

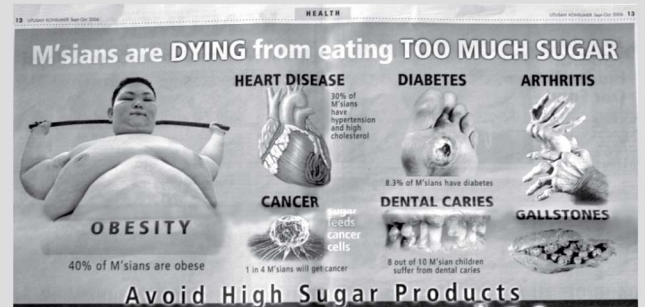
Why Replace Sugar With Honey?

What Is Sugar?

Common table sugar is known as sucrose. Though sucrose does exist in natural form, it is always found in combination with fibre and other nutrients. God placed sucrose in high-fibre substances (for example, sugarcane) in order to protect us from overconsumption of the sucrose.

Sugar as we know it today is a manmade substance. Man has removed the fibre and all other nutrients and concentrated the remaining sugar. As a result, the sucrose in our sugar bowls contains concentrations far exceeding those of any food that exists naturally. This unnatural substance often creates havoc to the normal physiological functions of the body.

Let's see what Consumer Association of Malaysia is saying:



(Excerpt from Consumer Association of Malaysia Sep-Oct 2006)

What Is Honey?

Honey is an important food source for bees. Bees must visit 2.5 million flowers and fly 35,000 miles to make one pound (0.45 kg) of honey. Honey is absorbed much more slowly than is table sugar, thus stretching the available energy of honey over a longer period of time and preventing the excessive swings of energy and fatigue associated with table sugar. Honey also has many of the necessary enzymes required to digest and convert its nutrients into energy properly.

For centuries, honey has been used not only in food and beverages, but also for health and medicinal purposes.

Honey

• Balances metabolism:

Honey is such a complex substance that, unlike sugar, it contributes to the metabolic balance of our bodies rather than detracting from it.

• Fights free radicals and prevents premature aging:

Honey contains several compounds. Known antioxidant compounds in honey are chrysin, pinobanksin, vitamin C, catalase and pinocembrin. These antioxidants provide defense against free radicals, thus prevent cell damage and premature aging.

• Contributes to strong bones:

Unlike table sugar, which is 99.5% sucrose, raw honey has at least 165 identifiable components, i.e., a wide array of amino acids, enzymes, minerals, vitamins, and antioxidants. The primary amino acid found in honey is praline, which is a major component of collagen, which holds the body together and serves as the chief matrix of which the bones are formed.

• Enhances calcium absorption:

Eating honey along with supplemental calcium appeared to enhance calcium absorption, according to a study from Purdue University.

• For joints & hardened tissue:

Dr. Paul Bragg and Dr. Patricia Bragg wrote, "If you suffer from premature old joints and hardened tissues, take the Apple Cider Vinegar and honey mixture once or twice daily ... You will find after several months the misery will be gone from your joints."

• As a sleep tonic:

Raw honey, when combined with Apple Cider Vinegar, promotes sound sleep.

• As digestive aids:

Raw honey contains enzymes that are present in the digestive juices, thus aid digestion.

• Promotes healthy teeth:

Honey contains inhibine that hinders the growth of harmful bacteria in the mouth.

• Promotes healthy gastro-intestines (GI):

While inhibiting the growth of harmful bacteria, honey promotes the growth of probiotic bacteria in the gut which may help strengthen the immune system, improve digestion, lower cholesterol, and prevent colon cancer.

• Counteracts fatigue and boost energy levels:

Best if combined with Apple Cider Vinegar.

• Soothes sore throat and respiratory discomfort and wards off asthma and allergy attacks:

1 tablespoon of honey, 1 teaspoon of bee pollen, and 1 tablespoon of Apple Cider Vinegar in a glass of warm water was suggested by Carl Wade, one of the most widely read health writers and researchers.

• Controls cholesterol:

According to reputable sources like BBC news, WebMD Health Corp, American Chemical Society, and the University of Illinois at Urbana-Champaign, certain anti-oxidants and vitamins found in honey are known to lower cholesterol and fight its accumulation in the body.

Uses of Honey

- A traditional folk medicine.
- An excellent natural preservative.
- A healthy substitute for sugar in beverages.
- For food preparation like cooking, baking and as a spread on breads.
- For hair and skin therapy.

Called a perfect food and "a food for the gods" by Dr. John Lust.

Important Note:

The health and medicinal benefits of honey can only be effective provided that the honey is raw, pure, and organic. Most honeys on the market are treated with high heat, ultra-filtered, removing many of honey's beneficial nutrients, enzymes, and antibacterial properties which are sensitive to heat. Besides, non-organic honey may contain traces of chemicals and pesticides that are harmful to the body. So choose raw and organic honey.

Precaution: It is advised that neither honey nor any other sweetener be given to children under 12 months. This is because an infant's digestive secretions are not yet able to handle the intake of honey and other sweeteners, which may become toxic and a potential threat to infants.

