

## For the Love of Honey



In early civilizations honey was the major obtainable sweetener. Native Americans collected their own honey from wild hives before the honeybee was brought into the New World by the European settlers of the 1600s. This spread both bees and their honey worldwide. The first sweets made containing honey were sure to be included in ceremonial offerings that were made to deities. This not only made the honey a food staple but

also sealed its connection with the Divine. Bees were displayed on royal robes and raised the symbology of both bees and honey as being linked to Sacred and Divine status. It is just these reasons that cement the symbolic appearance of the Bee in dreams and meditations to be connected with the validation of the importance of the message coming from a Divine Source.

Honey's link to the Divine in connection with its preservative and antiseptic qualities further links to immortality. Most likely this ancient link to immortality led to the findings of honey's medicinal value by healers beyond being just antibacterial. There is more than 4000 years of documentation of one sort or another that supports the fact that honey was seen as having medicinal usages. Although this information was imported along with the 1600s European importation of the honeybee, support and usage of medicinal honey all but disappeared over the years in North America due to the emergence of modern Western medicine. But the knowledge of honey in medicine has been kept alive in the rest of the world and as the West is re-embracing ancient knowledge, so too is medicinal honey finding its resurgence in the West.

Opinions on the value of medicinal honey do vary, though. Unfortunately, a great deal of the complaints of honey not exhibiting the desired effects is due to not being aware of what makes honey have specific healing results. It is all about the nectar the bees gather. Just as the amount and combination of vitamins and minerals contained in honey depends on the flowers and plants vitamin/mineral content of the pollen and

nectar being harvested; the specification of flowering plant nectar collection has an important impact on the quality and classification of the healing effects of honey. As an antibacterial agent almost all forms of honey work. But if you are trying to greatly decrease your seasonal pollen allergies with daily Brazilian honey when you live in Maine, you won't have much success. Maine and Brazil have different flora therefore the healing effects differ. And Taking honey with lemon to soothe a cough has positive results; but it most probably won't work for chest congestion unless the bees collected their nectar from say, eucalyptus plants.

This is where some investigation on your part on the flower or plant source of Bee collection efforts can improve relief of symptoms when using honey for medicinal purposes. This can be as simple as a conversation with the local beekeepers or reading labels that are detailed in the flower sources. Armed with the information of both the honey source and medicinal effects of those plants used can give you a greater medicinal "bang for your honey buck". You may find making an investment in the more expensive organic wildflower honeys more valuable for healing purposes.

When using honey topically a very thin coating is usually all that is needed. Cuts, diaper rash, minor burns and diabetic sores respond well with honey. Internally, a teaspoon is about all you need to help coughs, diarrhea or constipation, insomnia, and sore throats.

*With Gratitude,*

*Kai*