

Organic honey has many potential health benefits:

- **Anti-inflammatory:** Honey's flavonoids and polyphenols can help reduce inflammation, which can help with healing and fighting infection.
- **Antioxidant:** Honey's antioxidants may help with a variety of disease conditions, including cardiovascular, neurological, and gastrointestinal diseases.
- **Antibacterial:** Honey has been shown to inhibit many species of bacteria
- **Wound healing:** Honey can be applied topically to help heal burns and wounds.
- **Cough relief:** Honey may help relieve coughs, especially in children over one year old.
- **Energy boost:** Honey's natural sugars can provide a quick energy boost without a sugar crash.
- **Stress reduction:** Honey can help reduce metabolic stress and stress hormones.
- **Dry eyes:** Honey eye drops or gels can help relieve dry eyes.
- **Cold sores:** Honey can help improve healing time for cold sores.
- **Mouth sores:** Rinsing with honey can help reduce the risk of developing mouth sores.
- **Rosacea:** Applying honey topically may help improve symptoms of rosacea.

Honey also contains vitamins, minerals, iron, zinc, amino acids, and small amounts of protein.

You can use honey as a natural sweetener in moderation. However, it's important to eat a varied, balanced diet to support your overall health.