

# Unique Uses for Honey

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Americans consume about 1.5 pounds of honey per person annually. In the United States, there are more than 300 [types of honey](#). Pure honey has many benefits for humans. Not only can you enjoy honey as a food item, you can use it for a variety of home and health-related applications. It will not replace all of the technological methods currently practiced in hospitals, but it is used as a treatment for some illnesses, as well as a replacement for many vitamin supplements.

Pure raw honey is not the same as many commercial honey sold in grocery stores. Most commercial honey is heated and pasteurized. This processing removes many of the nutrients, antioxidants, and antimicrobial agents contained in bee pollen. While processed honey still can offer you many benefits, raw unpasteurized honey contains all the goodness nature intended. The best source for raw honey is directly from your local beekeeper.

Honey is known to be an effective skin moisturizer, disinfect, antiseptic, and antibacterial solution. Many societies and groups have used honey through the ages to promote good health. Honey may not be a clinically-proven miracle drug, but it has been known to cure quite a few ailments and diseases in more than a few adults. Even if all these uses do not fit into your life, you most likely have nothing to lose by trying what has worked for many other people. Who knows – it might work for you too.

**Here are some interesting and innovative uses for honey from [HoneyO.com](#):**

**Allergy Reduction** ➤ Many people are impressed with the way honey helps them combat seasonal allergies. Just a few teaspoons of local honey each day can help build up an immunity to the pollen that causes allergies. The key to effectiveness is to eat local raw honey, since it contains the pollen that is the source of some allergies. Ensure you drink plenty of water, since dehydration can increase the effects of seasonal allergies.

**Antibacterial Solution** ➤ Bacteria and germs will not survive when covered in honey, given its acidic pH balance and viscous base. The microorganisms will be trapped in the sticky acidic base, which is too abrasive for their exteriors, eventually killing them off. Apply honey on a wound, scratch, or an inflamed region, along with an antiseptic. You'll be astounded at how fast your injury heals after your honey treatment.

**Antiseptic** ➤ Hydrogen peroxide is a chemical used for cleaning wounds and helping them heal quickly. Honey happens to contain a good amount of the chemical. It only needs to be released by diluting the substance in water or body fluids. When applied on an open wound, glucose contained in honey is diluted and gradually releases hydrogen peroxide. The substance facilitates your wound's faster healing. Due to its viscous consistency, honey also prevents wounds from sticking to the dressing and reduces the appearance of scars.

**Appetizer Enhancer** ➤ Dress up your meal with a unique appetizer. Drizzle honey over cubes of goat cheese or blue cheese to delight your guests. The distinctive flavor of the sweet honey with the earthiness of the cheese will impress many discerning pallets.

**Blood Flow Improver** ➤ Honey, rich in glucose, is known to improve blood flow. Glucose provides energy in the bloodstream, which is distributed throughout the body. As a result, the blood produced has the proper consistency; flowing smoothly through the blood vessels. Glucose is believed to prevent capillary damage due to its ability to improve your blood flow.

**Burn Remedy** ➤ A burn is not only painful, but the marks also last for a good number of days before healing. By applying honey on your burn, the hydrogen peroxide released cleans the wound and soothes the inflammation. As a result, burn marks will heal in a few days with less pain. Also use honey as a burn dressing and cover with a clean gauze bandage for maximum results.

**Cancer and Heart Disease Prevention** ➤ Heart disease and cancer are diseases which have claimed the lives of millions of people. Both conditions have a multitude of causes, some of which are hard to identify. You must have some sort of protection from these diseases. That protection can come in the form of honey. Honey's antioxidants can prevent the formation of cancer cells and preserve the quality of the produced blood. This prevents heart disease in the process. However, engaging in acts that promote cancer, such as smoking and excessive drinking, will still trigger the diseases. So, remain aware of what you choose to do to your body.

**Colon Damage Prevention** ➤ Colitis, a disease that damages the colon, induces much discomfort for the afflicted. You can minimize the effects of the disease if you consume some honey every day. The antioxidants found in honey strengthen and improve the resistance of the colon. In addition, honey is used in folk medicine as a means for curing colon-related conditions.

**Constipation Reducer** ➤ As a natural cure for constipation, drink a glass of water with a couple tablespoons of dissolved honey. The water will reduce dehydration, a major cause of constipation, and the honey antioxidants will aid in digestion. As an added benefit, drinking honey every day may help increase resistance to [colitis](#), a colon-damaging disease.

**Diabetic Resistance** ➤ Eating raw honey may reduce your risk of developing diabetes. It also can supplement diabetic medication by helping to increase your insulin sensitivity. Additionally, honey can help decrease the risk of hyperglycemia.

