, iron, zinc and antioxidants. In addition to its use as a natural sweetener, honey is used as an anti-inflammatory, antioxidant and antibacterial agent. (Mayo)

Raw honey is just as it comes from the comb: unfiltered and unpasteurized. In appearance, raw honey is thick, dark, and cloudy, compared to processed honey, which is thinner in consistency, lighter in color, and more translucent. In essence, processed honey is weak, and raw honey is strong. Raw honey retains all its natural nutrients, from bioflavonoids to antioxidants, whereas processed honey contains fewer or weaker health-giving nutrients.

For thousands of years, raw honey has been used as food and as medicine. Now modern-day people are re-discovering the health benefits of this golden nectar. However, as more people become cognizant of the health benefits of honey, raw honey inevitably becomes more expensive and more difficult to obtain. More and more adulterated honey is being marketed. Sadly, it is becoming all too common for supermarket “honey” to contain little actual honey — or even none at all!

## **Fake Honey**

In 2016, there were about 90 million beehives in the world. India has the greatest number of hives, while China has the greatest production volume (Shahbandeh). That fact is significant: China is known to produce and export a great deal of dangerously adulterated or entirely fake honey. It's big business: in 2016, federal agents in Chicago seized 60 tons of fake honey illegally imported from China (WLS-TV).

In 2013, journalist Patrick Boehler reported that 500 kilograms of Chinese fake honey were seized. The artificial honey, made from water, sugar, artificial color, and alum, contained 187 milligrams of aluminum to every kilogram of honey. That same year, journalist Dan Charles reported that America's largest honey wholesaler admitted to selling mislabeled contraband Chinese honey. But this was nothing new. In 2011, journalist Andrew Schneider reported: A third or more of all the honey consumed in the U.S. is likely to have been smuggled in from China and may be tainted with illegal antibiotics and heavy metals. A *Food Safety News* investigation has documented that millions of pounds of honey banned as unsafe in dozens of countries are being imported and sold here in record quantities.

This unwholesome Chinese product, Tom Laskawy explains, contains “a mix of sugar water, malt sweeteners, corn or rice syrup, jaggery [a type of unrefined sugar], barley malt sweetener, or other additives,” and also heavy metals such as lead (from the metal containers), various chemicals (from contaminated water), and antibiotics which are banned in the US.

This has been going on for a long time. Journalist Cody Copeland explains that, “according to Richard Anderson, director of Siratech, a private lab in Texas that detects fake and adulterated honey,” in the 1970s, trafficking in adulterating honey “became widespread when Chinese laboratories began modifying high-fructose corn syrups to make them look like pure honey.”

Clearly, a healthy-seeker would want to avoid fake honey! But how? How to Avoid Fake Honey? Obviously, the most sure-fire way to avoid fake honey is to either keep your own bees and harvest your own honey (my son does that) or obtain honey only from a beekeeper you trust. However, that is just not possible for many people.

The next best strategy might be to purchase honey that bears the True Source Certified Logo, indicating that particular batch of honey's compliance with a certification program designed to establish quality and purity of honey. If that is not possible, then you must do your own testing in your own kitchen.

Bee America explains how to do that, providing four different simple kitchen tests. The water test, the paper test, the microwave test, and (my favorite) the bread test.

[1] *The Water Test*: Real honey doesn't mix readily with water. Just drop a teaspoon into a glass of water and you'll see that it settles at the bottom of your container. To incorporate it into the liquid, real honey needs to be stirred. Fake honey, on the other hand, easily dissolves in water without even mixing.

[2] *The Paper Test*: Place a few drops of the sample you are testing on a paper towel or napkin. If the honey is pure, it will remain solid and not soak through. If the honey is impure, it will wet the paper and maybe even soak through it.

[3] *The Microwave Test*: Add about 2 tablespoons of your sample to a microwave-safe bowl and heat on high power for 45 to 60 seconds. Natural honey will caramelize quickly while artificial honey will become foamy and bubbly.

[4] *The Bread Test*: Spread your sample on a slice of bread. If it is genuine honey, the bread will become crunchy on top within a couple of minutes. If the honey is counterfeit, the bread will become soggy (because of its different moisture content).

The Hearty Soul adds one other test to the list:

[5] *The Crystallization Test*: Real honey crystallizes after a while, and fake honey will keep its liquid, syrup-like composition. And the Daily Health Post adds a few more tests to the list: [6] *The Spread Test*: Put a small drop of your honey on your thumb.

If it spreads it is not pure since pure honey will stay in one place. [7] *The Fire Test:* Place a dab of honey on the end of a toothpick or Q-tip and light it. If it ignites, it is pure.

[8] *The Vinegar Test:* Add a few drops of vinegar into a mixture of water and honey. If it foams up, your honey has been adulterated with plaster

[9] *The Iodine Test:* Add a few drops of iodine to a glass of water and then add some honey. If your honey turns blue, it has been combined with cornstarch and is not real honey.

### Honey in the Bio-Natural Diet

For most people, honey is a valuable part of a wholesome bio-natural diet, offering a range of nutrients in a form which is both delicious and easy to metabolize. Just be careful: make sure that the honey you consume is the real thing and not some chemical cocktail mixed up in a nefarious laboratory!

