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All about wild honey.

Natural Honey (*Apis mellifera*), also known as raw, unprocessed or unpasteurized honey).

Honey has been a medicine as well as a food for millennia routinely prescribed it for health and longevity and for conditions such as indigestion, diarrhea, fevers, coughs, colds, flu, asthma, allergies, and ulcers, and as a revitalizing food for athletes, soldiers, and those recovering from illness or injury.

Perfect food & source of nutrition's.

Natural honey is unlike any other food - in that honey never spoils.

Honey offers a rich source of nutrients.

A tablespoon of honey supplies 63 calories.

Medical benefits.

It is a well-known fact that honey has anti-microbial and anti-bacterial properties and is used as and in medicine.

Honey also contains multiple, powerful health-promoting and healing compounds that make also it a versatile medicine.

Honey can be used in emergency medicine, for the treatment and remedy of chronic ailments as both an **ingested and topical medicine.**

Honey as supplement.

As supplement to various diets.

Honey has been and is used in dog conditioning programs and can be used without side effects which are also a plus.

Honey give immediate energy.

Honey is natural – with various vitamins and iron.

Honey for heart disease.

Reduce cholesterol strengthens the heartbeat revitalize the arteries and the veins.

Honey for arthritis.

Relieved the pain and aid in loosening the joints.

Honey for bladder infections.

It destroys the germs in the bladder.

Honey for colds.

Colds, cough, blocked sinuses.

Honey for upset stomach.

Stomach ache and ulcers.

Honey for boosting the immune system.

Honey has various vitamins and iron in large amounts - protects the body from bacterial and viral attacks- strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

Honey in treating cancer.

Honey as booster for fatigue.

Working dogs and athletes benefit with honey after stressful workouts - are more alert and flexible.

The natural organic sugar content of honey is more helpful rather than being detrimental to the strength of the body - the vitality of the body increases

Honey for skin infections and environmental allergies.

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and most types of skin infections.

Honey from your own environment (area).

Unlike the negative impacts on your dog's health caused by other sweeteners, organic unpasteurized honey that has not undergone any heating process does offer many health benefits.

If your dog suffers from allergies caused by pollen in their close environment – then best to use locally produced, unpasteurized natural honey (a wild-flower, plants trees and fruit tree blend} to prep your dog against locally occurring pollen.

Local honey produced by bees within a 20km km radius of where you dogs live.

Honey contains minute amounts of pollen and nectar from these various available flowers from trees plants herbs and flowers in your area.

The amount of pollen contained in honey is negligible enough that when honey is consumed a proper dosage will not cause an allergic reaction even if your dog is prone for environmental allergies.

Honey then acts as an antibody and prepping the immune system against pollens that do cause allergies in your dogs.

When your dog ingests a small amount of the honey over a period of time your dog's system builds up a natural tolerance for the pollens that arrive in allergy season.

When to start supplementing your dog with honey.

Puppies under six (6) months of age.

Natural honey can contain a few Botulism spores – not enough to harm a teenage or adult dog but may have the potential to harm a very young puppy.

Puppies less than 6 months of age or older puppies with a suppressed immune system or otherwise weak constitution.

For this reason natural (raw) honey should not be ingested or topically used on:

Alternative option for puppies.

If you want to give honey as a dietary supplement or topical treatment for a puppy under 6 months of age you can purchase medicinal honey from a pharmacy.

It is best to start a regime of a daily dosage at least one month prior to the start of allergy season especially if you have a dog with environmental allergies.

This allows time for the development of the natural prepping antibodies provided by the honey.

Honey works by exposing your dog to a very low level of the substance causing a mild allergic reaction which can help your dog develop an immunity over time.

Dosage.

1 tablespoon a day for large dogs.

1 teaspoon for small dogs.

In or on the food and or in drinking water.

The products bees produce are amazing;

Apis (bee venom),

Bee pollen,

Honey,

Honey comb,

Propolis,

Royal jelly.

Use of honey.

As a therapeutic cure.

To treat sunburn and infected wounds.

Anti-tumor.

Honey can be used to inhibit the growth of several types of cancer.

Antifungal

Antimicrobial.

Antiviral.

Antibacterial properties.

