

7 Sweet Benefits of Honey



The antioxidants in honey can help lower blood pressure.



Honey can help lower triglycerides, especially when it's used to replace sugar.



Medical-grade honey (Manuka) helps promote burn and wound healing.



Honey helps improve cholesterol by reducing the bad (LDL) while raising the good (HDL).



High-quality honey is packed with antioxidants, particularly buckwheat honey.



Honey can be used as a natural cough remedy. (But do not give to children under one year old.)



In some studies, honey has been shown to help prevent memory disorders.

Information from:

<https://www.healthline.com/nutrition/10-benefits-of-honey>

<https://www.mayoclinic.org/drugs-supplements-honey/art-20363819>

<https://www.mayoclinic.org/symptoms/cough/expert-answers/honey/faq-20058031>

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