And as you refresh and sustain yourself with honey and with all the colorful and nutritious fruits of the Earth, always keep in mind our Creator Who made this Earth and the flowers and the honeybees, and always give thanks for the blessings Our Creator has bestowed upon us.



Source: [weknowyourdreams.com](http://weknowyourdreams.com)

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# Tune Up Your Engines...

## By Dr. Bera Dordoni, N.D.

*Cough! Snort! Wheeze! Sneeze! Hack!*

Good grief, what's going on? Why am I hacking all of a sudden? Could it be something I ate? Maybe, I don't know, all the cheese and sugar-laden chocolate and other goodies that lured me into submission because I feel so isolated during Covid-19?

Me? “The Guru of Eating Right?!” Uh. Yeah. Me.

Guess I'm not so good at following my own advice at times, like when half of my brain says, "Just this once. And this time, too." The other half of my brain *knew* that if I ate all that cheese and sugar and yummy chemicals I'd suffer consequences: massive mucus production, full body congestion, seriously icky upper-respiratory snarking and coughing, throat-closing and head-pounding blockage. We all have weak points from earlier episodes in our lives. Mine was a life-threatening case of pneumonia in my twenties that lined my lungs with severe scar tissue. I'm not stupid—I *know* I can't eat that stuff without paying the price. And now—excuse me... *Cough! Snort! Wheeze! Sneeze! Hack!* I know we're having our first snowfall right now, but ya know what? I'm gonna do my internal spring cleaning *now*. Why not? How many of your resolutions to treat yourself better this year have you already broken? I know I'm not the only one—we all do it. If you want to feel better sooner rather than later, consider lightening your toxic load with an Immune Tune.



You can flush your colon, liver, and kidneys with herbs and other cleansing foods, do a heavy metal detox with oral chelation, or even try a water fast. All these are best done under the guidance of a qualified health practitioner.

### **Then there's oil pulling.**

Huh?

That's right, oil pulling, an old folk remedy that's been used in India for thousands of years. Simple enough to do – just swish a tablespoon or more of oil around in your mouth for about 20 minutes. The bacteria and plaque in your mouth and lymph system will be attracted and bound to the oil with the help of your saliva. When you spit the oil out—**DO NOT SWALLOW IT!**—you'll also expel large amounts of toxic bacteria, things like *Streptococcus Mutans*, the main cause of cavities, gingivitis, and plaque buildup. All those nasties not only harm your teeth, but your entire digestive system.

Sounds pretty gross, doesn't it? But it makes sense. When you change your car's oil, cruddy dirt and grime drains out with it, helping your engine run faster and smoother, increasing the life of the engine. The same thing happens to our bodies when we expel toxic substances – we run more smoothly and we might last longer.

### **So Simple, Yet So Beneficial**

After a good night's sleep all sorts of yucky bacteria have invaded your mouth. You know that lovely morning breath ... aka halitosis. That's the best time to do your oil pulling – on an empty stomach before you even brush your teeth. After 20 minutes (average recommended oil-pulling time) of swishing, swirling, pushing and pulling the oil through your teeth and around your mouth, **DON'T** swallow the now toxic oil. If you spit it out in your sink, follow with hot water to avoid clogging your drain.

The oil probably won't be clear any more, especially if you have any congestive issues. Instead, it will be thick and whitish. The more congested you are, the gookier the oil will be. After spitting it out, it's recommended you rinse your mouth out with salt water to help kill any remaining bacteria that's been loosened and brought to the surface. Then brush your teeth as you normally would.

I've seen pictures of before and after pulling for a period of weeks that show much whiter teeth without any harmful bleaching. Some even claim they've replaced brushing their teeth with oil pulling!

I've also read claims that oil pulling can help clear out the bloodstream, although I'm not sure how that actually happens. On the other hand, some of my clients who routinely oil pull as a detox measure report seemingly unrelated improvements in their overall health.

One woman whose hands were severely painful and crippled due to arthritis oil pulled faithfully over the past two years and now claims she no longer has any pain in her hands. My sister Beth didn't go to the dentist when she broke a tooth and instead began oil pulling. Although she originally had a lot of pain in that tooth, she now says it's absolutely pain free. There are even claims that oil pulling can remineralize the teeth! Is it true? I formerly used toothpaste for sensitive teeth, but I haven't needed it since I started oil pulling. Could my enamel be remineralizing? I don't know, but maybe we'll see evidence with Beth's and my teeth in time. If nothing else, oil pulling IS effective at helping eliminate harmful bacteria from your mouth, improving your oral and dental health, and most definitely sweetening your breath. And if you're like me and prone to upper-respiratory congestion, especially in the throat or sinuses, oil pulling is an excellent first step toward clearing those pathways. I'd recommend it before running to the doctor for an antibiotic, especially during the Covid crisis. Almost immediately after an oil-pulling session, I find myself blowing my nose and clearing my throat. Oil pulling is known for clearing chronic sinus congestion.

