



50 AMAZING USES FOR HONEY YOU DIDN'T KNOW ABOUT

Posted on November 3, 2020 by Genesis

Honey has long been touted as a health food, but did you know it's more than just a sweetener? Over the ages, people in many countries have used honey as the medicine it is. You can use this delicious substance for everything from wounds to hair care. Let's take a look at why you should keep it on hand.

Eliminate Dandruff: Just rub melted honey into your hair and cover with a shower cap or bag. Let it sit for 3-4 hours before rinsing out.

Exfoliate Your Lips: Have dead skin on your lips? Mix equal amounts of honey, sugar, and olive oil, plus a drop of peppermint oil for a delicious scrub.

Get Rid of Bad Breath: Gargle 2 teaspoons of honey in half a cup of warm water, along with a dash of cinnamon powder. Do this daily.

Reduce Scarring: Take a little honey and rub it over your scar in the morning and again at night. Let sit for 10 minutes before rinsing.

Reduce Acne: You can apply a mixture of honey and cinnamon in equal parts to your face with acne and leave it on for 10-15 minutes daily. Rinse with warm water and pat the face dry.

"Wax" Your Legs: Boil a cup of sugar with 1/3 cup of honey. Add the juice from one lemon and then apply it to the area with hair. Press a cloth over it and let cool for a moment, then pull it off quickly to remove hair.

Use as a Survival Food: Since honey comes with 64 calories and 17 grams of sugar per tablespoon, it's a good survival food and it never goes bad.

Reduce Your Risk of Cancer. A little honey each day, particularly buckwheat honey, can reduce your chances of getting cancer, thanks to the high levels of antioxidants.

Lower Blood Pressure: Studies have shown that honey may lower blood pressure in both rats and humans. Stir a little into your tea each day to use it.

Reduce Bad Cholesterol: If you suffer from problems with your cholesterol, you may find that it helps to bring those levels down.

Ease Itchy Bug Bites: Apply a dab of honey to a bug bite and the stinging and itching should stop shortly.

Soothe a Scratchy Throat: Mix a spoonful of honey into half a cup of hot water and squeeze a bit of lemon in. Drink this to soothe your throat.

Add Vitamins to Your Diet: If you're trying to stay healthy, it's a good idea to keep some honey on hand. The darker honey is usually higher in bioactive plant compounds, as well as antioxidants.

Heal Burns Faster: Applying honey to a burn wound can be quite beneficial for promoting healing.

It both nourishes the tissue and reduces inflammation and infection

Treat Psoriasis: Honey that is quite liquid may be applied as is to areas affected by psoriasis in order to reduce the instances of itchy skin patches.

Natural Sweetener for Diabetics: While honey does raise your blood sugar levels, it's not nearly as potent as sugar and can be used in small amounts by diabetics.

Stimulate Hair Growth: This is easily done by mixing one tablespoon of honey into half a cup of warm water. Massage into the scalp, working it in for 3-4 minutes. Let sit for 2-3 hours before rinsing.

Reduce Dark Eye Circles: If you have bags under your eyes, try applying a dab of honey for 10 minutes, then rinse off and apply cooled cucumber slices for another 10 minutes.

Get Rid of Warts: Place a dot of honey on the wart and cover with a bandaid. Repeat twice a day until the wart is gone.

Clean Your Pores: Mix one tablespoon of honey and two tablespoons of coconut oil and massage into your skin. Rinse with barely warm water.

Prevent Wound Infection: For those people who have open wounds, including diabetics with ulcers, honey may be applied to keep infection at bay. Apply daily to the cleaned wound and wrap.

Boost Your Immune System: Trying to fight off a virus or other infection? Your immune system can handle a lot when it's properly fed and honey is full of phytonutrients to increase the immune response.

Soak in a Bath: Add two tablespoons of honey to hot water and stir until dissolved, then add to a tub and soak for skin repairing bath.

Stop Ulcers from Forming: Anyone who suffers from H. pylori knows how dangerous it can be. The bacteria causes stomach ulcers to form, but honey has been shown to kill it off.

Include Prebiotics in Your Diet: prebiotics is also essential for keeping the good bacteria thriving in your digestive system. Honey is also packed with them.

Ease a Cough: Honey helps suppress coughs, particularly in children over the age of one. You can simply give a small spoonful of honey to a coughing child, or find a recipe that includes herbs, as well.

Slow Diarrhea: If you're suffering from an upset stomach, a spoonful of honey in a cup of warm water can decrease how badly your diarrhea is.

Increase Potassium Levels: Potassium is essential for a healthy nervous system, as well as maintaining fluid balance and cardiovascular health. Honey helps increase your levels when they're

low due to illness, for example.

Help Prevent Cataracts: According to Ayurvedic teachings, applying a small amount of honey to the eyes daily can help prevent cataracts and improve sight.

Ease Gout Pain: Mix one cup of grape juice and 3 tablespoons of honey and drink this to help ease gout pain. More traditionally, the grape juice was replaced with wine or even vinegar.

Condition Hair: Mix a tablespoon of honey with two tablespoons of coconut oil and apply to the ends of the hair, working your way up, but stopping short of the scalp. Let sit for 10-15 minutes before rinsing.

Prevent and Treat Diaper Rashes: Create a spray with two cups of chamomile tea and one teaspoon of honey, then spritz the area after every diaper rash.

Treat Razor Burn: If you have those painful, itchy bumps from shaving, try applying a thin layer of honey to relieve the irritation.

Stop Hiccups: Struggling with hiccups? You can take a spoonful of honey to stop them in their tracks.

Treat Intestinal Parasites: Mix crushed papaya seeds with an equal amount of honey and take one tablespoon daily for one week to help get rid of intestinal parasites.

