

At Last, a Sweetener That Is Actually Good For You— A Whole Food That Can Improve Your Digestion, Enhance Your Immune System, Even Heal Gastric Ulcers...

Dear Health Seeker,

As you know, I'm not a great proponent of sugars—in any form. But I also realize that people crave sweet tastes. It comes from our hunter gatherer ancestors who ate fruit off the vine or the tree at its peak of ripeness, full of nutrients and flavor.

Most of the produce available today is picked hard and immature. Then it's shipped thousands of miles to stores where it's manhandled once again. It's no wonder that fruit can't satisfy our desire for sweets.

So it's no surprise that we turn to processed foods to please our taste buds. But there is another option...

- Ø **Raw Honey** is twice as sweet as sugar without the sugar 'highs and lows' so you can please your sweet tooth without stressing your pancreas
- Ø **Raw Honey** is natural and organic so you know it's good for you
- Ø **Raw Honey** is a whole, unprocessed food with all the antioxidants and micronutrients intact so you're getting more than just great taste
- Ø **Raw Honey** contains anti-bacterial properties that can actually cure gastric ulcers caused by certain bacteria

Raw Honey is one of the few foods that is ready to eat straight from nature. Bees produce honey to feed themselves from fall through spring when flowers are no longer blooming. It's their only sustenance.

Unprocessed, pure Raw Honey is more than sweetness. The micronutrients in Raw Honey are of the highest possible quality. They have a synergistic balancing effect on the nutritional needs of the body that unlocks the availability of other present nutrients.

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The anti-bacterial properties of honey have been known to man for thousands of years. Ancient Egyptian texts have shown that healers used honey to fight infection in battle wounds. More recently, researchers at New Zealand's University of Waikato have healed gastric ulcers caused by *H.pylori* bacteria with honey.

Sweeter Than Sugar—Without the Side Effects

If you're at all familiar with the information I've collected from top researchers all over the world, you know what I think of our culture's dependence on sugar:

- ü Sugar contributes to ageing
- ü Cancer thrives in bodies that consume sugar
- ü Sugar causes excess blood glucose levels that may contribute to yeast overgrowth and blood vessel deterioration that can lead to heart disease
- ü The regular consumption of sugary foods leads to obesity and diabetes

The beauty of honey is that it's at least twice as sweet as sugar, but is assimilated by the body in a much different way. Sugar, sucrose, is a disaccharide, fructose linked with glucose.

Honey contains almost equal parts of the two monosaccharides, fructose and glucose. Yes, you read that right—the basic ingredients are almost the same, but it's the form of these carbohydrates that makes all the difference...

Fructose and glucose are simple sugars and the body digests these monosaccharides differently than disaccharides.

When a monosaccharide is ingested it is slowly absorbed in the intestines and converted to glucose in the liver, making it a **"timed-release food"** that produces a more gradual rise and fall of blood glucose levels.

Honey contains fructose and glucose in almost equal parts. These simple sugars or monosaccharides are carbohydrates that are lower on the Glycemic Index, GI, than other sugars. According to the *Journal of*

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Applied Physiology these carbs may reduce the incidence of rebound glycemia and provide sustained carbohydrate availability during exercise.

In fact, preliminary research at the University of Memphis Exercise and Sports Nutrition Laboratory found that honey is as effective as glucose for carbohydrate replacement during endurance exercise.

Even though you may not be running marathons, your busy schedule combined with the stress of modern living, can leave you empty, fatigued. Honey safely provides the energy boost you need. And...

- Honey's double sweetness means less than half the calories of sugar
- The micronutrient vitamins and minerals in honey help your body use nutrients present that would otherwise be eliminated, wasted
- Honey contains antioxidants that scavenge and eliminate free radicals that cause oxidative stress that is implicated in chronic diseases like cardiovascular disease and cancers
- Enzymes help digestion, making your energy levels soar, so you exercise, lose weight, look and feel great

Honey Contents:

Fructose (monosaccharide) 38%

Glucose (monosaccharide) 31%

Sucrose (disaccharide) 1%

Water 17%

Other Sugars 9%

Micronutrients 0.5%

Vitamins: A, Beta Carotene, B1 Thiamine, B2 Riboflavin, B3 Niacin, B5 Pyridoxine, B8 Biotin, B9 Folate, C, D, E, K

Minerals: Calcium, Copper, Iodine, Iron, Magnesium, Manganese, Potassium, Sulfur, Phosphorus

Amino Acids

Antioxidants: Flavenoids, Phenolic Acid, Pinocembrin

1 Tablespoon of Honey Contains:

Calories 64

Protein 0.1 gram

Sodium 0.9 gram

Carbohydrates 17 grams

Before There Were Antibiotics, There Was—Honey!

