

Honey is an antibiotic. It helps boost the immune system and coat, soothe, and heal wounded tissue internally and externally. Heating honey does kill some of the enzymes, but even heated honey still has a lot of beneficial properties in it so using it in hot teas or adding it to decoctions after they are done simmering is still very beneficial.

If you have a specific allergy to a plant (like orange blossoms) you can purchase honey from bees kept near large patches of those types of flowers but for the most widespread effect, get wildflower honey. Honey doesn't go bad; it's a great preservative. It can be used as a menstruum (so it extracts medicinal properties out of plants). If you soak herbs in honey and leave it for several weeks, the honey will absorb medicinal properties from the plant. Susun Weed, Herbalist, puts violet petals or rose petals in a small jar and covers them with honey and stirs them up. She lets it sit for 4-6 weeks and uses the honey right from the jar as a face treatment. Lavender honey is also nice. You can add any of these to teas also.

Blend some honey and garlic together, add a little lemon juice and take it by the spoonful to coat and soothe a sore throat or cold with cough. Store this in the refrigerator since there is a lot of water in lemon juice and it can go bad fairly quickly.

Will treat, colds, flu, parasites, depression, autoimmune, cuts, acne, scars, infections, and hair loss (used in shampoo).

Local honey within 5 miles can help with your allergies.

Fill a quart jar half full of chopped onions, the other half with ginger, garlic, and turmeric. Pour raw local honey over ingredients, use a chopstick to stir any bubbles out, then cap and let sit for a week or two.

Strain, and take spoonfuls to help when sick.