## What Kind of Oil Should You Use?

Sesame or sunflower oil are the traditional recommended oils for pulling, but I prefer to use organic virgin coconut oil because of its many benefits. The lauric acid (approximately half the fat in coconut oil) is a proven antimicrobial, antibacterial, antifungal oil—in other words, it can kill viruses, fungi and bacteria—leaving healthful probiotic strains behind. It also has many other tremendous qualities worth exploring. Coconut oil will be solid if the temperature is below 76 degrees. Scoop out a tablespoon or more and let it melt in your mouth. Swish and pull it through your teeth, around your gums—everywhere and anywhere in your mouth. Just avoid letting the oil near your throat, because you absolutely, positively, without question **DO NOT** want to gargle or swallow it! The more you swish, the greater toxic content of the oil. You don't want that stuff back in your system! If nothing else, it'll make you sick to your stomach. **It Took Me a While to Get It Right...**

You can pull your oil while you take your shower, but I can guarantee you cannot sing at the same time. I learned that the hard way. Because I love singing, I naturally sing in the shower. The first time I had oil in my mouth and I opened my mouth to sing, the oil dribbled all over my body. I had to wash it off quickly to avoid re-absorbing all those nasty toxins through my skin. Fortunately, I was using coconut oil, which washes away easily without leaving any residue behind.

Humming while I oil pull works *much* better. Keeping my mouth shut for twenty minutes every morning has actually come to be a wonderful "alone" time for me. It gives me a chance to gather my thoughts and mentally organize my day while I'm cleaning the toxins out of my mouth.

## PrepWork

I've also found it's wise to do a little preparation *before* you start your morning routine: (1) blow your nose, (2) make sure you don't need to cough, and (3) quickly find a wastebasket or toilet if a tingling nose indicates you're about to sneeze. Folding laundry while oil pulling one day, a sneeze caught me before I could spit out the toxic stuff. I expelled it all right: all over my pajamas and down the front of my chest of drawers. Don't read funny emails while swishing oil around your mouth. My sister was pulling oil while checking her computer, ran across my message describing how I oiled my PJs via a sneeze, and ... use your imagination. If you live with other people, let them know when it's time to leave you alone for the next 20 minutes. You might get caught behind a closed door, and your "mmm mmm" ("not yet") response to your husband's "Did you take the dogs out yet?" might be misinterpreted as "Sure did," which means you just might step through your bathroom door into a pile of dog poop. The holidays are fast approaching, but I'm reclaiming my title: "The Guru of Eating Right," I've said goodbye to the junk foods, I'm starting a gentle vital-organ cleansing routine (contact me if you want to know more about how to do a detox), and am now about to order another jar of virgin coconut oil for my oil-pulling routine. Cleaning up my act is always rewarding—I love feeling good! Don't you? May you all have much for which to be grateful this Thanksgiving season, and stay safe, healthy and happy.

**About the Author: Dr. Bera "The Wellness Whisperer" Dordoni, N.D.**

With over 35 years of serving as a vegan/vegetarian-oriented Naturopathic Doctor/nutritionist, Dr. Bera now focuses primarily on teaching Ho'oponopono in workshops and at retreats in her home in the Zuni mountains. She provides gourmet vegan meals and a relaxing stay where deer and wild turkeys play... as well as instruction in plant-based living, immune-system building and how to make the laws of attraction work for you. To learn more or book your stay, visit [drberatl.com](http://drberatl.com) or [bastis.org](http://bastis.org), or call (505) 783-9001.

# Miracle of Honey: In the Context of Natural Pharmacy

By: Dr. Nadir Sidiqi Ph.D.

**Introduction:** Honey bees (*Apis mellifera*) and their profound relationship to the ecosystem, are an example of affection, love, inspiration, and dedication. We can visualize these remarkable social activities in the honey bees' social life. For instance, collection of nectar from various plant flowers, through the process of pollination. Naturally, honey bees are very beneficial insects for the benefit of mankind by producing a natural medicine in the form of honey as well as food production. However, on the other side of the spectrum, human society suffers from numerous problems such as family problems, children living on the streets without medication, people suffering from malnutrition, missed and over used medications, causing pollutant agents to the environment (water, soil, air) war, hunger, multiple health issues and diseases (cancer, cardiovascular, diabetes, pneumonia and obesity), all these factors, will contribute to an unhealthy and unhappy livelihood. Indeed, humans are constantly in a struggle to find comfort and prosperity in their lifestyle and especially health sector. In fact, the core principles of natural medicine with the new paradigm focuses on the interconnection of the body, spirit, mind, emotions, social factors, biotic factors (disease causing agents: bacteria, viruses, fungi, nematodes, insects, etc.) and abiotic factors in the context of environment (extreme temperature, humidity, water, dust, wind, etc.). Therefore, this dynamic new paradigm brought the attention to review and treat the patient as a complex interconnected system and focus on promoting health through natural, non-toxic therapies for instance, nutrition, herbal medicine, lifestyle modification, physiology of eating, and adequate exercise<sup>1</sup>.

