The health benefits of honey have long been recognized. In fact, the nutritional and medicinal qualities of honey have been documented as early as 400 BC!

**What’s with all the Buzz?**

**HONEY & Your Health**

• Contains natural sugars that provide instant energy to the consumer.
• Keeps blood sugar levels more constant than other types of sugars.
• Prevents fatigue during exercise.
• Full of nutrients such as fiber, sodium, fatty acids, amino acids, and others.
• A significant source of vitamin B2, B6, iron, and manganese.
• Reduces the risk of some cancers and heart disease.
• May help GI disorders like ulcers.
• Anti-bacterial & anti-fungal.
• Helps reduce cough and throat irritation.
• Effective in healing burns and wounds.
• Contains lactobacilli, a probiotic to help with digestion and support the immune system.

**Benefits of Using Honey:**

The health benefits of honey have long been recognized. In fact, the nutritional and medicinal qualities of honey have been documented as early as 400 BC!

**Nutritional**

- Contains natural sugars that provide instant energy to the consumer.
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- A significant source of vitamin B2, B6, iron, and manganese.

**Medicinal**

- Reduces the risk of some cancers and heart disease.
- May help GI disorders like ulcers.
- Anti-bacterial & anti-fungal.
- Helps reduce cough and throat irritation.
- Effective in healing burns and wounds.
- Contains lactobacilli, a probiotic to help with digestion and support the immune system.

**Raising Your Own Bees:**

Raising your own bees has many benefits. Not only will you be participating in the sustainable farming movement, but you will also have a delicious product. Beekeeping is a great beginners' trek into farming; ideal for those who are new to agriculture. Bees clean themselves, provide their own food and water, and store their harvest. To learn more about the basics of beekeeping, contact your local Cooperative Extension Office.

**Purchase and Learn More:**

Look to purchase honey locally at the Jackson County Farmers Market or the "Whee Farmers Market"!

Want to learn more? Check out our Facebook page @ Jackson County Healthy Eating Action Team—HEAT

Visit mountainwise.org for more information.

Sources: