**SCOTT-TISH BEE HONEY “BLUEBERRY”**

 **PRICES: 8oz. $11.00 16oz. $16.00**

**Blueberry honey is not only delicious but also packed with numerous health benefits. Here are the top 10 health benefits:**

* **Rich in Antioxidants**: Blueberry honey contains high levels of antioxidants like phenolic acids and flavonoids, which help protect your cells from oxidative stress and reduce the risk of chronic diseases
* **Anti-inflammatory Properties**: The anti-inflammatory effects of blueberry honey may help reduce inflammation in the body, which is beneficial for conditions like arthritis and other inflammatory diseases
* **Antimicrobial and Anti-fungal**: Raw blueberry honey has natural antimicrobial and anti-fungal properties, making it effective in treating minor wounds, burns, and soothing sore throats and coughs
* **Digestive Health**: Blueberry honey aids in digestion and soothe stomach issues such as gastritis and acid reflux. It also promotes a healthy gut microbiome
* **Immune System Support**: The immune-modulating properties of blueberry honey helps boost your immune system, making you more resilient to infections
* **Skin Care**: When applied topically, blueberry honey helps with skin conditions like eczema and psoriasis. It has gentle exfoliating, brightening, and tightening effects on the skin
* **Energy Boost**: The natural sugars in blueberry honey provide a quick and healthy energy boost, making it a great alternative to processed sugars
* **Heart Health**: The antioxidants in blueberry honey help improve heart health by reducing bad cholesterol levels and preventing the oxidation of LDL cholesterol
* **Respiratory Health**: Blueberry honey helps soothe a sore throat, relieve a cough, and improve sleep quality for people suffering from upper respiratory infections
* **Wound Healing**: Due to its antimicrobial properties, blueberry honey is used to treat minor cuts and burns, promoting faster healing and reducing the risk of infection

**Blueberry honey has several medicinal properties that can help treat or alleviate various conditions. Here are some of the key medical conditions it can help with:**

* **Respiratory Infections**: Blueberry honey can help alleviate symptoms of upper respiratory infections, improving sleep quality and reducing discomfort
* **Oral Health**: Its antimicrobial properties may help in maintaining oral health by reducing bacteria that cause gum disease and tooth decay
* **Immuno-modulating Properties**: Blueberry honey can help regulate and strengthen your immune system, making it more effective in fighting off illnesses
* **Heart Health**: The antioxidants in blueberry honey can help improve cholesterol levels and reduce the risk of heart disease
* **Cough and Throat Relief**: Blueberry honey is known to calm coughs and soothe throat soreness, making it a great **natural** remedy for colds and respiratory issues

**Blueberry honey is not only delicious but also packed with a variety of nutrients. Here are some of the key nutrients found in blueberry honey:**

* **Antioxidants**: It contains high levels of antioxidants such as phenolic acids and flavonoids, which help protect your cells from oxidative stress
* **Vitamins**: Blueberry honey includes small amounts of vitamins like Vitamin C and B vitamins, which are essential for various bodily functions
* **Minerals**: It contains trace amounts of minerals such as calcium, iron, magnesium, potassium, and manganese, which are important for bone health, oxygen transport, and muscle function
* **Amino Acids**: Blueberry honey has small amounts of amino acids, which are the building blocks of proteins
* **Enzymes**: It contains enzymes like glucose oxidase, which have antimicrobial properties and contribute to honey’s health benefits
* **Organic Acids**: These acids, including gluconic acid, contribute to the honey’s flavor and its antimicrobial properties
* **Bioactive Compounds**: Blueberry honey contains various bioactive compounds that contribute to its health benefits, including anti-inflammatory and antimicrobial properties

**In summary, Blueberry honey is a remarkable natural product with a multitude of health benefits.**