Bacteria resistant - natural composition deprives bacteria of nitrogen.
Honey control MRSA 9 methicillin-resistant Staphylococcus aureus and other bacterial infections.

Bacteria do not like acidity.

Natural honey has a relatively high acidity level (low pH level) of between 3.2 and 4.5 pH.

The acidity level in combination with honey's natural composition deprives bacteria of nitrogen thereby shutting down the ability of bad bacteria to reproduce.

Honey's low water activity.

Honey dehydrates bacteria - Bacteria need water to survive.

Natural honey is primarily composed of two monosaccharides leaving very few water molecules available for microorganisms – this condition is called low water activity.

Low water activity creates a very unfriendly environment for the growth of microorganisms.

Honey's hygroscopic properties.

When exposed to air honey naturally absorbs moisture from the air.

When used to treat open wounds the hygroscopic nature of honey can help to prevent scarring as the moisture collected by honey keeps skin hydrated and fresh; supports the growth of new tissue; helps to ensure wound dressings do not stick to healing wounds/skin.

Natural honey contains an enzyme called glucose oxidase.

When glucose oxidase is mixed with a small amount of fluid from the dog's body it creates a small amount of diluted hydrogen peroxide solution.

This solution is strong enough to kill bacteria and gentle enough not to irritate or inflame skin.

Honey's wound healing properties.

In the case of a flesh wound hydrogen peroxide forms when the honey mixes with body fluids present on the surface of the wound.

Honey's antiseptic properties.

Mouthwash.

Catalyst to calcium absorption in the body.

Wound treatment with honey the hydrogen peroxide is released slowly and acts as an antiseptic.

Honey for eye infection or sty.

If you use honey to treat an eye infection or sty a light burning sensation may be felt momentarily due to the formation of the mild hydrogen peroxide solution.

Stinging is not usually an issue when using honey to treat skin wounds.

Honey's prebiotic and probiotic properties.

Both functions provide additional support to the immune system.

In its capacity as a prebiotic, natural honey provides food to support the beneficial flora ('friendly' or 'good' immune system supporting bacteria) in the gastrointestinal track (GI Tract).

In its capacity as a probiotic natural honey contributes significant friendly bacteria to populate the GI tract, once again supporting the immune system and healthy serotonin levels.

Depending on the floral origin and other factors that contribute to potency natural honey contains varying amounts of the following friendly bacteria –

four (4) species of bifido-bacteria and six (6) species of lactobacilli.

Conventional antibiotics have the opposite effect as they kill all bacteria good and bad leaving the GI Tract in an unbalanced state, affecting a drop in serotonin levels and depressing the immune system.

A potentially dangerous condition at any time and for a body that is already fighting illness a precarious state in which further infection, virus and anxiety can take hold.

Honey for antibiotic & anti-bacterial properties.

Natural honey is a powerful broad spectrum **antibiotic** and kills bacteria by creating an inhospitable environment for the bacteria to thrive and reproduce.

Pure honey is free of the dangers posed by conventional antibiotics. Natural honey has been proven to protect against at least sixty (60) species of bacteria – some of which cannot be killed with the use of conventional antibiotics.

Unfortunately the number of species of antibiotic-resistant bacteria is on trajectory of rapid incline.

Unlike conventional antibiotics, natural honey does not cause a myriad of adverse temporary and long-term side effects, and disease causing bacteria **do not** become resistant to honey's anti-bacterial properties.

Honey as natural alternative to antibiotics.

Offers a potent natural alternative to conventional antibiotics.

New research has shown that natural honey also contributes to building and stimulate the body's natural antibiotic – white blood cells.

White blood cells are the body's natural bacteria fighting cells.

Honey can help prevent further degradation of conventional antibiotics.

Antibiotics are the most over misused, over-prescribed conventional medication used today in both human and veterinarian medicine.

With this overuse comes great risk to the individual dog patient and the collective population.

As bacteria become increasingly resistant to mankind's array of conventional antibiotics – the ability of those antibiotics to fight many diseases has become seriously compromised.

Polluted environment dangers.

If you or your dog are drinking tap water;

If your dog are eating non-organic meat, dairy, fruit and your dog are probably ingesting antibiotics on a daily basis.

Now on addition to that daily exposure imagine if the dog is also taking a course of prescribed antibiotics.