**Diabetic Ulcer Remedy** ➤ Curing a skin ulcer entirely is done largely by modern medical techniques. Fortunately, you can help speed up the healing process by using honey as a topical solution. Its ability to heal wounds will come in handy when a patient is advised to avoid other ointments.

**Dry Elbow Softener** ➤ You probably are aware that scratchy elbows can ruin your day. Next time, after you've washed and scrubbed, rub some honey on scratchy areas to soften the skin. Leave the honey on for 30 minutes then wash off. Repeat any time you need to soften dry and scratchy skin.

**Edible Clay** ➤ What! Sounds like crazy talk. Nope. You can make a [clay substitute](#) with 1 cup smooth peanut butter, 1/2 cup honey, and 2 cups nonfat dry milk. Blend the peanut butter and honey, then add half of the dry milk. Continue to add dry milk a little at a time until the mixture feels soft and playful. If the clay seems too dry, add less milk powder.

**Emergency Food** ➤ Since honey rarely spoils, you can store it for a long time. In fact, archeologists have found [edible honey](#) in the Egyptian pyramids more than 3,000 years after someone stored it there. A gallon of raw honey in your family's emergency food stores can help you through an unanticipated disaster. Honey provides quick energy and has the perfect balance of glucose and fructose to keep you healthy. NOTE: Even if the honey crystalizes and gets hard, it still is safe to eat.

**Energy Booster** ➤ There is no need to buy palpitation-inducing energy drinks when you already have honey. Mix honey with some water then drink the solution. Honey's glucose content will be absorbed by the brain and in the bloodstream, reducing fatigue in the process. You'll keep healthy and be quite happy just by consuming the simple solution.

**Eczema Treatment** ➤ While honey probably will not cure your eczema, it can treat symptoms of mild eczema. Mix equal parts of honey and cinnamon to use as a topical treatment.

**Facial Scrub** ➤ Soften your skin with honey. It is excellent for skin exfoliation. Mix in some ground almonds and lemon juice to create a killer homemade [facial scrub](#). Some people also like to add coffee grounds to the mixture to help reduce inflammation and tighten the skin.

**Fruit Preserver** ➤ Your grandmother made Jam. Today you can show you're truly cutting edge by preserving your fruits in a honey sauce. Mix one part honey to ten parts water and cover your berries or sliced fruit. The Honey acts as both a natural preservative and sweetener.

**Hair Conditioner** ➤ After you wash your hair coat the ends with a bit of honey. Let the honey soak into your hair for a few minutes before rinsing it out and you'll find that your hair is less frizzy and extra conditioned. Alternatively, after washing your hair, you can make your hair shiny and bright by adding one teaspoon honey to one quart of water and pouring the mixture over your head. Let dry and enjoy your new-found shiny 'do.

**Hangover Vanquisher** ➤ If you drink too much alcohol you know about it the next morning. Instead of popping an aspirin or other pain reducer, try a little honey. Have some toast with honey or add honey to your morning tea to help return your head to a happy state. The natural addition of the fructose in honey will help your body metabolize the alcohol in your system.

**Immune System Booster** ➤ Some health buffs drink a teaspoon of honey daily, along with their morning vitamins. Although still not scientifically proven, the daily consumption of honey is said to strengthen your immune system. Give it a shot; you've got nothing to lose.

**Improve Circulation** ➤ Raw honey can help maintain optimal brain functionality. A benefit can be strengthened heart muscles and improved blood circulation.

**Improve Digestion** ➤ A tablespoon or two of honey in your food can help prevent indigestion. Honey does not ferment in your stomach like many other foods and the pH level helps counteract the effects of excess stomach acid.

**Lip Balm** ➤ Mix almond oil, beeswax, and honey to a consistency you prefer. Smear your 100% natural creation on your lips and enjoy the benefits of its sun protection and moisturizing

coolness. Refresh the balm as often as needed throughout the day, especially in windy or sunny conditions.

**Lose Weight** ➤ OK, it will not happen overnight, but adding honey to your diet may help you [lose weight](#) by substituting it for sugar in your diet. Because honey is a complex food it can act as an appetite suppressant.

**Lower Cholesterol** ➤ Regular consumption of raw honey can help lower your cholesterol level. This can decrease your risk for coronary artery disease. More is not always better, since honey is a food that adds calories. However, using honey instead of sugar can make food taste sweeter by using a moderate amount of honey.

**Parasite Remover** ➤ Honey, when mixed with vinegar and water, can remove worms and many other parasites from your body. The combination of vinegar's acidity and honey's therapeutic components is more than enough to kill or expel many bodily intruders. When you suspect that you have worms in your body, drink ample amounts of the solution regularly.