As a result it will support and promote the health of the body in a natural way. While in the conventional paradigm treatments for a patient will focus basically on drugs and surgery. Why are all of these unwanted issues happening in every corner of the world? What can we do to reduce all of the above issues to a minimum level of risk to the public and the environment? It would be appropriate and important to understand the basic biology, ecology, and spiritual values of honey bees and their by-product honey as natural medicine for many types of diseases in the context of natural treatments. Honey has a deep history, and since ancient times it has been very crucial in various cultures such as the Sumerian, Egyptian, Vedic, Persia (Avicenna: Canon of Medicine) and Chinese. It was employed for multiple purposes such as food, medicine, nutrition, and cosmetics. However, more recently honey use has been replaced with the use of refined sugar as well as synthetic sweeteners which is cheaper than honey by cost and used in households all around the world. In addition, the use of pesticides for pathogens, mites, parasite management results in colony collapse disorder. Honey bees are the most beneficial and important pollinators among the other pollinators for instance, wasps, butterflies, flies, beetles, moths, bats and birds. This contribution with the value of crops is directly dependent on insect pollination was estimated at \$15 billion in 2009 in the United States<sup>2</sup>. Almighty God granted the wisdom and ability to honey bees as a great contributor in the participation of the natural process of pollination throughout the world in respect to the value of food production. In June 2014, President Obama issued a memorandum establishing a Pollinator Health Task Force, co-chaired by the Secretary of Agriculture and the Administrator of the Environmental Protection Agency according to “National Strategy to Promote the Health of Honey Bees and other Pollinators (May 19 2015)”. The main four themes of the strategy to Promote the Health of Honey Bees and Other Pollinators namely: conducting research to understand, prevent, and recover from pollinator losses; expanding public education programs and outreach; increasing and improving pollinator habitat; and developing public-private partnerships across all these activities<sup>3</sup>. Let’s consider the scope of natural honey in the religious aspect. **Religious aspect of honey: Significance of honey in Islam:** According to Islam the greatest miracle of miracles is the Glorious Quran which was revealed to the final Prophet Muhammad (peace be upon him), as a source of mercy to all Mankind and said: “Make use of the two remedies: honey and the Quran”. There is an entire Surah 16 (chapter 16) in the glorious Quran called Al-Nahl (the Bee).

Almighty Allah (God) mentioned in the Quran: “Your Lord inspired the bee, saying, Make your homes (habitations) in the mountains, in the trees, and also in the structures which men erect. Then, feed on every kind of fruit, and follow the trodden paths of your Lord. From its belly comes a drink with different colors which provides healing for mankind. Indeed, in this there is sign for people who give thought.” (Quran 16: verses 68-69).

**Significance of honey in Christianity:** The Holy Bible mentions about the importance of bees and honey which includes the Books of Exodus, Judges, Mathew and Proverbs<sup>4-5</sup>. In accordance with this Christian holy book, the Bible, King Solomon was quoted thus: “Eat honey my son, because it is good”<sup>6</sup>. In fact, it was reported in the Bible that John the Baptist actually thrived on a diet including wild honey for a long period of time when he was in the desert area or while travelling in the wilderness<sup>7</sup>.

**Significance of honey in Judaism:** Honey has a special value as the symbol of a new year called Rosh Hashanah. On that day Jews dip the apple slices in honey and eat it to bring a sweet new year. In some congregations, small straws of honey are given out to usher in the new year<sup>8</sup>. **Significance of honey in Hinduism:** Honey (Madhu) is one of the prominent of the five ingredients of Panchmrit “the five Nectars” the other four included are: ghee, milk, sugar, and buttermilk<sup>9</sup>. Pouring honey in temples over the deities is a ritual called Madhu abhisheka, also when a child is born in a Hindu family “Jatakama”, greetings the child, by putting some honey in the child’s mouth and whispering the name of God in the child’s ear<sup>10</sup>.

**Significance of honey Buddhism:** Honey with its nutritious value provided to the Buddha in several times of need, which included the two meals that he took immediately preceding and following his enlightenment. According to chapter 4, verse 49 of Dhammapada, Buddha says “as a bee gathers honey from the flower without injuring its color or fragrance, even so the sage goes on his alms round in the village<sup>11</sup>”

**Biological aspect of honey bees:** the value and precious biological activities of honey bees for the benefits of Mankind is highly admirable to mention their classification based on modern science that belongs to: Kingdom, animalia, Phylum, arthropoda, Class, insecta, Order, hymenoptera, Family, apiidae, Genus, apis, Species, *Apis mellifera* (Honey bee). There are about 30,000 bee species and half of them have been recorded by entomologists. Honey bee is native to Africa, Europe and the Middle East as reported by the Food and Agriculture Organization of the United Nations.

Honey bees possess the wisdom to participate in the process of pollination which is the transfer of pollen from the anther (the male part of the flower) to the stigma (the female part of flower), as a result of the honey bees existence humanity benefits from most of the fruit and seed crops which are produced. Honey bees do not waste their time visiting flowers not yet ready for pollination, because some flowers can only be pollinated during a certain time of the day and this guidance by Almighty God bestowed upon honey bees to come at that time by allowing their nectar production to that time. Von Frisch received the Nobel Prize in the 1973 for his research, on the behavior and communication of the honey bees in discovering flowers which is known as “bee dance”. Honey bees colony consists of about 20,000 to 80,000 bees, they will be visiting flowers about two miles distance for collecting pollen and nectar, in some situation if nothing is to find in the area, they can fly long distance about four miles for obtaining pollen and nectar.

**Honey bee’s life cycle:** Honey bees, life cycle consists of four stages such as egg, larva, pupa, and adult which are known as complete metamorphosis. Honey bees colony consists of three primary members: Queen, worker, and drone.