Not only is the body getting over-dosed and over-exposed, so to ... is the environment and the disease causing bacteria.

Conventional antibiotics – like most substances pass through the body and into the environment.

In this manner antibiotics make their way into municipal water treatment systems, into ground water, then on into streams, rivers and oceans.

The same antibiotics then end up in municipal drinking water.

Similarly your dog are consuming meat from large factory farms – confined animal feeding operations therefore consuming the antibiotics in the meat.

Animals in confined animal feeding operations are fed antibiotics with their feed (common practice).

Confined animal feeding operations animal manure is also spread on fields (common practice).

The grains, fruits, vegetables etc. harvested from these fields also contain antibiotic residue.

The collective and accumulated result is antibiotic-resistant disease.

If you put your dog on multiple courses of antibiotics you put your dog's short and long-term health at serious risk.

In the absence of effective antibiotics all surgery becomes extremely risky.

As for the collective risk – antibiotic resistant superbugs are killing more dogs every year.

If you are interested in reading more about the real threat posed by over/misuse of conventional antibiotics you can read the Center for Disease Control and Prevention's (CDC) See>>>

Antibiotic and Antimicrobial Resistance Threat Report 2013.

Conventional antibiotics should only be used when **absolutely necessary.**

If your dog is on conventional antibiotics adding natural honey to the daily diet **can help** to fight some the adverse effects of conventional antibiotics.

Antioxidant properties of honey.

Antioxidant value.

The floral source of honey accounts for great variance in the antioxidant composition in honey.

Honey produced from bees that are feeding off organic floral sources contains greater nutritional and medicinal value.

Honey that is made of nectar collected from a single source floral, such as Oranges or Lucerne or Lavender or Rosemary will have different antioxidant profiles.

Honey that is made from nectar collected from multiple floral sources will differ in multiple antioxidants value by localized region.

Antioxidants prevent and delay cell damage.
Free-radicals are biologically destructive chemical agents
that are linked to many chronic diseases such as arthritis and cancer.
The antioxidants in honey destroy free-radicals.

The antioxidant properties in honey come from;
Monosaccharides (natural sugars) and phytochemicals.
Phytochemicals are non-nutritive plant chemicals with disease
preventing and protective compounds that shield the plant from
disease, drought, excessive heat, injuries, insects, poisons (air and soil)
and ultra violet rays.

When added to the dogs diet, phytochemicals act as antioxidants that
protect the body from various conditions and diseases such as aging,
cancer, coronary diseases and other inflammatory disorders,
neurological degeneration and a host of other conditions.

The antioxidants in natural honey include:

Ascorbic acid;

Amino acids, and;

Protein.

The polyphenol antioxidants in honey include:

Acacetin;

Apigenin;

Caffeic acid;

Caffeic acid phenylesters;

Chrysin;

Galangin;

Aempferol;

Quercetin;

Pinocebrin, and
Pinnobanskin.

Nutritive properties of natural honey.

Vital minerals and vitamins including;

Minerals:

Calcium

Copper

Chromium

Iodine

Iron

Magnesium

Manganese

Potassium

Phosphorous

Selenium

Silicon

Sodium

Sulfur

Vitamins;

With darker varieties containing higher mineral levels.

A

B Complex... B1 (thiamine) ... B2 (riboflavin) ... B5 (pantothenic acid)

B 6 (pyridoxine) ... B 9 (folic Acid)

C (ascorbic acid)

Vitamin C levels vary; some honey contains up to 300 milligrams of vitamin C per 100 grams (about 3½ ounces or 7 tablespoons).

D

E

K

Niacin (Nicotinic acid)

Darker honey contains higher quantities of nutrients than lighter honey.

Health benefits of honey.

Prevent, treat and remedy illness.

Honey serves as food for health and an ingested treatment.

