

Honey from Kmt

By Mfundishi Jhutyms Salim, Kemetic High Priest

In 1862, Egyptologist Edwin Smith purchased an ancient scroll from a couple of vandals in Luxor, Egypt. About 70 years later, a University of Chicago scholar translated the text, which turned out to contain 48 medical case histories, recorded around 3000 B.C.

Case number three described treatment for an acute head wound. After stitching the wound shut, oil and honey were applied to prevent infection.

5,000 years later, that might still be the best treatment.

In the introduction to a new study titled "Honey as a Topical Treatment for Wounds," University of Auckland (New Zealand) researchers write, "Honey has been used since ancient times as a remedy in wound care. Evidence from animal studies and some trials has suggested honey may accelerate wound healing."

To determine if honey actually speeds healing in acute and chronic wounds, the Auckland team searched several databases and found 19 studies in which wounds were treated with honey. More than 2,500 subjects participated in these trials.

RESULTS:

* In acute wounds (burns, lacerations) honey had a significant effect. In some moderate wounds where damage to nerves and blood vessels occurred, healing time was reduced by as much as five days compared to conventional treatments.

* The use of honey in chronic wounds (diabetic ulcers, arterial and venous ulcers, pressure ulcers, and infected surgical wounds) did not significantly increase healing time compared to conventional treatments.

"In the raw state (and the word 'raw' is vital here...'uncooked' does not qualify) honey contains enzymes and nutrients that can be very useful to the body. Unfortunately, heat destroys many of them, and commercial honey is heated to keep it from crystallizing inside processing machinery."

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