Source: [betsylough.weebly.com](http://betsylough.weebly.com)

Each caste of the three groups of castes has distinct responsibilities from each other in respect to social behavior for instance, the queen has the responsibility of laying thousands of eggs within the colony and moves slowly and leaves the colony only once in her lifetime to mate with a drone. The workers are responsible to clean the colony, regulate the temperature within the colony, forage for food, store the foods, feed the queen and larvae, protect the colony, and they cannot lay eggs. The drones are males of the colony and their primary purpose is to mate queens and they have no hairs on their legs so they can't collect pollen. Indeed, honey bees are important and beneficial creatures due to their ability to pollinate flowers and produce honey for the benefit of Mankind. **What is honey?** Codex Alimentarius defines: Honey is the natural sweet substance, produced by honeybees from the nectar of blossoms or from the secretion of living parts of plants or excretions of plant sucking insects on the living parts of plants, which honeybees collect, transform and combine with specific substances of their own, store and leave in the honey comb to ripen and mature.

It would be appropriate to understand the cause and effect of the following health problems as pointed out in the book “Prescription for Natural Cures<sup>12</sup>” as well as other researcher’s articles, prior to discuss the value and scope of honey and its medicinal and antimicrobial properties<sup>13</sup>.



Source: emfsafetynetwork.org,

### **Medicinal uses of honey for various diseases:**

**Diarrhea:** Acute diarrhea has rooted for multiple causes such as viral infection, contamination of food or water, bacterial, fungal or parasite infection, medications (antibiotics), drug toxicity, anxiety and stress, electrolyte imbalance and dehydration. These causes affect the body generally with symptoms where the human body loses water accompanied with stool frequently. In addition abdominal pain and cramping along with gas discomfort. **Recommendation for cure:** Researchers have demonstrated that honey contains a variety of phytochemicals such as organic acids, vitamins, enzyme and darker honey contains higher content antioxidants than lighter honey. In addition, antibacterial activity is due to hydrogen peroxide, as well as flavonoids in honey, particularly caffeic acid and ferulic acid. Drink 5 mL of bee’s honey three times a day before meals or 15 mL of bee’s honey mixed with 120 mL of decoction of tubers of *Cyperus rotundus* which is given for treatment of diarrhea and dysentery<sup>14-15</sup>.

**Cold and cough:** Human immune system and respiratory defense system are suddenly confronted with the problem. There are multiple causes for the symptoms: dry or wet cough for instance, infection type (bacterial or viral) obstruction in the airways, allergens (environmental or food) and anxiety.

**Recommendation for cure:** Mix 10 mL of honey with an equal quantity of ginger juice and consume twice a day<sup>16</sup>.

**Stomach ulcers:** Most often affects the stomach and the duodenum, which is the upper part of the small intestine. Symptoms are burning or gnawing pain in the upper abdomen that usually occurs when the stomach is empty or about an hour after eating. Pain may also appear on at night. Loss of appetite, increased appetite (sometimes food actually soothes the ulcer), vomiting and nausea. Many causes are involved such as stress, smoking, alcohol use, dietary factors, including food allergies, infection with *H. pylori* (you are more susceptible if you have low stomach acid and not enough friendly flora) and medication including aspirin and nonsteroidal anti-inflammatory drugs.

**Recommendation for cure:** 5 mL of honey diluted in 10 mL of water and given twice a day before meals<sup>17</sup>.

**Sore throat:** medically known is pharyngitis a condition with pain and difficulty swallowing in the throat, even talking, and breathing causes problems in severe cases. There are many causes for this health problem such as viral infection (including common cold viruses), bacterial infection (strep throat), and muscle strain of throat muscles, allergies, dryness, and pollution.

**Recommendation for cure:** 5 mL of honey and 10 mL of lime juice is mixed and given. Swallow the concoction (without water) every few hours until the symptoms disappear. Add a pinch of black pepper to increase blood circulation to the throat<sup>18</sup>.

**Stress/Fatigue:** Have you heard the word stress is a mother of all health problems; in fact stress is unavoidable in real life. It is important to understand the triggers for stress based on physical/environmental, mental and emotional related health issues. **Recommendation for cure:** A study has indicated that taking 15 mL of honey to reduce stress and fatigue along with a deep breathing prayer, exercise, and enjoying social interactions<sup>19</sup>.

**Eyesight:** Among the five senses, vision is very crucial. Indeed, much information humans receive about the world around us passes to our brain through our eyes. It is essential to avoid damaging our vision from the symptoms such as headaches, blurry vision, pain, difficulty focusing, extreme cases dizziness, nausea, twitching of the facial muscles, and migraines. There are numerous factors responsible for causes, such as weakness in the ciliary or eye muscles, infection, pollution, improper lighting, or overall tension or anxiety. **Recommendation for cure:** Research has stated that 10 mL of honey mixed with 10 mL of carrot juice consumed regularly will improve eyesight<sup>20</sup>. **Sleep disturbance (Insomnia):** One of the most common health disorders throughout the world is not getting enough sleep during the night. As a result it contributes to the weakening of the immune system and many other health problems. There are several causes linked to insomnia for instance, stress and anxiety, indigestion, alcohol, aging, stimulants (caffeine, decongestants, and thyroid medications), sugar, lack of exercise, breathing disorder (asthma, and sleep apnea) restless leg syndrome, hormonal changes (menopause), vitamin deficiencies (B12, iron) and other disorders (hypothyroidism, and hypoglycemia). **Recommendation for cure:** A study recommends intake of 15 mL of honey will help to induce for sleep<sup>21</sup>.

