

of the Week...

Baby Boomer Alert: To Those born between 1946-1964

American boomers are expected to live longer than any previous generation. In addition to living longer, boomers are also likely to remain independent and live in their own homes longer, as well.

The question is if they will lead healthier longer lives or just longer lives.
The answer depends on their lifestyle choices!

Honey

While “honey” may be a term of endearment for many, Dr Balukolar, the research and development director for the Himalaya Drug Company lists many of honey’s health benefits:

1. Honey helps retain the moisture content in skin and restore its elasticity.
2. Honey’s antibacterial and antimicrobial properties help prevent the growth of certain bacteria and may be used to treat some wounds, burns and cuts.
3. Honey is loaded with anti-oxidants and this may help protect the skin from ultraviolet damage.
4. Honey contains vitamins B1, B2, C, B6, B5 and B3. Copper, iodine, and zinc also exist in honey in small quantities.

5. Honey may help relieve morning sickness.
6. Honey also helps lower total cholesterol while increasing HDL (good) cholesterol.
7. Honey helps modulate the immune system, and, in so doing, may prevent the recurrence of infections.
8. Honey also plays a pivotal role in managing obesity. It helps accelerate metabolism, which in turn helps the body burn fat.

All that said, different honey from different sources will have different attributes. And, like anything else, especially things sweet, moderation is the order of the day!

The Bottom Line...The Bottom Line...The Bottom Line...

Because honey is enriched with therapeutic properties and natural goodness, it has been used in skincare and overall well-being since the beginning of time. That said, here’s some important advice: If you want to get the goodness from your honey, make sure it is pure and raw. Best not to feed to infants. Honey is a sugar, so do not eat jars full of it. When honey is heated above 108 degrees Fahrenheit, it becomes transformed into a substance that is extremely difficult to digest.

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