

Honey

The history of honey goes back millions of years. In fact, archeologists have found honey bee fossils that are over 150 million years old! ¹⁶⁴



The earliest record of beekeeping was found in 10,000 year old cave paintings in Spain. ¹⁶⁴

Throughout human history, honey has been treasured for its nutritional and medicinal benefits.



There are approximately 25,000 known species of bees in the world. In the United States, there are over 300 different varieties of honey available for purchase. Each type of honey has its own distinct flavor and nutritional makeup, but they all provide health benefits, both internally and topically. ¹⁶⁵

Despite its sugar content, honey has a relatively low Glycemic Index rating. The sugar in honey is absorbed slowly into the bloodstream, as opposed to the sucrose in table sugar that causes an immediate insulin spike to occur upon ingestion. ¹⁶⁵



Gastroenteritis refers to “inflammation of the gastrointestinal tract, usually the stomach and intestines,” which can be caused by a viral or bacterial infection. ¹⁶⁶

According to the Centers for Disease Control (CDC), from 1999 to 2007, deaths due to gastroenteritis “more than doubled” among all age groups. ¹⁶⁷

In 1985, the *British Medical Journal* reported on a clinical study that evaluated honey’s influence on the duration of gastroenteritis in infants and children. The results demonstrated that oral ingestion of “honey shortens the duration of bacterial diarrhea,” and “may safely be used as a substitute for glucose in an oral rehydration solution containing electrolytes.” ¹⁶⁸

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