**Bronchial asthma:** Many adults and children are suffering from respiratory problems that victims will confront with symptoms of difficulty breathing, wheezing, coughing, loss of sleep due to coughing and blocked airways, increased mucus flow, inflammation of the mucus linings, increased heart rate and constriction of the muscles in the bronchial airways. Let's consider the causes for this disease with various factors: Allergies, such as environmental or food, pollution and irritants, infections (cold, flu, and other respiratory infections), hormonal imbalance, emotional stress, poor digestive function, heavy physical exertion and cold air.

**Recommendation for cure:** A mixture of 2.5 g of black pepper powder and 5 mL honey and 5 mL ginger juice consumed three times daily help to relieve the symptoms of asthma<sup>22</sup>. **Vomiting:** A condition that stomach or intestine rejects its contents and can be a symptom of many types of diseases. Most vomiting is due to minor problem such as overeating or food poisoning that is relatively treatable. **Recommendation for cure:** A research recommends 2.5g of *Piper longum* powder and popped rice is ground with 15 mL of honey and given orally as an antiemetic<sup>23</sup>. **Cut and wound:** Is caused by sharp and pointed objects which cut or penetrate the skin. For instance, kitchen knife, nails, pins, needles, ice picks, etc.

**Recommendation for cure:** Experiments and studies have shown that honey is antiseptic, and antimicrobial makes it good healer. As such, apply honey on cuts and wounds for healing<sup>24</sup>. **Arthritis:** Are commonly recognized by joint pain due to degeneration of cartilage and swelling. There are two types: Osteoarthritis carries symptoms such as morning stiffness, painful swollen joints, deformity of joints (in some cases) and restricted range of motion.

There are several causes for osteoarthritis for instance, fractures or even occurred in the past life injuries, food allergies, high fats diet, animal products, and other foods that promote an internal acidic environment and excess of body fat, which places extra stress on joints. However, rheumatoid arthritis symptoms includes: inflammation, pain, tenderness, and discoloration in the joints, usually the shoulders, the elbows, the fingers, the wrists, the ankles, or the toes. In addition, Morning stiffness, deformity of joints in long term cases and other related health problems.

**Recommendation for cure:** A study recommends 30 mL of each honey and coconut vinegar is mixed in 100 mL of water and consumed twice a day to reduce arthritis and arthralgia<sup>25</sup>. **Hemiplegia:** Severe or complete loss of motor function on one side of the body. This condition is usually caused by brain diseases that are localized to the cerebral hemisphere opposite to the side of weakness; less frequently, brain stem lesions; cervical spinal cord diseases, peripheral nervous system diseases, and other conditions may manifest as hemiplegia according to Genetics Home Reference.

**Recommendation for cure:** Research at Ayurveda Teaching Hospital, Borella, Sri Lanka prescribed for patients suffering from hemiplegia 240 mL of honey dissolved in 960 mL of water. In Unani system of Medicine, this is called as Mavul Asal. 30 mL of this is prescribed twice a day during early stages of hemiplegia<sup>26</sup>. **Hypertension:** A condition present when blood flows through the blood vessels with a force greater than normal and also called high blood pressure. Hypertension can strain the heart, damage blood vessels, and increase the risk of heart attack, stroke, kidney problems and death as pointed out by PubMed Health.

**Recommendation for cure:** Recommending daily intake of 10 ml of honey mixed with 5 mL of garlic juice helps to control blood pressure<sup>27</sup>. **Diabetes mellitus:** There are three types of diabetes: Type 1 diabetes the body's own immune system mistakenly attacks and destroys the insulin produce cells in the pancreas. Type 2 diabetes: Insulin is produced, but the insulin does not function properly, that will lead to a condition called insulin resistance. In addition, gestational diabetes develops during pregnancy. Symptoms are as such: Strong thirst, frequently urination (children may be constant bedwetters), excessive appetite, weight loss, blurred vision, irritability and fatigue. Various root causes are involved such as heredity, improper diet (particularly in type 2), and autoimmune reaction (in some cases of type 1), nutritional deficiencies (chromium, B vitamins, zinc, vanadium, and vitamin D), certain medications (Thiazide diuretics, corticosteroids such as prednisone, rosuvastatin calcium), and obesity. **Recommendation for cure:** A study recommends 5 mL of honey mixed with a pinch of powdered seeds of *Gossypium herbaceum* and is prescribed to reduce blood sugar in diabetic patients<sup>28</sup>.

