



START YOUR Honey Health Journey!

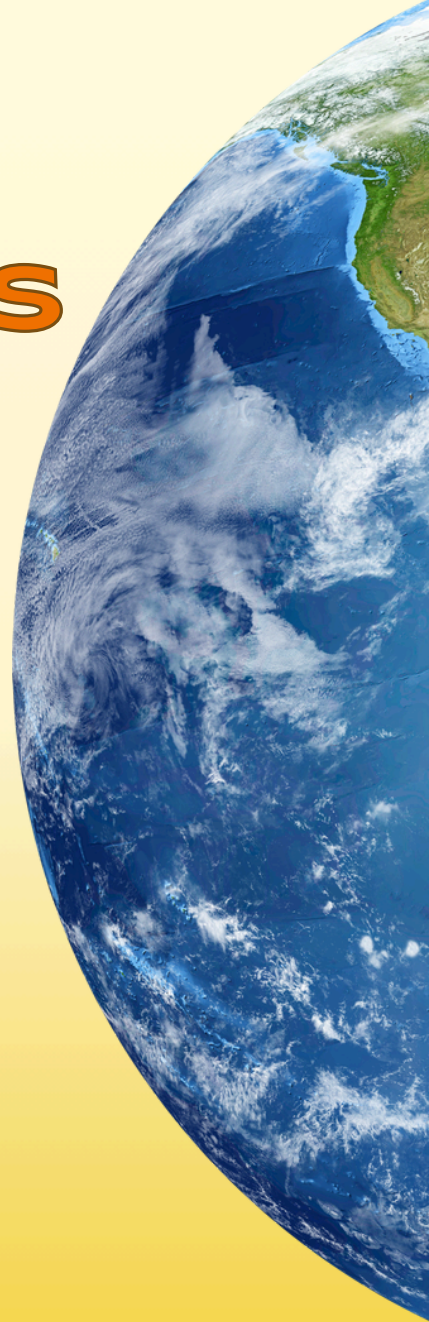
Learn Everything You Need
to Know About using Honey
in Your Health



Enjoy



**Beekeepers
should be
the most
healthiest
people in
the world**



What is Honey?

Honey is a natural, sweet substance produced by honeybees from the nectar of flowers. Bees collect nectar and transform it by combining it with enzymes in their bodies, then storing it in honeycombs within their hives. The process involves evaporation, which reduces the water content, resulting in the thick, viscous liquid we know as honey. It is prized not only for its **sweetness** but also for its potential **health benefits**, such as its **antibacterial** properties and **antioxidants**. Honey comes in various flavors and colors, influenced by the different types of flowers from which the nectar is sourced. It has been used for centuries in **culinary applications**, **traditional medicine**, and even as a **natural sweetener** alternative to sugar.



Delicious
Yummy
Beneficial
Perfect

Is Honey Perfect?

Honey is often considered one of nature's most perfect foods due to its unique combination of flavor, versatility, and nutritional benefits. Produced by bees from the nectar of flowers, honey is not only a **natural sweetener** but also boasts a host of **health benefits**. It contains **antioxidants, vitamins, and minerals** that can support overall well-being. Additionally, honey has **antimicrobial properties**, making it useful for soothing **sore throats and healing wounds**. Its **long shelf life** and ability to pair well with a variety of foods further enhance its appeal. Whether drizzled over yogurt, stirred into tea, or used in baking, honey adds a delightful touch to many dishes while offering a natural alternative to processed sugars.



FUN FACT: You can survive on honey alone.



Its composition is mainly **carbohydrates**, with fructose and glucose being the most abundant **sugars**, accounting for about 70-80% of its makeup. These sugars give honey its characteristic sweetness. In addition to carbohydrates, honey contains **water**, which makes up about 17-20% of its content. It also includes small amounts of **enzymes, vitamins, minerals, amino acids, and antioxidants**, which contribute to its nutritional value and health benefits. The exact composition of honey can vary depending on the types of flowers from which the nectar is harvested, giving each variety of honey its unique flavor and color.

**Honeybees
are the
most
perfect
sustainable
system in
the world.**



**They don't
need us to
survive.
But we
need them
to survive.**

Why do you want to be a Beekeeper?

With the
amount of work
& finances you
put into IT,
Don't you want
more?



**Health
Profits
Hobby
Entrepreneur
Research
Fellowship
Focus**

Beekeeper On Duty

Honey can make your insides

Beautiful

**raw honey
honeystraws
remedies on
demand**

Natural
Honey

@BeekeeperOnDuty



**Honey
for sale**

**Self Service
Honey Stand
343 Rainbow
Circle, Clover
803-981-2495**

Rainbowcirclehoneyfarm@gmail.com

DO YOU SAVE HONEY RECIPES?

HAVE YOU TRIED THESE? REMEDIES

BREAKFAST

MEDICINE

BRUNCH

SOAPS

LUNCH

BEESWAX

SNACK

LIP BALMS

SUPPER



SALVES

FACIALS

TODDIES

Fire Tonic

Ingredients:

**Apple Cider Vinegar or
Kombucha Vinegar**

Onions,

Jalapeno peppers,

Daikon radish,

Ginger, turmeric,

Horseradish,

Garlic,

Cayenne pepper

Honey.

**It is an elixir that is
made from food.**

It soaks for 6 weeks and I pour off the solids and what's left is the fire tonic. It is great to be used as a preventative to keep from getting sick and or a remedy to get better if you are sick. It is very strong and usually is taken in a shot glass. Some people taste it and think of it as a salad dressing which is fine if that's what you like. I like to either drink it straight or mix it in an apple cinnamon spice tea. It is very delicious. You can even add a little bit of whiskey and it is a perfect toddy. It really acts like an antibiotic for what ails you.

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Honey Cinnamon Treats

**Honey
Cinnamon
Nut butter**

**Combine ingredients to
taste and mix well**

**Store in Fridge or on
counter**

**Add other ingredients
like Pollen granules**

Fire Honey

HONEY 1 CUP

2 TSP BLACK PEPPER

2 TSP GROUND GINGER

2 TSP GROUND CAYENNE

2 TSP TURMERIC

**Combine ingredients to
taste and mix well**

**Store in Fridge or on
counter**

**EAT WITH A SPOON OR ADD
TO HOT TEA OR HOT WATER**

DO YOU SHARE HEALTH BENEFITS WITH OTHERS?



**Honeybees
can give you
a purpose.**

**Breathing
honeybee air can
help with
respiratory**

**Honeybee
venom helps
with all sorts of
ailments.**

**Beekeeping keeps you in touch with
what is real and what matters.**

Citrus Tea

Lemon Slices

Orange Slices

grated Tumeric or powder

grated Ginger or powder

Honey

Combine all ingredients in a glass jar.
Muddle it a little to get the juices
and herbs combined

Store in fridge. When ready to make,
scoop a portion out in a coffee mug
and pour hot water over the
mixture. Stir and enjoy. You can add
steeped tea such as Lemon Zinger to
add a special flavor. You can also add
in coconut rum for foot a hot toddy





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the straws ... that
your customers love
to eat**



honey bee approved

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2023 Summer Conference

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Advising and encouraging beekeepers to make honey products



**ONCE YOU
HAVE THE
REVELATION OF
HONEY HEALTH**

....

**GO TALK
ABOUT IT.**

MY 'GO TO' RECIPES

FIRE TONIC

KOMBUCHA

SMOOTHIES

CINNAMON TREATS

JERKY

HONEY LEMON CITRUS TEA

HOT TEA





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