

The Recent Science Of Honey

Honey isn't just for comfort foods—recent studies say it may be comforting us in ways we never imagined

We've always known honey was sweet but recent events show its health properties may be even sweeter. Ron Fessenden, MD, co-author of *The Honey Revolution*, says a recent national Canadian health study shows honey benefits even while you sleep. "It revealed taking honey before bedtime stocks the liver with glycogen so the brain doesn't run out of fuel," Fessenden says. "The reason honey has this property is because bees separate what would be one molecule of fructose and glucose into two.

But honey doesn't just improve your sugar levels, but actually can ward off a cough—at least in children. Last year, Penn State University studied 105 children from ages 2 to 18 and found honey superior to over the counter remedies, according to Ian Paul, MD, lead researcher on the study.

Finally, honey was found not just to be a lifesaver—but even a legsaver. In January, a New York hospital was able to save the leg of a patient this year by using medihoney, a honey-based medical product.