Honey as an ingested treatment for many conditions including;

Anxiety and stress

Allergies – environmental

Analgesic – pain reduction

Anti-parasitic

Asthma

Arthritis

Blood and vascular health

Anemia by stabilizing hemoglobin levels

Blood circulation – improve poor circulation

Blood sugar control

Maintenance of optimal glucose metabolism during sleep and exercise
in support of avoiding the development of:

Cardiovascular disease

Diabetes

Insulin resistance

Lower LDL cholesterol

Obesity – prevention and weight loss

Raise low blood platelet count

Raise levels of protective antioxidant compounds (specifically
polyphenolic)

Septicemia, prevention and treatment (a must with active working
dogs)

White blood cell stimulation via improving endothelial (cells that line
the blood vessels) function

Bowel, urinary tract health

Laxative (gentle)

Relieve constipation

Calcium absorption

Cancer prevention, treatment

Digestive health

Diarrhea healing, also see fasting below

Gas

GERD

Irritable Bowel Syndrome – IBS

Proliferation of good gut flora

Stomach ulcers

Urinary tract infections– UTIs

Ear infections

Energy source (instant) without spiking insulin levels

Fatigue and chronic fatigue syndrome (CFS)

Fasting animal due to illness such as diarrhea – these animals can be given honey to help sustain energy levels, fight off ailment and help heal the GI tract

Infections caused by catheters used for kidney dialysis

Immune system support – activity stimulator

Insomnia – relief of

Longevity

Muscle recuperation support after physical exercise

Osteoporosis due to calcium absorption enhancement

Reduce oxidative damage

Restorative sleep promotion

Upper respiratory infections – URIs

Fight infection and symptoms (cough, mucous, sore throat etc.)...

Bronchitis, including chronic bronchitis

Chronic and allergic rhinitis

Chronic and allergic sinusitis

Colds

Flu and other URIs

Ulcers

Some of the minerals (found in specific concentrations in honey) combine together to form a serum that mimics blood serum – this similarity allows the body to easily metabolize honey. While this is then an advantage (maintenance) to also add Honey daily for healthy dogs.

Honey for topical treatment.

Natural honey can be used topically as a treatment for many conditions including;

Dental and oral health – i.e.

Inflamed and infected gums – gingivitis

Infected teeth

Oral ulcers

Sore mouth – mucositis, i.e.

Due to radiation treatment

Eye conditions – i.e.

Cataracts

Cysts

Conjunctivitis – pink eye

Eye infections

Styes

Ear infections

Skin conditions – i.e.

Abscesses

Acne

Bacterial infections

Hotspots

Impetigo

Irritated, inflamed skin, rashes

Fungal infections, i.e.

Ring Worm

Warts

Sunburn

Ulcers – i.e.

Foot and leg ulcers including diabetic foot ulcers resistant to healing and conventional drugs/salves

MRSA ulcers

Wound dressing and healing.

Burns

Cuts

Draw poison from bites, stings

Gangrene

Infected wounds

Scrapes

Skin grafts

Surgical incisions

Surgical wounds

Trauma wounds

Including the healing of stubborn wounds.

Defining and understanding the different types of pure honey.

Natural – pure – raw - unprocessed honey.

'Natural', 'pure', 'raw', 'unpasteurized' are interchangeable terms used to describe honey that has not had anything added to it and has simply been extracted from the honeycomb, and may also be passed through a fine sieve to remove particles of honeycomb, foreign particles that may have been introduced inadvertently during extraction or been present prior to extraction.

This minimal processing ensures that honey remains thick and rich with nutrients.

Raw honey contains pollen and a full range of health promoting properties typically present in unpasteurized honey.

Natural honey may be purchase in various forms such as honeycomb, chunk, liquid and creamed.

Modified honey – “Medihoney”.

Medical, pharmaceutical, surgical honey.

Medical, pharmaceutical and surgical honey / products used in hospitals and available in pharmacies are typically made from extracts of Leptospermum (tea tree) or alpine honey.

The methylglyoxal is sterilized and mixed with sugar and turned into a powder that can then be used to make creams/ointments, eye drops, nasal sprays, pills etc.

Unfortunately these products made by extracting methylglyoxal from honey lack the other beneficial substances that would be present in whole natural honey.

The company Medihoney uses whole Leptospermum honey (as opposed to extracted elements) in the making of their products.

Medihoney uses a sterilization process to eliminate any Botulism spores that may be present. The sterilization process used does not destroy the beneficial properties of the honey.

Processed honey.

Most of the honey found on grocery store shelves could be processed honey.

Processed honey is filtered - clarified -pasteurized, and may also be watered down & or a blend of various honeys from multiple sources.

Pasteurized honey.

During pasteurization the honey is heated.

