

# 50 Incredible Energy And Potential Health Benefits of Honey That Would Have You Thank Bees!

Indeed, honey, the natural sweetener, is highly recommended as a home remedy by the medical world. According to Healthline, it's been used in traditional medicine the fact that it contains antibacterial, anti-inflammatory and antioxidant properties. Find out these 50 (that's right... 50!) different ways to benefit from honey, as reported by WebMD, Healthline, LifeHack, Mother Nature Network, Dr. Axe, and Natural News.

Here's How :

- 1. Heal skin ulcers with topical use
- 2. Disinfect and soothe skin wounds
- 3. Prevent bandage from sticking to scabs
- 4. Heal a burn wound
- 5. Promote the healing of a sunburn
- 6. Treat acne
- 7. Smooth and moisturize dry skin
- 8. Treat eczema
- 9. Promote shiny, moisturized hair
- 10. Protect hair from split ends
- 11. Stimulate hair growth
- 12. Stop chronic dandruff
- 13. Get relief from an itchy, flaky scalp and heal lesions
- 14. Plump up eyelashes
- 15. Fight allergies
- 16. Relieve and build immunity to hay fever

- 17. Treat asthma
- 18. Suppress nighttime coughing and improve sleep during a cold
- 19. Increase melatonin and promote a good night's sleep
- 20. Soothe a sore throat
- 21. Reduce inflammation in the throat
- 22. Treat bronchial asthma
- 23. Kill a fever
- 24. Calm the chills during a cold
- 25. Boost the immune system
- 26. Halt hiccups
- 27. Increase metabolism and promote weight loss
- 28. Improve digestion
- 29. Counteract indigestion
- 30. Relieve nausea
- 31. Fight diarrhea
- 32. Treat from constipation
- 33. Ease the symptoms of food poisoning
- 34. Promote growth of healthy gut bacteria
- 35. Treat and relieve the pain of stomach ulcers
- 36. Cleanse the liver and colon of parasites
- 37. Alkalize the body's pH level
- 38. Heal a toothache
- 39. Whiten teeth
- 40. Promote strong bones
- 41. Ease a headache
- 42. Treat urinary tract infection
- 43. Cure a yeast infection
- 44. Treat athlete's foot
- 45. Counteract a hangover
- 46. Reduce cholesterol and lower risk of cardiovascular disease
- 47. Protect against cancer with an infusion of antioxidants.
- 48. Enhance brain function by improving blood circulation
- 49. Reverse fatigue, boost energy, and stimulate mental alertness
- 50. Reduce anxiety and promote a calm disposition