Eliminate Gum Disease: To get rid of gingivitis or another gum disease, dissolve a teaspoon of honey in a quarter cup of water and rinse your mouth with it twice a day. Mix 1 teaspoon of honey with three or four drops of lemon juice and massage into the affected areas of the gums.

Treat UTIs: Have a urinary tract infection? Mix one teaspoon of cinnamon and half a teaspoon honey in a cup of warm water and drink twice a day to help eliminate a UTI.

Reduce Facial Redness and Rosacea: Honey reduces inflammation and also helps moisturize the area, so it's ideal for redness on the face. Just apply directly to the skin for half an hour and then rinse off.

Create a Massage Oil: To make your own anti-inflammatory massage oil, mix two tablespoons of honey into a cup of your preferred carrier oil and use.

Slow Aging Skin: To help prevent wrinkles, mix one-part pollen into two parts raw honey and apply around your eyes, or wherever you have wrinkles forming. Rinse away after half an hour.

Moisturize Your Face: Honey is a great moisturizer for your skin and is gentle on your face. Just spread it thinly on your face and leave it for 15 minutes before rinsing with warm water.

Kill Off Ringworm: You can apply honey to ringworm and eliminate it since honey is a natural antifungal.

Relieve Dehydration: Make your own rehydration drink with two cups of water, the juice from half a lemon, and a quarter teaspoon of sea salt. Add in two teaspoons of honey and dissolve. Have the person sip it throughout the day.

Improve Sleep: If you have insomnia, you can try mixing a teaspoon of honey into a cup of warm water, along with a tablespoon of apple cider vinegar, and drink before bed.

Treat Sunburn: If you stayed out in the sun too long, mix one-part honey with two parts aloe vera and spread over the affected areas to relieve pain and boost healing.

Get Shiny, Healthy Nails: Mix two teaspoons of honey and a few drops of lemon juice until well blended. Massage into your fingernails and let sit for 15 minutes before rinsing.

Lighten Your Hair: Need some highlights, but want to skip the chemicals? Blend two tablespoons of water with three tablespoons of honey and apply to damp hair for one hour. Rinse and repeat every few days.

Treat Conjunctivitis: Pink eye or conjunctivitis is an unpleasant thing to have, but applying a little raw honey to the area will help kill off bacteria and reduce the inflammation.

Ease Arthritis Pain: Mix a teaspoon of honey into a teaspoon of apple cider vinegar and take daily to help reduce inflammation.

Get Rid of Nail Fungus: Soak your feet in warm water for 15 minutes, then apply honey to the affected nails and let sit for 15 minutes. Rinse with warm water and repeat daily.

Honey is, without a doubt, one of the best natural medicines you can have on hand. However, you should avoid the store-bought options and look for raw honey instead. This has more healthy properties and is likely to be better for you.

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Comments



Rickie - 2022-04-30 09:36:50

How does one use honey as a mouth rinse for gum disease? Does one rinse before or after brushing?



Tracy Grover - 2021-02-11 20:14:09

That is amazing! I've also had great success on a 2nd almost 3rd degree burn with Lavendar Oil and cool water. No scar at all! Isn't nature beautiful! Why did we ever lose this knowledge!



Sharon Worley - 2020-11-28 07:10:30

I had a nasty wound on my forearm from using black drawing salve...it was as large as a fifty cent piece and deep. Honey healed that thing from the inside out and basically saved my arm. Dr. said the salve had probably removed a melanoma. !!! Also, one of our tom cats came home with a large tear in his underside near his hind leg as if getting caught while trying to run....about twice a week, when he would come around I'd squeeze honey down into his wound, not only did it help heal it, it prevented infection at the site and he licked alot of it off giving him a dose internally as well! Love that stuff



The Lost Herbs - 2020-11-10 11:32:29

Hi Mary, Thank you for your comment. When you don't store honey properly, you risk hindering its antimicrobial properties. This will lead to contamination and degradation of the honey. When honey is left exposed to sunlight, its water content will increase, giving the microbes the resources to grow and multiply. You can try the test and smell first, but most probably won't have the same effect. God bless!



Mary Kay Miller - 2020-11-04 14:47:30

Honey is amazing and can even work on gangrene. My question is we moved and my honey was accidentally got put in storage which heated up during the summer, we couldn't get to it. It turned dark. Is it still ok to use and eat? A couple of jars had the honeycomb in it which melted with the honey. Thanks for your help!



The Lost Herbs - 2020-11-04 13:17:02

Hi Elise, Thank you for your comment. It is believed that the flavonoids in honey can access and heal the eyes lens and improve vision, and along with its antioxidant and osmotic properties it can cure eye infections and even cataracts. For eye infections, try mixing equal parts, raw honey, with distilled water to make a solution. Using a dropper, squeeze two to three drops of the solution into the eye. Apply two to three times daily until the infection clears. Be careful, it might sting at the beginning. However, we cannot make any specific medical recommendations without seeing the patient in person first and having access to medical history. God bless!



The Lost Herbs - 2020-11-04 13:03:36

Hi Lori, Thank you so much for sharing this experience with us. We are glad to hear that applying honey on burns worked for your friend. Honey is indeed as powerful as it is tasty. God bless!



elise - 2020-11-03 20:34:02

How does one safely apply honey to the eyes to avoid cataracts?



Lori Fox Reid - 2020-11-03 17:01:35

I can attest to Honey and Burns. I had just read an article about it when a friend pulled a hot cherry pie out of the oven and it slipped, spilling it's HOT cherry pie filing all over her hand and arm. We rinsed it immediately with cold water and soaked her arm in honey. We wrapped it in cheesecloth and put a cotton sock over her arm. The next day when we removed the wrap not a sign of burn except one SMALL space between two fingers we missed with honey. AMAZING. Been using it successfully ever since.