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Xulon Press, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Definitive Book on the Health Benefits of HONEY New information from current research - New amazing facts Restoring the health of future generations is more than a hopeful promise or a clever slogan. Since ancient times, honey has been known for its many healthful benefits, but what many don t know is that current medical research has validated many of those long held beliefs. This revised and updated edition contains information from all the books in The Honey Revolution Series, PLUS new information from dozens of new research studies documenting the amazing health benefits of consuming honey. There are many reasons to read this book. One of the following may be just for you. In The New Honey Revolution you will discover how: Honey regulates blood sugar and is the sweetener of choice for diabetics Honey can help you sleep better and recover faster Honey reduces the risks for obesity, diabetes, heart disease, high blood pressure, cancer, Alzheimer s disease, and more Honey fuels your brain, improves memory and recall Honey treats skin infections and improves wound care Honey enhances the immune system The consumption of a small amount of honey each day could reap enormous individual and public health benefits and save billions of dollars each year in health care costs for just pennies a day. Improve your health - join The HONEY REVOLUTION! , LLC.

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