



All raw honey will granulate or crystallize in time-- some quickly, some slowly. Heating honey alters some of the subtler aromatic properties of raw honey, but destroys the large sugar crystals, which are a natural component of raw honey, that may act as "seeds" to hasten crystallization. If desired, crystallized honey may be reliquified by gently heating-- preferably in a double boiler. Crystallized honey will soften a lot in a warm window and can be used as-is (some people prefer crystallized honey for its "spreadability" and "mouth-feel"). Honey in a sealed container will last virtually forever without refrigeration.

Raw honey, like many other raw food products, should not be given to infants below the age of one year.

**Medicinal uses:** Honey is not a miracle cure for anything. But it does have some real medicinal uses. It can be used as a **WOUND DRESSING** for cuts and burns when antibiotic ointments are not available—the high sugar content of honey sucks the water out of micro-organisms that can cause infection and stops them from growing. Honey will also feed the damaged cells of the wound. **To use:** first wash the wound with soap and clean water (preferably boiled water that has been cooled or a good quality bottled water). Then smear a thin coating of honey on the wound just as you would use an ointment. Cover the wound with a clean bandage. Repeat cleaning, honeying and covering each day until the wound is healed.

Honey is easier to digest than table sugar and can be of benefit in feeding people with intestinal distress or stomach disorders. If someone is sick and losing a lot of fluids from vomiting or diarrhea you can use honey to make a **REHYDRATION DRINK**. **To use:** In **one liter of clean water** (as above) mix in **two tablespoons of honey** and  $\frac{1}{4}$  teaspoon of salt and  $\frac{1}{4}$  **teaspoon of baking soda** (bicarbonated soda) [if baking soda is unavailable use another  $\frac{1}{4}$  teaspoon of salt]. Give the sick person small sips of the drink-- up to every five minutes if the person's vomiting or diarrhea are severe. This drink can be used even if the person can't take solid foods—but if the person can eat then bananas, coconut, rice, bread or other bland foods are usually best for someone with a sick digestive system.



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