

What are the Benefits of Raw Neem Honey?

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Much is said and written about the miraculous versatile medicinal neem tree “Azadirachta indica A.Juss” known as the Indian lilac or margosa, originated from India and Myanmar (formerly Burma) and is called in India “The Village Pharmacy.”

Neem is a large evergreen tree with a wide trunk, which can fast grow up to 24 meters tall. It thrives even where rainfall is only 12 inches = 30 centimeter per year and even in areas with extreme heat up to 120 degrees Fahrenheit = 49 degrees Celsius and can live up to 200 years. However, there is a neem tree in Myanmar that is 50 meter high with a crown of 40 meter = 131 feet and is 220 years old, a real giant!

India's books of knowledge are called the Vedas. Some of the most ancient documents that have been translated are the Caraka-Samhita (about 500 BC) and the Susruta (about 300 AD). These books are the foundations of the Indian system of natural healing, or AYURVEDA, the oldest most successful botanical medical system in the world with a history of over 5000 years! The neem tree's history goes back a long way, with indications it was used in medical treatments about 4500 years ago. There is evidence found from excavations at Harappa and Mohenjo-Daro in northwestern and western India, in which several therapeutic compounds inclusive neem leaves were gathered in ruins.

Healing properties of Neem

Everything from the neem tree is medicinal: bark, cake, extract, flowers, fruit, gum, honey, leaves (also used as tea and powder), oil (from kernels of the seeds), roots, twigs, sap, timber. Used also as organic non-toxic herbicide, pesticide and fertilizers and in cosmetics, personal care products and cattle feed. More information about the benefits and healing power of neem can be found in my book “Neem – Nature's Healing Gift to Humanity” published in 2016 available from amazon in paperback and as e-book in 14 countries, in North America see: <https://www.amazon.com/book-neem-natures-healing-humanity/dp/0993727506>.

More information about the book from: www.neemresearch.ca

The United Nations declared the neem tree as “The tree of the 21st century!”

The tree develops sweet honey-like smell flowers used in aromatherapy, for calming and restorative effect and also organic raw honey is made from them. The flower develops into a fruit like an olive and from the kernels in the seeds cold pressed neem oil is made.

Introducing raw Neem honey

Raw neem honey is a dark honey with rich natural dark toffee, gingerbread taste and the distinctive essence of honey itself, warm and enveloping wildly floral and has a bouquet like chai tea and all exotic spices. Organic neem wild forest honey is kept raw and unheated, preserving

all the delicate enzymes and health promoting qualities derived from the flower essences, is collected using cruelty-free methods from wild bee hives by indigenous tribes in the dense virgin forests of central India. This area is famous in South Asia for the collection of wild-crafted herbs used in the preparation of Ayurvedic medicines.

Neem honey is highly esteemed in **AYURVEDA** used to treat high blood pressure, diabetes, skin conditions, periodontal and throat infections, allergies, treatment of rheumatism, chronic sores and indolent ulcers. It can be applied topically to heal wounds and rashes, acne, internally to treat infections and other health concerns. It promotes body and digestive health, is a powerful antioxidant, strengthens the immune system, itching, eliminates allergies, balance sugar levels, relieve pain, calm nerves.

It is anti-viral, anti-bacterial, anti-fungal, an expectorant and anti-inflammatory, antibiotic and has been known to effectively treat respiratory conditions such as bronchitis and asthma. Many people have found that they have stopped a cold and flu in the early stages by taking wild forest honey which is also perfect using in a neem tea.

I have used premium quality honey all my life and was surprised that certified organic raw (unheated) neem honey is now available in North America, original from India and I purchased six jars and love it. This is by far the best tasting honey I have ever tried and I can highly recommend it, please try it for yourself!

Neem honey is an effective natural herbal remedy for a variety of conditions:

For centuries, honey has been used to treat all sorts of ailments. It can be applied topically to heal wounds and rashes or it can be taken internally to treat infections and address other health concerns and these are the popular remedies for common every day conditions:

- For skin burns, rashes, abrasions, place a honey poultice over the affected areas.
- Treat acne by placing a small amount on blemishes nightly. This will often clear the skin in a short period of time. Washing your face with honey will leave you with sparkling clean soft skin.
- Raw honey's antibiotic properties are effective treating colds and sore throats. It coats the throat and reduces irritation. For blocked sinuses, mix a teaspoon in a pot of hot water, put a towel over your head and just inhale the steam.
- To treat allergies, take a teaspoon of raw honey a couple of times a day starting a few month prior to allergy season.
- Have a teaspoon just before bedtime for a good night sleep, some people use the honey with warm milk.
- Use in the morning before breakfast to boost your energy level and immunity during the day.
- Alternative you can eat at breakfast on bread, toast, pancakes, wafers, grain cereals, nuts or paired with blue cheeses.
- Or, why not, simply eat from the jar.

Just a few years ago no neem honey was available but due to high increased consumer demand for quality organic and certified organic food, neem honey from India is now available and my

suggestion is give it a try and you will find out the difference.

Be also aware that there are a variety of different honeys sold in the market place that contain “**glyphosate**”, the active ingredient in Monsanto’s roundup herbicide according to a study in 2016 by the FDA – Federal Drug Administration in the United States of America!

Words of Wisdom

Life is the flower for which love is the honey.

- *Victor Hugo*

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