The enzymes in honey can sustain heat up to 43 c and up to 70 C for a short period of time.

Know this! >> Pollen, other health promoting substances and friendly bacteria cannot sustain "heat" as in processing the honey and are destroyed in the pasteurization process.

Processed blended mix of honey.

Typically the food manufacturer or distributor will combine a low cost regional honey they can find with the most inexpensive imported honey that they can find.

The imported honey may be less expensive to purchase as it may be produced in high volume under very unrestricted/ non-regulated conditions resulting in high volume at the expense of safety and quality of product.

Processed watered down honey.

If water is mixed with honey it loses its low water activity and therefore its anti-microbial properties.

Watered down honey is nothing more than sugar water.

Much of the commercial honey found on a grocery store shelves has been processed and watered down.

The water creates more volume thus adding to the profit margin of the manufacturer and retailer – but destroys its antibacterial quality, as does pasteurization.

A very large portion of the honey sold on grocery store shelves is not truly pure 'honey' instead it is a conglomerate made up of corn syrup or rice syrup, malt sweeteners (also called 'jiggery' – a cheap, unrefined sugar) to which is added a minimal portion of honey.

Looking at the colour of honey.

Honey comes in many colour variations including amber, brown, (almost) black, red and white.

The colour of honey is influenced by the floral species that the nectar comes from and as well from the time of year that the nectar is collected.

A few examples can be found just below;

Colour variation by floral species.

Nectar from mountain bush results in a very dark colour honey and the time of year that the pollen is harvested also have an effect on the colour of the honey.

Nectar from early spring flowers results in a lighter honey.

Dark honey occurs naturally when bees harvest nectar from plants in the later part of the summer season.

Darker honey offers greater potency of health promoting properties the darker the honey the stronger the taste, health and medicinal properties.

The exception to this rule occurs when an unethical beekeeper dilutes a good quality dark honey with tailings from the processing of beeswax which results in remaindered burnt honey.

An unethical beekeeper may add the burnt honey to the prized dark honey to extend volume and increase profit.

Remember – heating honey destroys its beneficial properties so the introduction of the burnt honey results in a lesser quality product.

Looking at the forms of honey.

Natural comb honey recommended.

The rawest form of honey is honey comb honey.

Bees manufacture honeycomb using beeswax which the bees also make.

The bees fill the cells of the honeycomb with honey.

The bees then cap-off each filled honeycomb cell with a plug of beeswax.

Comb honey provides excellent nutritional and health promoting value as both the honey and the comb contain pollen and a full range of health promoting properties typically present in unpasteurized honey.

You can give comb honey to your dog as a treat or as a part of their daily diet.

Daily dosage should be similar to that of raw liquid or solid honey.

Natural chunk honey – recommended.

Chunk honey is simply raw honey that is put in a jar or container with a piece of honey comb.

Chunk honey can be fed to your dog the same way as comb honey and liquid honey.

Natural liquid honey – recommended.

Natural honey extracted from the honeycomb is a thick viscous liquid. You can give liquid honey to your dog as a treat or as a part of their daily diet.

Variation in health promoting, sustaining and healing properties.

Polluted Honey.

If the floral source of the pollen was contaminated with herbicides, pesticides, or other environmental pollutants **the honey will also be contaminated.**

Honey that contains a high level of toxins is not healthful.

This is determined by a host of factors;

Looking at the probiotic value of honey.

The probiotic properties of honey also vary based on environmental and floral species – in general honey contains;

large quantity of good (friendly) bacteria

comprised of four species of Bifidocacteria & six species of Lactobacilli.

Healing compounds from a specific plant nectar.

Honey that is made from the nectar of plants that contain active healing compounds (i.e. lavender or oregano) will contain those specific healing compounds found in the plant.

Any good quality unpasteurized honey can be used as both a dietary supplement and as a treatment for healing and wound care.

Degradation of health promoting properties due to toxins.

The plants and the local environment from which the bees harvested the floral and plant nectar, pollen, resins and saps used to produce the honey is a determining factor in the quality of the honey as pertains to purity safety – quality.

If the soil that the flowers and plants grew in were contaminated with heavy metals, if the plants and soil were dosed in herbicides and pesticides, and fertilized with manure high in antibiotic residue the honey can be toxic.

How to select a quality honey.