**Relaxant for Anxiety and Nervousness** ➤ Anxiety and nervousness are the enemies of a healthy mind. Free yourself from their negative effects by eating porridge mixed with honey or drinking some honey-infused chamomile tea. Honey's nutrients produce a calming effect, especially when taken in significant amounts. You also can mix honey with a suitable beverage for a good night's sleep. You can even try a little salted honey to help manage adrenaline and cortisol hormone levels that interfere with the circadian rhythm of restful sleep.

**Shampoo Supplement** ➤ Massage raw honey into your hair and scalp before shampooing. Let soak for several seconds before washing out. The honey will help cleanse and restore health to your hair and scalp.

**Skin Moisturizer** ➤ Honey, when mixed with eggs and some flour, is an effective skin moisturizer. Best of all, it is gently formulated, so people with sensitive skin can use it. Mix four tablespoons of honey with a couple of egg whites and a few tablespoons of flour, depending on your desired consistency. Stir the mixture until it thickens. When the mixture is ready, use it as a hand and body lotion or a moisturizing face mask, eliminating the effects of dry skin. If you like, add your favorite scent, such as lavender oil, to your personal 100% natural skin care product.

**Sore Throat Treatment** ➤ Many people believe that honey is an even better treatment for coughs and colds than over-the-counter medicine. To create the sore throat-relieving serum, squeeze the juice from a lemon and mix it with some honey. Stir the mixture until both ingredients blend. Drink the solution. After a few moments, you will realize that your sore throat discomfort has been reduced. Continue the treatment every day until you finally are free from your cough and scratchy throat.

**Sugar Substitute** ➤ Use honey instead of sugar in baking. For every cup of sugar a recipe calls for, replace it with 3/4 cup of honey. For best results, add 1/4 teaspoon of baking soda and reduce another liquid in your recipe by 1/4 cup. Also, reduce the oven temperature by 25 degrees.

**Sweeten Drinks** ➤ A trivial yet beneficial is to replace sugar with honey to sweeten drinks. Add honey to your drink and sweeten to taste.

**Transplanting Flowers** ➤ Plants like honey as well as people do. It can promote new plant growth and help prevent disease from hampering the development of root cuttings. Dissolve honey in water and dip the plant roots in the solution before planting.

**Tub Water Softener** ➤ Relax your body and soak your skin in a soothing bath. Put 2 tablespoons of honey in 1 cup of hot water and let it dissolve for about 10 minutes, then add to your bath. This will give you sweeter smelling, softer feeling water. As an extra special treat to yourself, add 2-3 drops of lavender essential oil to the water, slip in, and relax. Some call it "pure bliss."

**Turtle Rescue** ➤ OK, maybe not too helpful for everyday life, but the SeaWorld Orlando Rescue Team has used honey to save the lives of endangered [green sea turtles](#). Dr. Lara Croft used special raw honey bandage to help seal the wound in a turtle's damaged shell. The natural antibacterial agent also helps keep out dirt while the wound heals.

**Workout Helper** ➤ Eat a few teaspoons of honey before your next workout. The natural blend of fructose and glucose may give you an energetic boost for those cardio endurance activities. Of course, the included vitamins and antioxidant properties of honey will add increased benefits to your health.

**Urinary Tract Health** ➤ Honey can help improve urinary tract infections (UTI) because of its antibacterial properties. Add a few tablespoons of honey to a glass of warm water and drink the mixture.

**Vitamin A Enhancement** ➤ Vitamin A is the nutrient that fosters better eyesight, especially when consumed in significant quantities. If you mix items that are [rich in Vitamin A](#) with honey, such as apricots or melon, the effects are slightly increased. Another option is to cook fish with honey and enjoy the enhanced benefit.

**Zit Zapper** ➤ Honey might be a gentle skin moisturizer, but it's tough on acne. With constant exposure to honey enzymes, pimples eventually wither and fade. Apply a small amount of honey on the pimply regions of your face before you go to bed. Cover the area with adhesive bandages. Let the honey work its magic as you sleep and wash your face in the morning. Soon, your zit attack will be nothing more than a distant memory.

**DISCLAIMER:** *These suggestions do not constitute qualified medical advice. These unique uses for honey appear to have helped some adults with their conditions mentioned. It is in your best interest to consult with your medical provider before using any of these self-remedies.*

**CAUTION:** [Never feed honey to babies](#) less than 12 months old without consulting your pediatrician. Honey can contain spores of bacteria (*clostridium botulinum*) that may trigger infant botulism, a rare but dangerous food poisoning that attacks a baby's nervous system.