

## Honey: The First Antibiotic

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Honey was [recommended by Hippocrates for ulcers](#) and [used for thousands of years](#) as a medicine. But due to [the use of modern antibiotics](#), however, its medicinal benefits have been forgotten for 60 years.

But honey was mostly likely our very first antibiotic.

- **Honey contains [hydrogen peroxide](#)** which is released slowly and kills bacteria.
- **Honey helps "Good Bacteria" Grow.** [Honey contains prebiotics](#) which help "[good](#)" [bacteria called probiotics](#) grow.
- **Honey contains Antioxidants.** Just like chocolate (which [helps your heart](#)), the darker the honey the higher the level of antioxidants.
- **Honey can be used to heal burns and wounds.** A 2006 study found that "[honey, the oldest wound dressing material known to medicine, can give positive results](#) where the most modern products are failing". A 2002 study also showed that [honey helped treat ulcers that were resistant to antibiotics](#).

### CAUTION!

- **Do Not Give Honey to Infants < 1 Year of Age.** Infants do not have enough stomach acid to kill the bacterium [Clostridium botulinum](#) that can cause severe food poisoning.

### What Do The Different Grades Of Honey Mean?

- Honey is graded on a scale from 1-100 based on 3 factors:
- [Click here to see how Grade A, B, and C honey is graded.](#)

Factors	Points
Flavor and aroma .....	50
Absence of defects .....	40
Clarity .....	10
Total Score .....	100



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Dr. Arnold!