**Allergies:** Occurs when the immune system is attacked by environmental substance (mold, flower pollen, dust, grass, tree, feather, mite etc), especially due to seasons. As a result, symptoms are: Nasal congestion, sneezing, coughing, red itchy or watery eyes, sore throat, wheezing, rashes, eczema or other skin eruptions, fatigue, fluid retention, headache, and swelling of the tongue and throat. The causes for allergies are: Genetics, lack of exposure to germ and allergens when a child, having nutritional deficiencies, poor digestion, or limited diet (lack of diet varieties). **Recommendation for cure:** A research indicates honey should be collected from the area where the patient lives. 5 mL of this honey is to be consumed daily before breakfast<sup>29</sup>. **Dermatitis:** Inflammation of the skin and occurs in many forms such as an itchy rash, swollen, and reddened skin. Reasons to cause dermatitis are by number of substances, such as poison ivy, soaps and jewelry with nickel in it. **Recommendation for cure:** A study has shown that honey is mixed with ash obtained by burning the stem of *Pterocarpus santalinus* and applied on the lesion<sup>30</sup>.

**Obesity/Overweight:** Defined as abnormal or excessive fat accumulation that presents a risk to health. Symptoms are increase of sweating, difficulty breathing, less active etc. There are many factors involved: For instance, poor diet (high in calories and simple carbohydrates), lack of exercise, hormonal imbalance (thyroid), neurotransmitter imbalance (serotonin), mental, emotional, or spiritual issues, genetics, preexisting medical condition (hypothyroidism) and side effects of medication (antidepressants). **Recommendation for cure:** Dissolve 10 mL of honey with 5 mL of lemon juice in a glass of warm water drink it early in the morning along with exercise and a healthy diet reduces fat and purifies blood<sup>31</sup>. **Polyuria:** A condition that contains excessive volumes of urine due to diabetes insipidus, diabetes mellitus, and drinking an excessive amount of water.

**Recommendation for cure:** 5 mL of honey, 20 mL of fresh juice of fruits of *Phyllanthus emblica* and 6g of pulp of *P. emblica* are mixed together and consumed twice a day<sup>32</sup>.

**Eczema:** Is a common skin disorder that affects many people around the globe. There are two types, an acute and chronic eczema. Acute symptoms consists of: red dry, swollen, and burning skin, strong, induce to scratch, skin that blisters, oozes, and crust over. For cause of acute eczema many factors involved such as food allergies, contact with irritants (soap, perfume, dye, medication, pollutants, plants, metals, wool, sunlight. etc.). Chronic eczema symptoms: recurring cases of acute eczema, thick, dry skin with scaly patches, color change and continue itching. These problems are linked to causes: heredity, stress, food allergies, steroid treatments, immune deficiencies, fungal, poor digestion (low acid), poor detoxification, and lack of flora. **Recommendation for cure:** Apply fresh honey on the lesion as study recommended<sup>33</sup>. **Burn:** Is the problem on skin. Examples include: burning from heat, steam, scalding liquids, chemicals, the sun, fire, electricity, and the symptoms of burning sensation and damage of the skin. **Recommendation for cure:** Honey is used for ointments and has a very effective natural remedy for burns and wounds in order to avoid septic infections. It is also used for many minor ailments of animals<sup>34</sup>. **Hiccough or Hiccup:** Every part of our body has a special function. A sudden contraction of the diaphragm can cause hiccups. The diaphragm is a muscle under the lungs that helps a person inhale.

**Recommendation for cure:** In Sri Lanka traditional physicians recommend 5 mL of honey mixed with 10 mL of breast milk. Nasya Karma (nasal douche) is performed with this mixture in natural treatment of hiccups<sup>35</sup>. **Infertility (female and male):** It is important to understand that infertility can occur from female side or male of a couple due to various factors. A condition that couples faced failure to conceive after twelve months of regular unprotected intercourse that is timed ovulatory patterns.

**Recommendation for cure:** Add 5 mL of honey to a glass of goat's milk and consumed it will improve the fertility<sup>36</sup>. **Jaundice:** Infants and adults may be prone to this. Yellowing or discoloration of skin and whites on eyes. Many reasons are responsible such as blood diseases, liver diseases (hepatitis, cirrhosis), infection, genetics, medicines, and blockage of bile ducts. **Recommendation for cure:** 15mL of bee's honey mixed with 120 mL of fresh juice of *Adhathoda vasica* is given twice a day in treatment of jaundice. It is important to understand, that there are different lab test requires for each specific disease based on conventional treatments and those tests are part of the conventional doctor investigation for that specific treatment<sup>37</sup>.

### **What factors makes honey a powerful medicine?**

**Antimicrobial, antiviral and antiparasitic properties:** Honey with its tremendous remedy properties granted by Creator Almighty God, to take advantage for inhibition of the growth of pathogens as well as nutraceutical values. A report has been published in the "Journal of American College of Nutrition" about many bacteria strains and most of them pathogenic such as *Actinomyces pyogenes*, *Bacillus anthracis*, *Corynebacterium diphtheria*, *Epidermophyton floccosum*, *Escherichia coli*, *Haemophilus influenza*, *Helicobacter pylori*, *Klebsiella pneumonia*, *Microsporium canis*, *M. gypseum*, *Mycobacterium tuberculosis*, *Nocardia asteroides*, *Proteus sp.*, *Pseudomonas aeruginosa*, *Salmonella sp.*, *Salmonella cholerae-suis*, *Salmonella typhi*, *Salmonella typhimurium*, *Serratia marcescens*, *Shigella sp.*, *Staphylococcus aureus*, *Streptococcus agalactiae*, *Str. dysgalactiae*, *Str. Uberis*, *Streptococcus faecalis*, *Streptococcus mutans*, *Streptococcus pneumonia*, *Streptococcus pyogenes*, *Trichophyton rubrum*, *T. tonsurans*, *T. mentagrophytes* var., *Vibrio cholerae*<sup>38</sup>. In addition, it was reported that honey has also been shown to inhibit Rubella virus in vitro and three species of the *Leishmania* parasite and *Echinococcus*.

