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The Honey Prescription: The Amazing Power of Honey as Medicine

Nathaniel Altman

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#598295 in Books Healing Arts Press 2010-03-09 2010-03-09 Original language: English PDF # 1 9.00 x .90 x 6.00l, .90 #File Name: 1594773467256 pages | File size: 76.Mb

Nathaniel Altman : The Honey Prescription: The Amazing Power of Honey as Medicine before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Honey Prescription: The Amazing Power of Honey as Medicine:

5 of 5 people found the following review helpful. This is a wonderful book my how healthy honey is By big bird This is a wonderful book my how healthy honey is, and it gives many examples of how honey is used for many health conditions. It also goes through a history of how honey was used in the many centuries before. And I love this book's suggestions on honey treatments for the skin. 16 of 18 people found the following review helpful. Worth a read,

however...By Alan Chao After reading *The Honey Prescription*, I definitely see honey in a different light. A majority of the book contains summaries of clinical trials where honey has been used to treat a particular health problem. There are also two chapters listing ways of using honey for health beauty. However, as a beekeeper, I did spot a few inaccuracies in the text explaining how colonies and honey bees function. That said, I would say this book was worth the read. If I could, I would say 3.75 stars.

The Good: Succinct information about topics covered
Broad variety of subjects: honeybees, history of medicinal honey use, contemporary use, clinical trials, problems facing bees, remedies
Content provides convincing arguments for effectiveness of medicinal honey use
The Bad: A few incorrect/inaccurate pieces of information about bees
Most topics were fairly shallowly covered, and written like a [good] student's book report. (at times I wasn't convinced the author fully understood what he was writing)
Format got repetitive; summary of clinical study after summary clinical study.

0 of 0 people found the following review helpful. Looking Forward to Learning More About Honey
By Lu Excited to find at good price

Explores the latest scientific research on the healing powers of honey; Explains the physiological reasons why honey is so effective and includes recipes for honey-based remedies for many different ailments; Discusses the sacred role of bees from ancient Egypt to modern times and the problem of Colony Collapse Disorder (with methods for protecting hives); Reveals the healing power of honey for many common problems--from burns, ulcers, and conjunctivitis to tooth decay, diabetes, and cystic fibrosis--and honey's ability to kill superbugs like E. coli The use of honey as a healing agent is nothing new. It was an ingredient in medicinal compounds and cures made by Egyptian physicians 5,000 years ago, and its medical use has been found in other ancient practices from traditional Chinese medicine and Indian Ayurveda to Mayan shamanism. In the past ten years there has been an explosion in scientific research on honey as medicine at universities, research centers, and medical clinics around the world. Presenting the very latest scientific and medical evidence of the healing properties of honey--including that from the Honey Research Unit at the University of Waikato in New Zealand--Nathaniel Altman explores the broad spectrum of medicinal uses of honey and how these remedies can be used safely at home as well as by licensed health practitioners. He includes an extensive selection of honey-based recipes that can be used to treat common health problems--from burns, conjunctivitis, and ulcers to tooth decay, diabetes, and cystic fibrosis. He explains the physiological reasons why honey is so effective in treating antibiotic-resistant diseases with no side effects and honey's ability to kill "superbugs" like E. coli and MRSA (Methicillin-resistant Staphylococcus aureus). Drawing on centuries of material from historical and folk medicine sources, he also examines the sacred role of bees from ancient Egypt onward and the modern problem of Colony Collapse Disorder, including methods for protecting our precious hives.

"For millennia the honeybee has kept humans healthy by pollinating so many of our fruits and vegetables and by providing two of nature's most sacred healing substances: honey and propolis. After decades of ignorance, doctors are rediscovering the power of these miracle medicines, and Nathaniel Altman is here to spread the good news. *The Honey Prescription* will amaze you, delight you, and, most important, give you a fantastic new ally to promote natural wellness." (Rowan Jacobsen, author of *Fruitless Fall: The Collapse of the Honey Bee and the Coming Agricultural Crisis*) "The increasing interest in wellness should make this a good seller. You might include it in displays about the environment to let customers know it also contains information about the causes and effects of the diminishing honeybee population." (Anna Jedrzejewski, *New Age Retailer*, May 2010) "Honey has been used for medicine for eons, but it's only in the last 100 years that its antibacterial abilities have come to light--properties explored in Nathan Altman's new book, *The Honey Prescription*. . . some varieties may also help treat gingivitis, yeast infections, and burns." (*Whole Living Body and Soul*, a Martha Stewart publication, April 2010) "Based on scientific research Nathaniel Altman provides a concise and educational compilation of useful information on using honey for achieving and maintaining optimum health. As well, *The Honey Prescription* includes recipes for remedies for internal and external healing. . . I encourage you to take responsibility for your own health and maintain it the natural way - the honey way." (Irene Watson, *Reader Views*, August 2010)

"*The Honey Prescription* is an insightful read. I've learned a lot about potential uses for honey in modern medicine, and better still, I also learned a lot about the honey that I buy in the store. This book stimulated my mind, and also my taste buds." (*The Magical Buffet*, June 2011)

ALTERNATIVE HEALTH

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About the Author
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