

Magic honey miracle cure

Beekeeper claims many ailments can be treated with natural goodness

Estelle Ellis
ellise@timesmedia.co.za

ALL you really need is honey, sleep and water – sounds like something the beloved children's character Winnie the Pooh would say, but actually it is a favourite phrase of local beekeeper and environmental activist Sue Hoffmann.

Since she started keeping bees in 2010, she has used honey to cure a myriad of illnesses and niggles.

"A teaspoon of honey every day is powerful medicine," Hoffman said.

Honey should go directly from the hive to the bottle, the beekeeper said. "I don't use any plastic.

"The new trend in beekeeping is to use plastic frames because it saves the bees from filling holes in the wood with propolis [a natural antibiotic glue that bees manufacture].

"This means that they make more honey, but I believe that plastic makes for unhappy hives," she said.

Hoffmann said even after half a decade in the beekeeping business she was still fascinated by the "magic" of honey.

"It takes one microgranule of pollen to make one microgranule of honey.

"You have to be in awe of that."

Hoffmann said honey had numer-

ous health benefits and was excellent for a host of various ailments.

"It is excellent for sore throats. You can put it on cuts and sores.

"If you suffer from allergies you must eat the honey of your area to build up a resistance."

Hoffmann said she even managed to cure blood poisoning that surgeons first thought would require surgery, by using a honey poultice.

"Honey is a truly remarkable substance. Nobody has been able to make it in a factory.

"Bees are the only creatures on earth that can create honey."

Hoffmann said that the most important thing to remember is that honey must never be heated.

"If the honey crystallises just put it in the sun for a while or in a car's boot where it is a bit warmer.

"It will soon be fine again.

"If you ever wonder exactly how amazing honey is, just remember that it is the only food known to man without a shelf life. It does not go off."

Tanya Wyatt from Happy Body health consultants agreed that honey should never be heated.

"It destroys everything that makes it healthy.

"Always buy local honey and make sure it is not from China as Chinese honey is often irradiated, which poses a health risk," Wyatt said.



BUSY BEES: While they don't collect honey in winter, beekeeper Sue Hoffmann and her assistant, Monga Khatshiwe, can't resist the temptation to see how their bees are doing
Picture: Eugene Coetzee

PEANUT BUTTER BOMBS

TANYA Wyatt from the lifestyle consultancy Happy Body, shares her recipe for peanut bombs.

"I tend not to recommend heating honey for cooking or baking as this damages the live enzymes that make it so incredibly healthy."

Preparation time is about 10-15 minutes.

INGREDIENTS:

2 cups various raw nuts
½ tsp salt
½ cup coconut oil

½ cup desiccated coconut
1 tbsp raw honey
½ cup peanut butter
1 tbsp vanilla extract

METHOD:

Chop the nuts in either a coffee grinder, or a food processor. Now mix all the other ingredients and process until smooth.

Grease a baking tray and then scoop the mixture out to create whatever size "bombs" you desire.

Freeze for an hour and then keep in the fridge.