Honey efficacy depends on botanical origin. According to National Honey Board and numerous other researcher studies demonstrated that antimicrobial activity of honey is due to hydrogen peroxide and also flavonoids in honey which play important roles, especially caffeic acid and ferulic acid as mentioned earlier. **Antioxidant effects:** The prefix anti meaning “against” as such, the role of antioxidants is to prevent or control oxidation process of burning of oxygen in cells. As a result, creation of harmful substances to cells, and tissues, known as free radicals. A good example of oxidation process is cutting an apple into slices and soon within a short amount of time slices will have turned into a brownish color. As a result, oxygen interacts with the exposed apple slices. Honey was applied on one of the two slices which was an experiment that was performed on October 3, 2015. Due to the acidic range of average pH of honey which is 3.9 the slice with fairly normal without brownish free radicals is the remarkable antioxidants of honey as well as lemon other fruits and vegetables rich source of vitamin C. **Anti-mutagenic and Anti-tumor properties:** Lifestyle and consumption of junk and roasting frying foods such as heterocyclic amines are formed, this act of mutagenic substances directly or indirectly promoting mutations of the genetic structure of that person. The antimutagenic activity of honeys from seven different floral sources (acacia, buckwheat, fireweed, soybean, tupelo and Christmas berry) against Trp-p-1 was tested by the Ames assay and compared to a sugar analogue as well as to individually tested simple sugars. All honeys exhibited a significant inhibition of Trp-p-1 (3-Amino-1, 4-dimethyl-5H-pyridol [4, 3-b] indole), mutagenicity. **Anti-inflammatory properties:** A study has demonstrated on anti-inflammatory effects of ingestion of 70g honey in humans. The mean plasma concentration of thromboxane B (2) was reduced by 7%, 34%, and 35%, that of PGE (2) (Prostaglandin is a group of hormone like substances participate in the contraction and relaxation of smooth muscle released by blood vessel walls in response to infection or inflammation that acts on the brain to induce fever) by 14%, 10%, and 19% at 1, 2, and 3 hours, respectively, after honey ingestion.

**Oral health properties:** There are many articles in this issue; according to researchers due to honey's antibacterial activity honey ingestion inhibits the growth of bacteria, causing caries and carioprotective effect. Further, another study was shown that Manuka honey, a very potent antimicrobial honey, has a positive effect against dental plaque development and gingivitis and can be consumed instead of refined sugar.

**Gastroenterology properties:** According to Islam, Prophet Muhammad (peace be upon him) recommended honey against diarrhea. Also, the Roman physician Celsus used honey as a cure for diarrhea. The application of honey for prevention and treatments of gastrointestinal disorder such as peptic ulcers, gastritis, and gastroenteritis has been reported in various books and publications.

**Cardiovascular properties:** A recent review showed that the polyphenol content of various types of honey might prevent CVD by improving coronary vasodilatation, decreasing the ability of platelets in the blood to clot, and preventing low-density lipoproteins (LDL) from oxidizing as pointed out in the Journal of Medicinal, Food (Waili et al., 2013).

**Infant health properties:** A mixture of honey and milk given to infants according to research has shown a regularly steady weight gain and had an acidophilic flora rich beneficial bacterial species such as *Bifidobacterium bifidum*. It is important to consider, infant botulism and it is crucially necessary for preventing the spore concentration in honey such as *Cl. botulinum*. **Athletic performance:** The effect of natural honey was slightly better than glucose in the experiment and consumption of natural honey instead of refined sugar will promote endurance.

**Conclusion:** Natural honey has tremendous beneficial medicinal properties; it would be very healthy to consume honey instead of synthetic refined sugar in our daily life. Especially, as a preventive cure for many types of diseases as recommended. It is important to contemplate on the nature of honey bees with their enthusiasm, dedication, and cooperation based on biological processes that are taking place in the manufacturing of honey. Nature has tremendous natural resources such as honey bees, it is imperative to understand and utilize natural honey for the benefit of humanity and animals as well as to minimize risk to the honey bees by using the least amount of toxic pesticides on fruits, vegetables, and crops in order to protect honey bees and other pollinators.

Thus, we will have high quality food and natural honey production to encourage apiculture. Indeed, consumption of honey with high quality from a liable source is crucial, especially since it contains medicinal qualities such as antimicrobial, antioxidant, antiparasitic, anti-inflammatory, antiviral properties that Almighty God blessed the honey bees with the ability to make. Furthermore, exercise and modification of a healthy lifestyle is important to maintain good health and also research is required on honey of different floral sources which may give different effects especially understanding of the positive effect of honey and cancer and fungal diseases in respect to human diseases as well as animals, and plants.

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