

Benefits of honey

Drinking warm water with pepper and honey can delay the onset of an asthma attack by half-an-hour, giving ample time to get help and medication, says Sadhguru Jaggi Vasudev

Following are a few diet tips for people suffering from some chronic ailments.

Asthma

Honey is extremely beneficial for asthmatics. It gives the necessary warmth in the body and dissolves the phlegm in the respiratory tract. By drinking warm water mixed with pepper and honey one can delay the onset of an attack by half-an-hour, giving ample time to get

help and medication. If done on a regular basis, it can also completely rid one of the ailment.

Another tip to avoid spasms is to soak few *tulsi* leaves and pepper in honey for 3-4 hours and then chew it.

It is best to avoid bananas, jack fruit, cooked beet root (you can eat raw beet root), country beans and dairy products. Also avoid coconut as it forms mucous.

Cancer

Turmeric and *neem* apart from being good cleansers, have also been found effective in curing cancer. All bodies have cancerous cells. When these cells increase beyond a certain percentage, they begin to cause problems. By consuming *neem* and turmeric every day, we can reduce the risk of

getting cancer. Then cancerous cells will always be below harmful levels.

For this, all one needs to do is just grind turmeric and *neem* separately and make a paste of each. They should be consumed on an empty stomach. Make a marble sized ball of each in the morning and swallow it followed by water. Avoid eating anything else for an hour after consuming

these. This ensures that it remains in the stomach and does not get diluted.

Please take note that you do not mix the paste of *neem* and turmeric.

Diabetes

Diabetics should consume enough quantities of bitter gourd, which is very beneficial for them. Diabetics should also consume one ball of *neem* and turmeric each, every day.

Cardiac patients

People suffering from cardiac problems should avoid animal fat. Ninety seven percent of people who suffer from this problem are non-vegetarians. Going-off this food will bring down their cholesterol to normal levels.



Zsuzsanna Kilián

(Send in your feedback to timesfoundation@timesgroup.com)

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The magic of **HONEY**

Other than being tasty, the wonders of honey are many

Hi, honey!" That happy greeting may also apply to the yellow-capped squeeze bear in your pantry, because the contents are good for so much more than sweetening tea. Honey is a natural antiseptic, moisturiser, and - thanks to all its antioxidants - an age-fighter, too.

The high concentration of sugars gives honey germ-killing



power, which is why it's been used for thousands of years to encourage wound healing. Honey's thick, sticky consistency also makes it a natural, protective salve, sealing out infection and creating a moist, healing environment within. Use it in a pinch if you develop blisters on a camping trip.

Honey is a terrific moisturiser for the face and body, too. Honey is a natural humectant, meaning it draws 'free water' from interior tissues to the surface layers of the skin. That subtle fluid shift creates a plumping effect that temporarily improves the appearance of wrinkles - handy before a morning presentation or a big night out.

To see for yourself, try this moisturising honey mask, which also soothes dry, sensitive, or irritated skin: Mix 2 tablespoons of honey and 2 teaspoons of whole milk. Warm slightly in the microwave. Smooth the mixture onto your face and lie down for 10 minutes. Rinse off with warm - not hot - water.

As for the age-fighting effects, all types of honey contain antioxidants that appear to block skin-cell damaging free radicals, though dark honeys - particularly the honeydew and buckwheat varieties - have more of them than paler clover honeys. While there's still a debate on how effective antioxidants are when applied to the skin, have swirling dark honey with your yogurt every morning. It's a simple way to nourish your skin from the inside.

TNN

A spoonful of this fat-free product can work wonders!
Time to say thank you honey!

Honey—the sweet, sticky liquid created by a colony of bees—is a great source of simple carbohydrates. Each tablespoon of honey boosts you with 64 calories of pure energy. Also, it's fat-free, cholesterol-free and sodium-free.

Apart from its culinary and medicinal properties, honey has often been used as a metaphor for sweet reward! Abe Lincoln once said, "The only reason for being a bee that I know of is making honey... And the only reason for making honey is so I can eat it!"



EXPERT SPEAK

Honey is enriched with medicinal properties. It cures coughs, and is ideal for kids who hate the taste of the usual cough syrups. However, most doctors don't recommend honey to infants, especially for the first year. Because honey can cause botulism in infants under one, and this causes pneumonia and dehydration. So, no honey for your little honey!

— Pooja Makhija, dietician

WHY HAVE HONEY?

Honey contains small amounts of a wide array of vitamins, minerals, amino acids and antioxidants. The vitamins found in honey may include niacin, riboflavin and pantothenic acid; minerals like calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc. Just as the colour and flavour of honey varies by floral source, so does the vitamin, mineral, antioxidant and amino acid content.

HONEY STORAGE

- Store honey in a cool location away from direct sunlight in a tightly covered container. It is not necessary to refrigerate it.
- Do not be alarmed if stored honey becomes cloudy. This is called crystallisation. It isn't harmful and does not indicate deterioration.
- If your honey crystallises, you can easily re-liquify it by gently heating the jar in a pan of hot water, stirring while heating. Do not overheat as it may alter the flavour and colour as a result of caramelisation.

GARLIC HONEY POTATO WEDGES

Ingredients

- 4 large potatoes, par boiled and cut into wedges
- Oil, to fry
- 1 tbsp cornflour
- Salt and white pepper, to taste
- 1 tsp dry mint powder
- 1 tbsp olive oil
- 1 tsp garlic, grated
- ½ tsp red chilli flakes
- ½ tsp chilli sauce
- 1 tsp salsa sauce
- 1 tbsp honey

Method

Put the wedges in a bowl. Sprinkle cornflour, salt, pepper and mint powder. Toss gently to coat. Heat oil and deep-fry the wedges until crisp and drain.

In another pan, heat oil. Stir fry the garlic till the colour changes. Add chilli flakes, chilli sauce, salsa sauce, honey, salt and pepper to it.

Mix well and stir in the potatoes. Toss gently to make sure it's well coated and remove from heat. Garnish with spring onion tassels or tomato curls.

(Recipe courtesy: 365 Days Of Honey by Komal Taneja)

LOOK BEAUTIFUL WITH HONEY

- Apply pure honey to your face and allow it to set until dry. Once dry, rinse with warm water.
- For sweet-smelling and soft skin, add ¼–½ cup of honey to your bath water.
- Mix 1 tsp honey with a little milk powder into the palm of your hand. Use to clean make-up.
- For shiny hair: Mix 1 tsp honey and some lemon drops to a litre of warm water. Shampoo your hair as usual and then pour the mixture on your hair. Allow your hair to dry. You don't have to rinse out the mixture.
- For healthy hair and scalp, combine ½ cup of honey and 2 tbsp of olive oil. Saturate your hair with the honey mixture, put on a shower cap and allow it to remain on hair for 30 minutes. After 30 minutes, shampoo and rinse your hair as normal.

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