

WALK SLOWLY WITH PURPOSE

The Sweet Truth: Local Raw Honey Shines in the Mitten

By Dominic Fortuna

SUTTONS BAY -- As a singer, I'm always on the lookout for natural ways to keep my vocal folds in top shape. That's why I'm obsessed with local raw honey – it's a game-changer. Not only does it add a touch of sweetness to my tea, but it also helps with allergies, inflammation, and overall wellness. Let's dive into the awesome benefits of raw honey -

Here's a thorough list:

- 1. Soothes Cough: Raw honey is a natural cough suppressor, coating the throat and calming irritations.
- 2. Antibacterial Properties: Raw honey has hydrogen peroxide, which gives it antibacterial powers, helping to fight infections.
- 3. Anti-Inflammatory: Raw honey's antioxidants and flavonoids reduce inflammation, easing conditions like sore throats and arthritis.
- 4. Allergy Relief: Consuming local raw honey exposes you to local pollen, helping desensitize you to allergies.
- 5. Wound Healing: Applied topically, raw honey promotes wound healing, reduces infection risk, and speeds up tissue repair.
- 6. Digestive Aid: Raw honey soothes digestive issues, like ulcers and gastro issues, thanks to its prebiotic properties.
- 7. Energy Booster: Raw honey's natural sugars provide a quick energy boost, making it a great pre-workout snack.
- 8. Antioxidant-Rich: Raw honey contains antioxidants that fight free radicals, protecting against chronic diseases like cancer and heart disease.
- 9. Skin Health Raw honey's antibacterial and moisturizing properties make it a great face mask or skin treatment, helping with acne and eczema.

- 10. Immune System Support: Raw honey's antimicrobial properties help boost your immune system, fighting off illnesses.
- 11. Sleep Aid: Consuming raw honey before bed can promote relaxation and improve sleep quality.
- 12. Respiratory Relief: Raw honey helps with asthma and bronchitis symptoms, easing congestion and coughs.
- 13. Oral Health: Raw honey's antibacterial properties can help with oral health, reducing plaque and gingivitis.
- 14. Neuroprotective Effects: Some studies suggest raw honey's antioxidants may help with neurodegenerative diseases like Alzheimer's and Parkinson's.
- 15. Weight Management: Raw honey's natural sweetness can help curb cravings, supporting weight management efforts.

Some other perks:

Raw honey's unique flavor profile comes from the flowers the bees visit.

I recently had the pleasure of meeting a beekeeper in Suttons Bay, who runs an amazing operation. She produces some of the most exquisite raw, unpasteurized honey I've ever tasted. And the best part? She filters it just once with fine cheesecloth – no pasteurization in sight. It's liquid gold, folks.

But what really gets me excited is the variety of flavors you get with local raw honey. Depending on what flowers the bees have been busy with, you can experience a range of tastes. Take the lady in Boyne City, for example – her honey has a rich, caramel-like flavor, and she's got a bear problem, which only adds to the story. Or the lady in Wolverine, whose honey has a hint of licorice, thanks to the abundance of golden rod near her farm.

I've been experimenting with crystallized honey, too. There's nothing quite like adding a spoonful

to your coffee or tea – it's the perfect natural sweetener. And the health benefits? Countless. Raw honey has antibacterial properties, anti-inflammatory compounds, and can even help alleviate allergy symptoms.

I've got a quart of my favorite honey stashed away, and I savor it by the tablespoonful. It's a treat, for sure, but it's also a healthy habit. I've noticed a significant improvement in my vocal health since I started using it regularly.

If you're looking to experience the magic of local raw honey, I highly recommend seeking out a beekeeper in your area. Not only will you be supporting local agriculture, but you'll also get to meet some incredible people. And who knows, you might just find your new favorite flavor.

As for me, I'll be back in the studio soon, belting out tunes with a spoonful of liquid gold in my tea. If you're a fellow music lover or just someone looking for a natural way to sweeten up your life, give local raw honey a try. Your taste buds (and vocal folds) will thank you.

Upcoming Honey Adventures

This Thursday, I'll be picking up a jar from a lady in Wolverine – can't wait to try it in my morning tea. Looking for a crystallized honey to add to my coffee routine – if you know a beekeeper with a great selection, let me know!

Local Beekeepers

Suttons Bay: Unpasteurized, raw honey filtered with fine cheesecloth

Boyne City: Rich, caramel-like flavor (bear problem notwithstanding)

Wolverine: Licorice-like flavor, thanks to golden rod

Support your local beekeepers and taste the difference for yourself! !

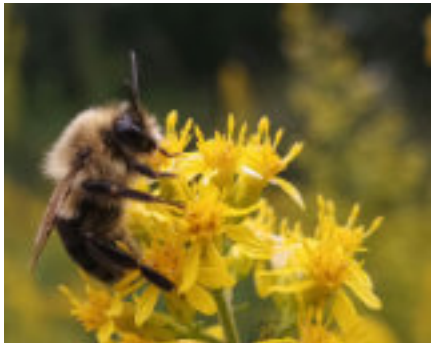


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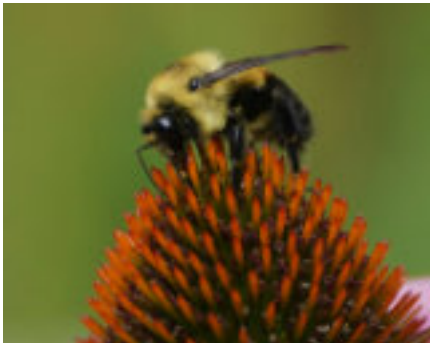


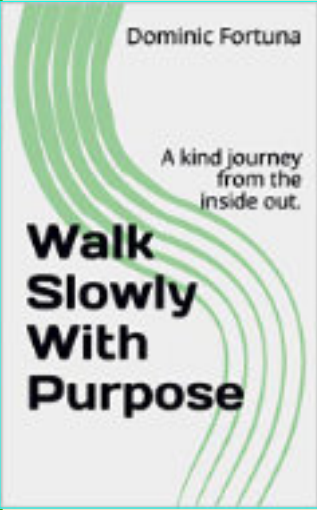
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