

TOP TIP

Want to live to a ripe old age? A Gallup poll of people who lived to the age of 100 found two common characteristics: They had a positive attitude about life and liked to have fun.

Soothe sores with a little bit of honey

By GRETA BURROUGHS
For *The Sun News*

Honey not only tastes good, but it is good for you. The medicinal value of honey and other natural products has been known for thousands of years but was put aside after the introduction of antibiotics earlier this century.

Today, it seems the healing power of raw honey is being rediscovered. Most people know that honey helps with allergies and sore throats, but are not aware that it can also be used as a protective agent on cuts, wounds and burns.

"Bee pollen helps protect against colds and flu in the wintertime and it helps to build the immune system," said Dr. Carolyn Haigler of Alternative Health and Wellness in Myrtle Beach. "I tell my patients to use honey in tea for sore throats. It takes the tickle away and soothes throat pain."

Haigler also knows the history of honey being used on wounds.

"During the Civil War, honey and cayenne pepper were used to heal wounds," she said. "The red pepper stopped the bleeding, and the honey

Raw honey first-aid kit

Bee stings | Dab on a bit of honey immediately to help draw out the stinger, ease pain and neutralize poisons.

Sunburns | Combine 1 cup apple cider vinegar, ¼ cup honey and ½ cup aloe vera gel and gently apply to sunburn.

Wounds | Apply a thin layer of raw honey to any cut, scrape or scratch and keep covered to prevent infection and speed healing.

Source | "101 Things to do with Honey"
by Elizabeth Cole

prevented bacteria from getting in the wounds.

"You need to use raw honey to get all the benefits. The honey you buy in the grocery store has been commercially processed and the heat kills the beneficial effects," she said.

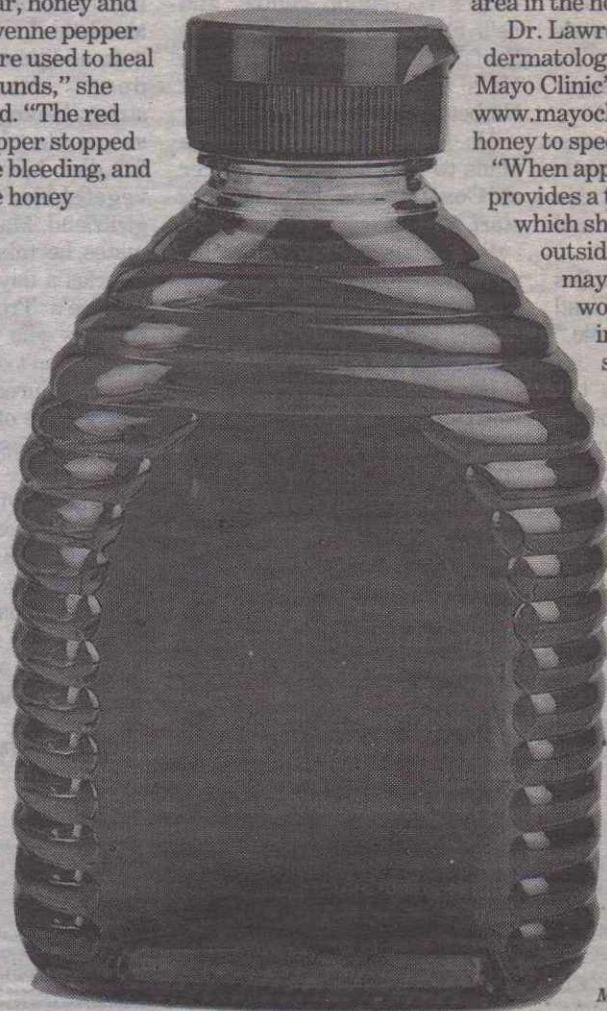
Carrie Simon at To Your Health in Pawleys Island said some of her customers are looking for locally made honey to use for environmental allergies. "It's hard to find now," she said.

"There are not that many people in this area in the honey business anymore."

Dr. Lawrence Gibson, a dermatologist, has written on the Mayo Clinic's Web site, www.mayoclinic.com, about the use of honey to speed the healing of wounds.

"When applied to a wound, honey provides a thick, protective barrier which shields the wound from outside contaminants. Honey may also help disinfect the wound due to a chemical interaction between a specific enzyme in honey and damaged skin tissue that produces a form of hydrogen peroxide."

Gibson said honey has been shown to reduce inflammation and swelling. In March 2007, the U.S. Food and Drug Administration approved a honey-impregnated wound dressing for wound and burn care, Gibson said. He also said the honey used in research studies and wound products is not the same kind available in grocery stores and that commercially processed honey may not produce the same results.



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