For thousands of years healers have used the healing properties of this 'nectar of the gods' for wounds, burns, ulcers and chronic infections.

Modern scientists have discovered that honey kills staph, strep and antibiotic-resistant MRSA. The hygroscopic (draws moisture from the air) properties and the high sugar content kill bacteria by plasmolysis (loss of fluid through cell walls by osmosis). Bacterial cell division is prevented by inhibiting the necessary protein synthesis.

Natural honey contains 14% to 18% water. Organisms can't multiply with less than 18% moisture, so raw honey won't be contaminated with micro-organisms.

In fact, the dried honey found in the tombs of Pharaohs was still edible after thousands of years...

Don't Be Fooled By Cheap Imitations—Only Pure RAW Honey Is The Real Thing...

What's in the honey you find on your grocery store's shelves? Well, it's not so much what's in it as what it's missing...

- Most commercial honey producers heat honey to high temperatures so it will stay liquid for 6 to 12 months after harvest
- High temperatures destroy the enzymes that cause honey to naturally crystallize
- High temperatures alter the flavor and fragrance of natural honey
- High temperatures change the moisture content of the honey to up to 21% water for a syrup like consistency
- Filtration strips the nutritional values from the raw honey
- If the honey is clear, it's been heated

- Because of the longer shelf life of processed honey, it's cheaper to buy yet offers none of the benefits of true raw honey

Honey is made by bees, collectively flying thousands of miles out to gather nectar and back to the hive. It's a whole, complete food created by nature. There's nothing humans can do to improve it.

I've found a seasonal source of raw honey to share with you and your family. Because this raw, pure honey is something you may have never seen before...

- ✓ Raw Honey is not clear, but cloudy with bits of propolis (bee glue), wax and pollen in suspension—like bits of the bees' efforts floating in time
- ✓ Contains pollen that can fight allergies much like preventative allergy shots
- ✓ Is best when used straight from nature with as little interference as possible
- ✓ Naturally crystallizes toward the end of October as it would if it were still in the hive
- ✓ Raw Honey is topped with cappings—bits of pollen, propolis and wax that can be chewed like gum
- ✓ Raw Honey contains the unique antioxidant, pinocembrin, as well as all the enzymes and micronutrients necessary to sustain life
- ✓ Raw Honey is 18% or less water, so resists micro-organism growth

Our Raw Honey is extracted from the hives and put directly into wide mouth glass jars. There is no excess energy consumption from heating and filtering. It comes direct from the bees to your kitchen—to use as a sweet treat or digestive aid.

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When cold season hits your home, avoid those dangerous over the counter medications and instead treat cough and cold symptoms with 1 teaspoon of honey and lemon juice.

If an intestinal virus invades, use honey to gently—and sweetly—calm those irritable stomachs until your loved ones are back to normal.

Raw Honey is available seasonally. The bees are busy, but they can only work when the flowers are blooming...

Honey's Natural AntiBacterial Properties Makes It the Safe Food—But Is It For Everyone?

Yes, honey is an outstanding natural food straight from the source. But honey should never be fed to babies less than 18 months of age because of their immature digestive systems.

Anyone who is sensitive to sugars and carbohydrates, like diabetics, should consult their physician before eating any honey products.

Pure, Unmolested, Raw Honey Available Now—While Supplies Last

1 pound wide-mouth jar \$12

Save with a 5 pound wide-mouth jar only \$22

That's like getting 3 pounds free!

For your health naturally,

{Dr. Mercola's signature}

Dr. Mercola

PS The amount of Raw Honey available is dependent on so many factors that we can't control: weather, flower blooms, hail storms, too much rain or drought. I hope you'll order right away so you get enough to satisfy your natural sweet cravings--healthfully.

Sidebar:

How Bees Make Honey

At last, it's spring. The bees are fully awake and shake off their winter stupor. With their usual vigor the workers leave the hive in search of flowers.

When the bees find the open flowers they dive deep into the blossoms to collect the sweet nectar. They brush against the stamens and pollen falls onto their wings and hairy bodies. At the next flower, the pollen is brushed into blossom, pollinating the plant so it can create seeds and reproduce. They fly back to the hive, stopping at the entrance to dance a 'map' for the next bee to follow to the flowers they discovered.

In the waxy honey comb they leave the nectar and fly back for more. Because the nectar is high in water and natural yeasts that could cause fermentation, bees within the hive fan their wings over the deposited liquid, creating drafts that evaporate excess water.

This water reduction means high sugar concentration which prevents spoilage.

When domestic honey bees were introduced to wild blueberry patches, the fruit crop increased 300% compared to years when the flowers were pollinated only by wild bees and other insects.

Honey production is one of the few modern agricultural practices that naturally benefits both wild and domestic plants, animals, and humankind.