

# PRBEES.com Annual Fundraiser

From 2022 through 2023, prbees annual fundraiser will include selling our homegrown Flamboyant floral honey. We will offer Africanized bee honey at a special price of \$20.00. Money will go towards increasing our hives capacity and honey production. Don't miss this opportunity because supplies are limited. The shipping is free for all our purchasers.

The ideal nutritional composition of our Flamboyant honey almost assuredly helps give the natural sweeter its health-promoting properties. Here, we will discuss nine health benefits of this sweet nectar.

## **Here are nine fantastic health benefits of honey:**

### **1. Relieves Allergies**

Honey has anti-inflammatory properties that many believe can help with reducing allergic reactions. Honey itself contains traces of pollen that can initiate an immune response when exposed to it. Over time, the body will produce enough antibodies to the pollen, which effectively causes the body to release less histamine. Consequently, the body will exhibit a more limited immune response.

### **2. Suppresses Cough**

The viscous texture of honey causes it to accumulate a sort-of coat around the throat area. This coating can help with throat irritation often experienced during a coughing episode. Honey also stimulates the nerve endings of the throat, which serves as a protection mechanism while coughing.

### **3. Naturally Promotes Sleep**

Honey can be a beneficial for a sleepless night. Consuming honey causes an increase in serotonin and insulin levels, while the body systematically converts them into melatonin – a compound that both promotes and regulates sleep. Consequently, consuming honey improves the desired duration and quality of one's sleep.

### **4. Treats Burns and Wounds**

It surprises many to learn that honey is a natural antibiotic. It is a natural disinfectant against many bacteria, making it a powerful agent against wounds and sores. Medically, the antibiotic uses for honey span many internal and external uses. In a study published by the *British Journal of Medicine*, honey was applied to 59 patients that had failed to heal using traditional medicine. Astonishingly, 58 of the 59 patients showed "remarkable improvement" after the honey was applied to the wound.

### **5. Improves Memory**

Oxidation of the brain can lead to structural damage and cognitive decline. Honey products help in this regard, as the substance contains high antioxidants that may reverse this adverse effect. Honey also helps to absorb calcium – a vital nutrient for brain nourishment. It is believed that these two mechanisms of honey can aid cognition, including memory.



## 6. Provides Energy

Honey can also provide a much-needed energy spike. This all-natural sweetener contains fructose and glucose, which can quickly enter the bloodstream and produce a burst of energy. Even those seeking to gain muscle mass can benefit from the unique energy properties of honey. Honey helps them build bulk by releasing insulin-like growth-factor-1 (IGF-1).

## 7. Treats Dandruff

Kind of an odd-one-out sort of deal here, but as already mentioned, honey is a potent natural healer for the skin. In a study published by the US National Library of Medicine, patients that applied diluted honey to areas of flaking scalp three hours before rinsing “responded markedly with the application.” In the same study, scalp itching disappeared within one week, skin lesions in two weeks, and some patients even showed “subjective improvement in hair loss.”

## 8. Helps Acid Reflux

According to RefluxMD, honey supposedly reduces the symptoms of acid reflux. Honey coats the esophagus lining, which may lead to soothing irritation. Consumption of honey is also thought to counteract any internal damage caused by acid reflux. Further, the heavy concentrations of enzymes within honey assists with digestion, which may help prevent acid reflux. So, forget the Alka-Seltzer...reach for the honey!

## 9. Strengthens The Gut

Honey can be used as a prebiotic, which sustains the healthy bacteria in our gut. Beneficial bacteria are required to properly digest food, absorb nutrients, and equalize the immune system. It is also suggested that honey, because of its prebiotic properties, can deter problematic digestive conditions such as Celiac Disease, Colitis, Crohn’s Disease, Irritable Bowel Syndrome (IBS), and others.

