

## USEFUL PROPERTIES OF HONEY

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Honey is a sweet product obtained as a result of the processing of flower nectar by bees. The smell, color and taste of honey depends on the plants from which the nectar is collected. Usually light colored honey is more expensive. Flower nectar consists of 80% water. After processing by bees, the amount of water in it is reduced to 20%. The liquid in the honey evaporates as a result of the wind generated in the hive. The wind, in turn, is formed in the process of repeatedly flapping the wings of bees. When the honey reaches the desired thickness, the hives are covered with wax.

Honey is extracted from the beehive in two ways.

### *Method 1.*

This involves forcing the bees out of the hive by putting them to sleep or using smoke. Then the hives are removed, heated and the honey extracted. Honey may also contain wax, pollen and yeast.

### *Method 2.*

It involves the use of devices that separate honey from hives under the influence of centrifugal force. Such honey will not contain any other additives, because the integrity of the beehive will not be damaged and it will be reusable.

Honey has been used as a healing agent by humans for centuries. Its amino acids help the body effectively absorb calcium, which is the main component of bone tissue. Calcium prevents bone fragility and makes it resistant to stress. Honey is especially useful when taken together with nuts, dried fruits, cereals and cottage cheese. Honey has a positive effect on the treatment of diabetes. By using it instead of sugar, you can reduce the risk of developing the disease. However, it is necessary to consult a specialist first. Vitamin C in honey reduces the probability of developing ischemic heart disease. Taking it regularly normalizes blood pressure, lowers cholesterol and helps to eliminate blood clots.

Rich in antioxidants, honey has antidepressant and anticonvulsant effects. They normalize the activity of the central nervous system, strengthen memory and improve concentration. Honey is used as a treatment for eye problems. Such ophthalmological diseases include conjunctivitis, blepharitis, keratitis and corneal injuries. Local application of honey accelerates the healing of thermal and chemical burns of the eye, removes redness, reduces swelling and kills bacteria.

Natural honey is nature's gift against cough. Coughing occurs as a result of an infection of the upper respiratory tract. Substances in honey eliminate the causes of cough and "clean" the lungs. It also relieves the symptoms of asthma and bronchitis.

For this, it is enough to eat a small amount of honey every day. Another field of honey application is the treatment of diseases of the oral cavity. Honey eliminates the symptoms of stomatitis, bad breath and gum disease. It is used to get rid of toothaches, mouth ulcers and gingivitis. It is also an effective remedy when used against diarrhea - it fills the body's potassium and water reserves. Honey reduces the possibility of acid falling from the stomach into the esophagus, prevents the development of inflammation. , has a good effect against boils. In addition, it destroys viruses in the intestines and prevents the formation of gastroenteritis. When honey is consumed, it protects the pancreas, prevents the blood sugar level from falling below 3.5 mmol / l. has a beneficial effect on being. In men, it restores reproductive function, increases the production of hormones, especially testosterone. Eliminates reproductive toxicity caused by smoking. Honey is used like other ointments in the treatment of wounds and burns. However, the advantage is that it does not have as many side effects as drugs. When used to fight acne, it kills bacteria that multiply in skin pores and cause inflammation, and also reduces excess oil on the skin, which is food for bacteria. It is recommended to use natural honey to treat psoriasis, eczema or dermatitis caused by frequent use of wet napkins or diapers. The use of honey from flowers prevents the proliferation of cancer cells in the body and is a good preventive measure against skin, cervical, liver, prostate, mammary gland, kidney and bladder cancer. will help.

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