

Honey and weight loss

There is more than meets the eye to losing weight. How can honey make you lose weight?

While empty calories from refined sugar (which is depleted of vitamins and minerals) contribute to a multitude of health issues, honey reduces fatty accumulations within our system. There is good news and that honey, a natural sweetener, contains 22 amino acids and a plethora of minerals which are essential for body function. It is believed that drinking lemon juice with a teaspoon of honey first thing in the morning is an effective anti cellulite treatment, as it assists with increasing body metabolism. The honey mobilizes the fat within the body and allows it to be used as energy.



Fasting on honey and lemon-juice (an alkaline food), is highly beneficial for losing weight, without losing energy and appetite. For this, mix one teaspoon of raw honey (preferably unheated) with two teaspoons of lemon or lime juice in a glass of tepid water. (Please note NOT hot water). You should take this drink once in the morning on an empty stomach. You can also take this after a large oily meal, as it serves as an effective digestive and detox tonic. Obviously, like other successful weight loss programs, please remember the principles such as a healthy diet and keeping to a regular exercise program.

Another popular recipe known for weight loss is a drink that uses honey and cinnamon. A large number of people have found this drink very effective for losing weight. Dissolve half a teaspoon of cinnamon powder in a cup of boiling water. Stir the mixture and cover for 30 minutes. Use a filter to remove any large particles and then add a teaspoon of honey. Take this in the morning on an empty stomach, about 30 minutes before breakfast for the best results.

Honey is the only sweetener that is not man-made and has healing properties. It is also a simple carbohydrate that one can safely take during a fast since it is full of easily digested sugars. Foods that are abundant in sugars or complexes of sugars are carbohydrates. How sugars are arranged determines whether we call a food a source of simple or complex carbohydrates.



Note, that it takes the body much longer to digest the sugar from a complex carbohydrate; hence honey is easily digestible since it is a simple carbohydrate. Another interesting fact, honey can last for centuries when stored correctly as it contains approximately 18% water and a pH level of 3-4 honey.

If you tend to overeat or feel discomfort in the tummy after food, honey can be consumed in order to aid digestion. Honey is a the simplest form of sugar that cannot be further broken down, therefore, it passes directly into the small intestine into the bloodstream without causing any irritancy to our digestive system as sucrose does.

The “hibernation diet (<http://www.hibernationdiet.com/>) builds a connection between fructose-rich honey and weight loss. The hibernation diet suggests taking a decent spoonful or two of honey at night, either as a warm drink or directly from the jar. It promises to help us sleep and lose weight at the same time by fuelling the liver, which speeds up the fat burning process as well as easing stress hormones.



Honey is not only good for health, but it is also a *wonderful natural anti-aging product*. Honey has been used over the centuries, Cleopatra, used honey as part of their beauty regime to keep them looking youthful. Honey is a natural moisturizer and has the ability to attract and retain moisture, enabling to rebuild moisture in the skin without making it oily. Honey is a popular anti-aging skin care ingredient in many moisturizing products due to its gentleness on the skin.



For lustrous, silky healthy hair and scalp, simply combine half a cup of pure honey, 2-6 tablespoons of olive oil. Massage the mixture into your scalp and then put on a shower cap for 30-40 minutes. Shampoo out and rinse as usual. This is a fantastic remedy to revitalize and keep your hair looking beautiful!

Lastly, if you are thinking about the use of artificial sugar or sweeteners like Aspartame to aid your weight loss, then you are putting yourself completely on the wrong foot. It might help you save a few calories, but it gives you a bouquet of other serious health problems.

Honey is the most safest and easiest way to lose weight if used correctly.

Please check out the website www.karentokyo.com/ja/honey for buying details.
100% Australian Honey (1 x 500gm Mallee & 1 x 500gm Red Stringybark)

