

Farming

Volume 1 | Special Issue 1 |

July 2022

ISSN 2816-3966

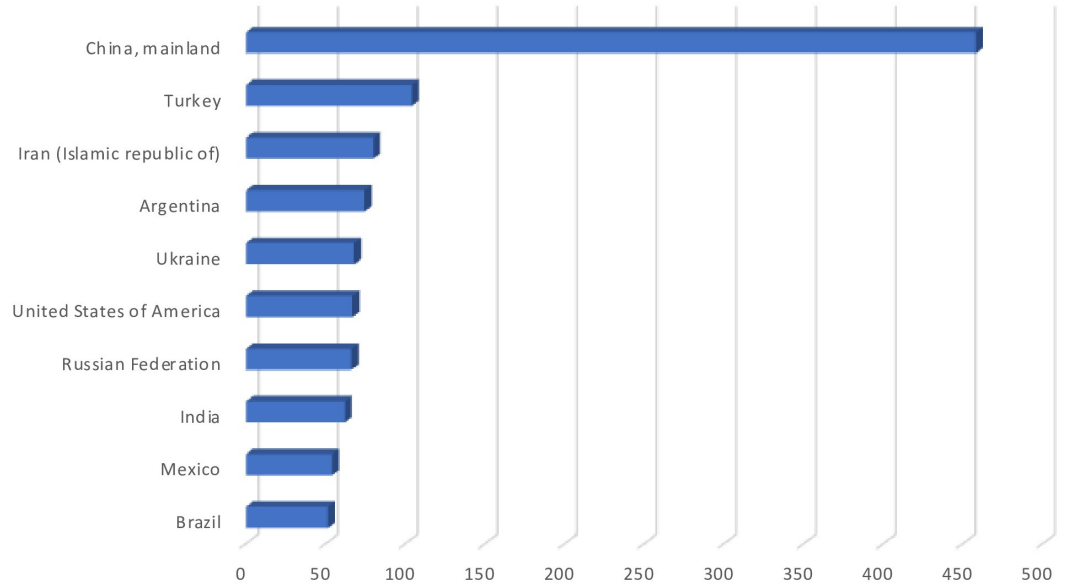


BENEFITS OF HONEY FOR BEES AND HUMAN HEALTH

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Both human and environmental health depends on bee populations. Bees are essential to produce food because of their role as pollinators and the medical benefits of honey and other goods. Over 4,000 of the 20,000 bee species that are known to exist in the world are indigenous to the United States. Few of these are managed by humans, and most of the species are wild. Bees are valued not only for their honey but also for helping to ensure food security and diversity in both plants and animals. But as urbanisation and the usage of pesticides increase, bee populations are declining, which has a negative impact on many ecosystems on Earth. Honey production would be impacted by the loss of bees, but more crucially, so would biodiversity and global food security. The world may look very different if not for them.

Royal jelly displays an assortment of pharmacological exercises, including against cancer, antioxidative hostile to weariness etc.



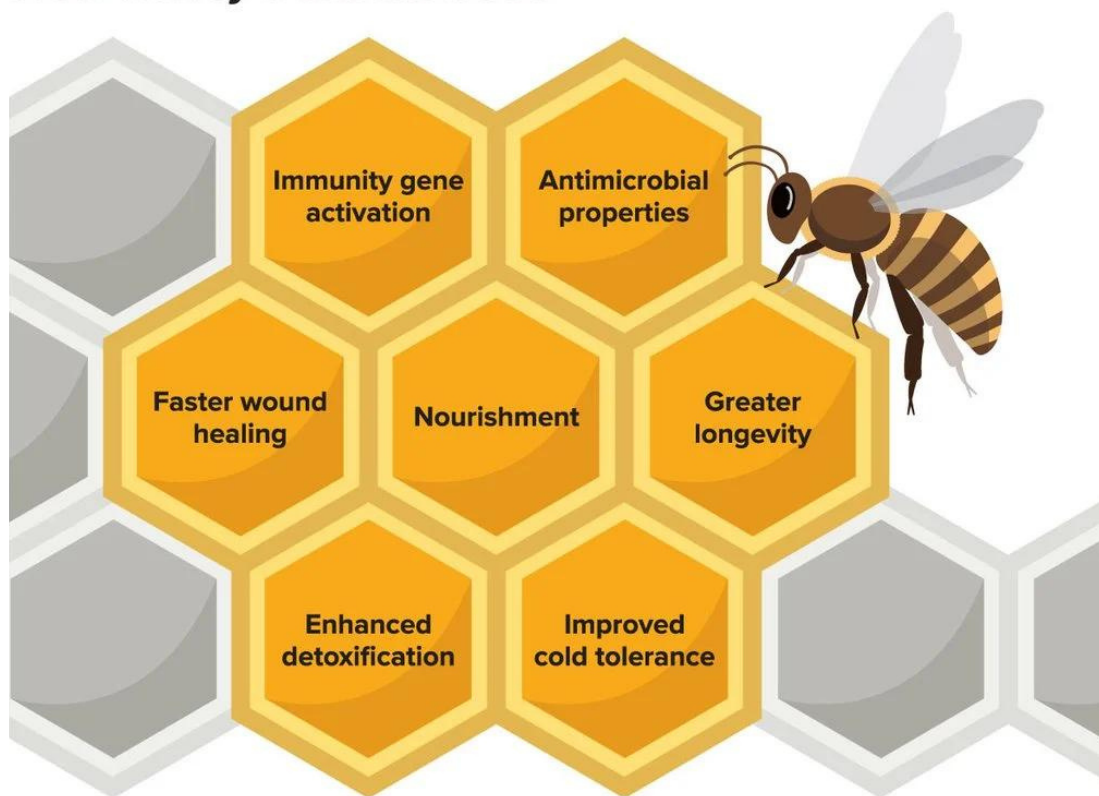
Source- Statista 2022

Leading Producers of natural honey worldwide in 2020 (in thousand metric tons)

Honey has numerous benefits for human health but there is one another side of honey which was not widely discussed by humans as compared to the health benefits of honey to human beings. A substantial amount of studies have shown that honey is packed with plant compounds that affect the health of honeybees. Components in honey can extend the life of bees, increase their resistance to extreme weather, such as bitter cold, and improve their capacity to heal wounds and fight diseases. Honey activate the immunity gene in bees, have antimicrobial properties, wound healing capabilities, nourishment, acts as a detoxifier etc.

Honey is used in many beauty treatments, especially for its moisturizing and antiseptic qualities

How honey benefits bees



Honey, and the plant compounds within, impart all sorts of health benefits to bees. Reporting by B. McCoy / Knowable Magazine

Bees are important for a variety of reasons. They are significant historically, benefit human health, and support thriving ecosystems. Although not all bees make honey, it is one of the key factors in why people love bees. It is a natural sweetener with a variety of potential health benefits. Since ancient times, people have used bees and bee-related items for therapeutic purposes. Researchers have taken note of assertions that it possesses anti-inflammatory, anti-microbial, antioxidant, and anti-cancer effects. Honey is used in traditional medicine to cure a wide range of illnesses.

Honey contains mostly sugar, as well as a mix of amino acids, vitamins, minerals, iron, zinc and antioxidants.

Although many of these applications lack scientific support, they include:

- eye diseases
- bronchial asthma
- throat infections
- tuberculosis
- dizziness
- hepatitis
- constipation
- worm infestation
- haemorrhoids
- fatigue
- eczema
- ulcers
- thirst
- hiccups
- wounds