

Is raw honey healthy for you

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Is raw honey healthy for you

Is raw honey healthy to eat. Is raw honey better for you. Is raw honey unhealthy.

Understanding Honey| Raw Honey Honest Truth| Health Benefits| Raw meat must be prepared very carefully before it can be eaten. Raw chicken is dangerous to eat. But honey, like vegetables, is better if eaten in its raw and natural state. It is easy to see why many would be shy away from raw and unfiltered honey. The “pure honey” is seen more often on shelves of the grocery store looks beautiful: clear and unsatisfied. The raw honey that is located in the farmers markets, natural food stores or local honey stand can be cloudy, with “suffo” floating in it. It would be natural to worry only about food safety when you look at an unworked honey pot – at least until you knew more about raw honey. Here's more on raw honey. Honey: from flowers to elves To understand what is raw honey and why it is safe to eat, you need to briefly trace the fascinating honey journey from the field to your kitchen cabinet. The bees collect the nectar from the flowers, store it in their “honey’s abortion”, and return it to the hive where they turn it into honey (we will not go into details, since some are a little disgusting). Honey is kept in the honeycomb and covered with bees wax until bees eat it or a beekeeper collects it. At that point, honey still has all sorts of debris in it, so the beekeeper strains it slightly to remove the most objective: large pieces of bees wax and body parts from dead bees. What remains after this is raw, natural honey – gooey delight sold in farm stalls and food stores for health. (An important fact: this is not necessarily organic honey: “organic” describes how the flowers of origin were raised. It has nothing to do with bees or hives.) That raw honey still has a lot of things floating in it: small pieces of pollen of bees, bees wax and propolis (the glue of bees used to hold together the hive). This is the material most people care about, but they should want to stay in their honey, even if they don't realize why. We will explain more about these key ingredients later. Raw honey does not seem clear and uncontaminated, and can crystallize and turn hard relatively quickly. We'll explain later. But to make their product look as appetizing as possible, honey manufacturers “clean” before sending it to supermarkets and other large suppliers. This means filtering out all the small non-attractive residues of the honey making process, and pasteurization at high temperatures to prolong the honey life. What remains is often called “regular honey” or “deposit honey”. It is nice to look, but it has most of the natural goodness of undressed raw honey. There are two other steps that non-ethical manufacturers (usually foreign)Take it. Most put honey through a process called “ultrafiltration”, which makes honey even smoother but removes the rest of its natural benefits. Some also add inexpensive, extra sweeteners such as corn syrup high fructose to honey, in order orderIncrease their profits. At this point, it is an elongation to even call the resulting product “Honey.” to summarize, the beautiful pure honey you see on the shelf looks better. But raw honey, not heated and unpasteurized is better for you. Leave a key question: is it really safe to eat? The honest truth of raw honey Any food product can be contaminated during production and honey is no exception. But he would refuse to buy chicken or lettuce at the store, because there is an incredible probability of having food poisoning? Obviously not. And the risk of getting raw honey from reliable producers is even more smaller. Most of the peoples concern the center around Clostridium Botulinum, bacteria that can cause severe illness botulism. Here are the true facts about honey and botulism. The raw honey processing can contain Clostridium botulism spores. The processing does not kill them. If he consumed, those spores can potentially produce intestinal botulism in the stomach after they were consumed. However, spores cannot live in the stomach or in the digestive traits of adults or children. They can survive and proliferate only in children's stomachs, because they are not yet completely developed. This is why children should never be fed the “

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