A truly organic product will have the best potency of flavor, nutrients and medicinal qualities.

A non-organic but good quality natural honey will also offer good nutritional and medicinal value

Look for honey that is labelled '100% Pure'.

Read the product label – including the fine print.

Fine print may divulge important details regarding the quality of the product.

For example;

If the label states '100% Pure' then the honey *should* be truly pure.

Look for honey that is viscous (a thick fluid) rather than a honey which is thin, runny or watery – an indicator that the honey has been 'watered down'.

Purchasing locally produced honey from a reputable beekeeper is the best way to ensure you are getting the best quality product.

Remember that any good quality natural honey will be rich in nutrients, health promoting and medicinal qualities.

You want a honey to have optimal nutritive content look for a dark colored honey.

If you want a honey to have optimal wound healing properties look for a dark colored honey.

Remember don't use crystallized honey on wounds as the sharp crystal molecules can irritate the skin.

For medicinal purposes and wound healing;

You can look for honey known to have exceptionally high glucose oxidase levels, for example;

Remember that honey derived from herbal flora such as;

chamomile

garlic

lavender

marjoram

sunflower ... will take on the medicinal qualities inherent in that particular plant species

How to store honey to retain quality.

To maintain maximum potency of the honeys nutritious and healthful properties.

Honey should be stored:

In an air tight container so that the honey does not absorb moisture from the air.

A glass container is preferable to a plastic container.

While pottery is attractive if the glaze is not impermeable, moisture from the air can be absorbed through the pottery by the honey.

At room temperature or slightly cooler;

In a dark place (i.e. cupboard) vs. a place exposed to high light levels. Over time natural honey will eventually crystallize and solidify. This does not mean that the honey has lost any of its beneficial properties (other than being a little more difficult to spoon out or spread) nor is the honey spoiled or gone bad in any way. Don't heat the honey at a high temperature (below 42 C) as beneficial attributes will be destroyed?

Don't microwave.

The microwave also destroy honey's beneficial properties. If you want to return the honey to a more liquid state simply place the honey (still in its container) in a warmer room or in some "warm" water. Leave the container standing in the warm water until the honey can be stirred or poured.

Know this! The fact that the honey does solidify indicates that it is pure and not processed.

How to add honey to your dog's daily diet.

You can add the honey to your dog's food once a day at meal time. You can give the honey to your dog a treat.

Daily ingested dosage for honey.

¼ tsp for every 10kg of body weight

Application of honey on wounds.

Honey can be used topically to treat and remedy multiple types of skin conditions and wounds of various types and severity.

Honey can be applied directly to skin to aid and speed healing, cleanse the wound, prevent and remedy infection, reduce pain, pus, and swelling, slough away dead cells.

Also prevent dressings from sticking to wounds, heal stubborn wounds that conventional treatments have failed to cure.

Application.

Honey should be applied liberally and for deep wounds make sure that the honey flows into the recesses of the wound;

If possible cover the wound with a dressing;

For wounds that are stubborn/ resistant to healing, daily application of honey to heal may require a course of treatment that extends over the course of months;

Honey and fresh dressings must be applied daily;

If it is not possible to cover the wound then try to discourage your dog from licking the wound for a minimum of 20 minutes by which time the honey will have had an opportunity to begin it's healing effects;

Reapply 2 to 3 times daily.

For wounds that do not require dressing apply honey 2 to 3 times daily.

Honey to treat other skin conditions.

Apply honey two to three times daily on the affected area.

Persist until conditions clears.

Cautions and interactions.

Blood sugar.

When ingesting honey plus other herbs and supplements that may affect blood sugar levels employ caution.

Carbamazepine and other anticonvulsants.

If your dog is on "carbamazepine or another conventional anticonvulsant drug" use honey with caution as honey may react with anticonvulsants.

Conventional antibiotics.

Honey is a broad spectrum antibiotic.

If your dog is on a conventional antibiotic and you do *not* want additive antibiotic effect employ caution.

If you *do* want additive effect then use honey.

Diabetes honey can spike insulin levels if too much honey is ingested in a single serving.

If your dog takes insulin, reduce the standard dosage of honey (provided further above) to 1/4 of the full dosage.

Pollen allergy.

If your dog has an allergy to pollen some allergic reaction may occur.