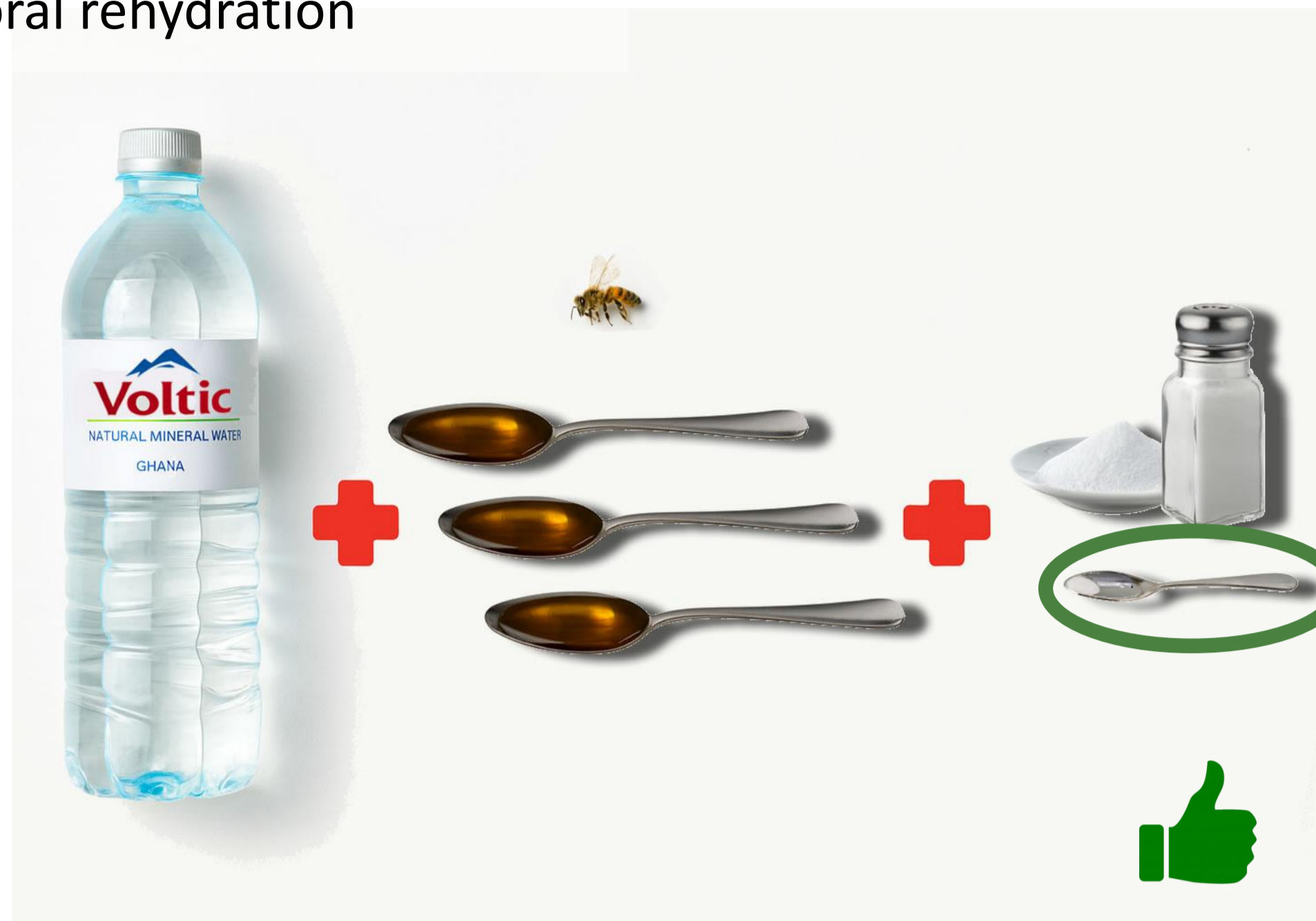


# HONEY FOR HEALTH



## oral rehydration



Honey is gentler on the stomach than sugar. It is good food for people with stomach problems or sickness. When someone is sick with vomiting or diarrhea, make this drink to help them get better:  
**HONEY REHYDRATION DRINK**

Use **1½ litres** of clean water — a bottle of mineral water, or water that has been boiled and cooled. You can also use fever grass tea (lemongrass).  
Mix in:

- 3 tablespoons of honey
  - ¾ teaspoon of salt
- If you have baking soda, use instead:
- 3 tablespoons of honey
  - ¾ teaspoon of salt
  - ¾ teaspoon of baking soda

Give small sips often until the sick person feels better.

## CAUTION!



**NEVER GIVE HONEY TO BABIES!  
ONLY GIVE HONEY TO CHILDREN  
OLDER THAN ONE YEAR.**

## nature's medicine



**RAW HONEY HAS NATURAL CHEMICALS THAT FIGHT SICKNESS & PROTECT YOUR BODY**

**DON'T boil honey— this destroys the good things inside it.**



## vitamins



**HONEY CONTAINS VITAMINS & MINERALS YOUR BODY NEEDS — INCLUDING IRON, CALCIUM, & POTASSIUM. IT IS GOOD FOOD, BUT EAT OTHER FOODS TOO.**

## antibiotic



**HONEY HEALS CUTS & SORES. IT FIGHTS INFECTION & HELPS SKIN GROW BACK. PUT CLEAN HONEY ON A WOUND & COVER IT.**

## dressing



**HONEY HELPS SLOW-HEALING WOUNDS HEAL FASTER. IT HAS BEEN USED ON DIABETIC FOOT SORES & DEEP SKIN WOUNDS WITH GOOD RESULTS.**

## ointment



**HONEY CAN BE PUT ON BURNS TO REDUCE PAIN, FIGHT INFECTION, & HELP THE SKIN HEAL. USE CLEAN HONEY ON A FRESH BURN & COVER IT GENTLY.**

## cough medicine



**WHEN A CHILD HAS A COUGH OR COLD, GIVE THEM A SMALL SPOON OF HONEY. HONEY WORKS AS WELL AS MANY COUGH MEDICINES & IS SAFE & NATURAL.**

## sleep aid



**HONEY HELPS CHILDREN SLEEP BETTER WHEN THEY ARE SICK WITH A COUGH OR WHEN THEY ARE RUNNING DIARRHEA.**

## gut protection



**HONEY CAN HELP WITH STOMACH PROBLEMS, SKIN PROBLEMS, & CHEST INFECTIONS. MANY STUDIES FROM AROUND THE WORLD SUPPORT WHAT TRADITIONAL HEALERS HAVE LONG KNOWN.**

## energy source



**HONEY GIVES YOU QUICK ENERGY. THE NATURAL SUGARS GO STRAIGHT INTO YOUR BLOOD. EAT HONEY BEFORE HARD WORK OR SPORT OR WHEN YOU FEEL WEAK.**

## food & medicine



**HONEY IS MEDICINE & FOOD IN ONE. IT IS MADE LOCALLY, COSTS LITTLE, & CAN TREAT MANY COMMON HEALTH PROBLEMS IN YOUR COMMUNITY.**