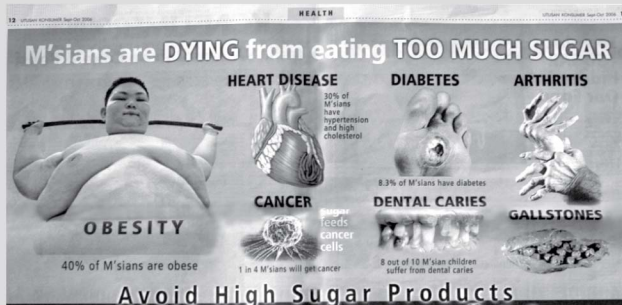
为什么以蜜糖代替糖？

什么是糖？

一般的糖也称为蔗糖。虽然蔗糖是天然自有的，但它总是与纤维及其他营养素组合一起。上帝让蔗糖存在含高纤维的物质里（例如，甘蔗）是为了避免我们过量摄取蔗糖。

今天我们所认识的糖是一种人造物质。人类去除了纤维及其他营养素，单单集中当中的糖份。因此，我们日用的糖当中的蔗糖份量远远超出了天然食物中的。这种人造的物质经常对身体的正常生理机能造成混扰。

让我们听听马来西亚消费人协会怎么说：



(摘自马来西亚消费人协会2006年9月—10月)

什么是蜜糖？

蜜糖是蜜蜂重要的食物来源。蜜蜂必须飞行三万五千英里、采集两百五十万朵花，才能生产一磅（0.45公斤）的蜜糖。蜜糖比糖较慢被身体吸收，因而蜜糖能更长时间平稳地提供能量，不像普通糖会带来突发的精力及紧接着的疲乏。蜂蜜中也包含人体必需的多种酵素，能帮助消化并转换营养素成为能量。

几个世纪以来，蜂蜜不仅在食物和饮料中被使用，而且也被用来当健康补品及药膳。

蜂蜜

- **平衡新陈代谢：**
蜂蜜是一种复杂物质，和糖不同，它能平衡我们的身体机能，而不是减低代谢能力。
- **抗自由基并防止过早衰老：**
蜂蜜包含多种化合物。在蜂蜜中所被认知的抗氧化化合物有金黄素、生松树醇、维生素C、过氧化氢酶和松果间素。这些抗氧化剂提供防御对抗自由基，因而防止细胞损坏及过早衰老。
- **强健骨骼：**
不同于糖(是99.5%蔗糖)，天然蜂蜜至少有一百六十五个可识别的组分，其中包括多种氨基酸、酵素、矿物质、维生素和抗氧化剂。在蜂蜜发现的主要氨基酸是果仁糖，是胶原蛋白的主要元件，使身体结合在一起，并且在骨头形成中担当首要矩阵。
- **提高钙质吸收能力：**
根据美国普渡大学一项研究显示，补钙同时吃蜂蜜能提高身体对钙质的吸收能力。
- **有益关节及硬化组织：**
保罗·白尔哥博士及柏逊莎·白尔哥博士写道，“如果您患有关节过早老化和组织硬化，采用苹果醋，并混合蜂蜜…每日一两次您将发现在几个月后，您的关节将不再疼痛。”
- **天然安眠剂：**
天然蜂蜜，当与苹果醋结合时，能促进酣然的睡眠。
- **帮助消化：**
天然蜂蜜包含消化液里的酵素，因此能帮助消化。
- **促进牙龈健康：**
蜂蜜包含防止口腔里有害细菌滋长的抑菌素。
- **促进肠道健康 (GI)：**
在帮助阻止害菌滋长的同时，蜂蜜也能帮助加强食道免疫系统、促进益生菌成长、帮助消化、减低胆固醇并且有助预防结肠癌。
- **抗疲劳及加强能量：**
与苹果醋一起服用效果更佳。
- **舒缓喉咙疼痛及呼吸困难，并预防哮喘和过敏症发作：**
卡尔·维，一位众多读者的健康作家及研究员建议一杯温水中加入一大汤匙蜂蜜、一茶匙蜂花粉、及一大汤匙苹果醋，能达到以上功效。
- **控制胆固醇：**
根据世界闻名的BBC英国广播公司、健保资讯公司、美国化工协会、及尔般那平原的伊利诺伊大学的发表，蜂蜜中某些的抗氧化剂和维生素能降低胆固醇及能抗胆固醇在体内储积。

蜂蜜的用途

- 传统民间药膳。
- 天然防腐剂。
- 饮料中糖份的健康代替品。
- 可作烹调、烘烤之用及当面包配酱。
- 头发及皮肤疗法。

被约翰·拉斯特博士称为完美的食物及“上帝的食物”。

注意事项：

只有天然未加工、纯净及有机的蜂蜜，才有健康及医疗的益处。市场上售卖的蜂蜜大多已经过高温过滤，因此破坏了蜂蜜里许多的有益营养素、酵素、及抗菌物。此外，非有机蜂蜜也许包含对身体有害的化学品及杀虫剂。因此，请选择天然未加工及有机的蜂蜜。

防备措施：十二个月以下的婴儿忌用蜂蜜及其他糖精。这是因为婴儿的消化分泌物还未成熟无法分解蜂蜜和其他糖精，并可能对婴儿造成中毒及带来潜在的威胁。