

THE TRUMPET SOUND

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Honey

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Renowned German
 Naturalist, Francis Huber,
 called bee pollen "the
 greatest body builder on
 earth!"

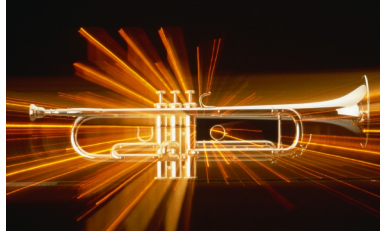


FLAG CORNER:

In 2006, Clint Eastwood directed *Flags Of Our Fathers*, a patriotic WWII film about the Battle of Iwo Jima, the men involved in raising the flag, and the aftermath of those events. He correctly portrays the events of those days.

Chuck Melson, chief historian of the U.S. Marine Corps, says the film is historically true, including the picture of the war bond drive, the spectacular scenes of ships coming to Iwo Jima, and the congestion of the beach during the invasion. Melson also says the dangers faced by Navy medics are accurate.

In recognition of the bravery and courage of our military, the film received nominations at the 79th Academy Awards and Eastwood received a nomination at the 64th Golden Globe Awards for Best Director.



Wisdom Corner

The beginning of an argument is like water—it flows more and more; therefore, turn it off before words are spoken that you really don't mean.

RAW HONEY HAS REAL MEDICINAL PROPERTIES

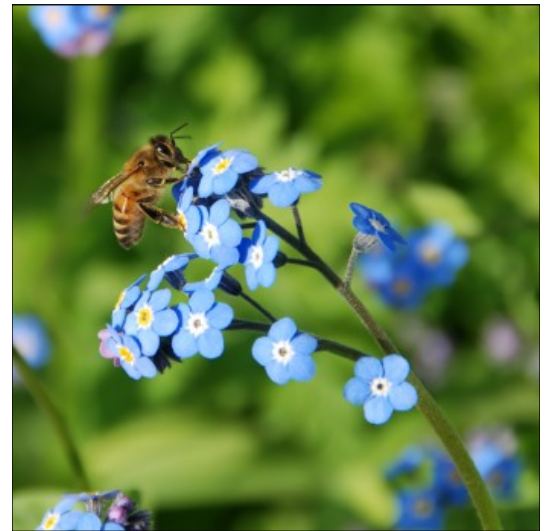
With growing resistance to antibiotics, honey which contains anti-infection and anti-inflammatory properties has become a natural alternative. The CDC (Center for Disease Control) says, "nearly all significant bacterial infection in the world are becoming resistant to the most commonly prescribed antibiotic treatments," however, honey which was a therapy used to fight infection up until the early 20th century, has now been approved by the Food and Drug Administration (FDA) to be used in wound and burn care in the United States. Not just any honey though – Manuka honey from New Zealand. This honey is made with pollen gathered from the flowers of the Manuka bush (a medicinal plant) and has an extra ingredient with antimicrobial qualities called the Unique Manuka Factor (UMF)

If you don't have New Zealand Manuka honey, raw

honey can be used to treat a mild burn, sun-burn, or a small wound at home.

The antioxidant and antimicrobial properties and benefits of the honey are found in the pollen. Pollen, the male seed of flowers, is the food of the young bee and approximately 40% protein. It contains nearly all nutrients required by humans and cannot be synthesized in a laboratory.

Science cannot identify some of the elements yet bee pollen works spectacularly against many conditions of ill health. Leo Conway, M.D., of Denver, Colorado reported, "All patients who had taken pollen for three years remained free from all allergy symptoms no matter where they lived and regardless of diet.... Ninety-



four percent of his patients were completely free of all allergy symptoms. The other six percent did not follow directions and were partially relieved." Dr. Mercola suggests taking bee pollen six weeks before hay-fever and allergy season, and continue through season.

Bee pollen has also been used throughout the world...

....continued pg. 2

BEE POLLEN AND CHEMOTHERAPY

Bee pollen lessens the ravenous side effects of chemotherapy as reported in Dr. Mercola's article, [The Use of Bee Pollen as a Superfood](#). Remarkable results were found from the use of bee pollen in a study of twenty-five women suffering from

uterine cancer. The study was conducted by Dr. Peter-Hernuss and his colleagues at the University of Vienna.

The women were treated with chemotherapy because surgery was impossible. Some of the women were given bee pollen with their food. These women quickly

exhibited a higher concentration of cancer fighting, immune-system cells, increased antibody production, and a markedly improved level of infection-fighting and oxygen carrying red blood cells (hemoglobin). This group also suffered less from the awful side effects of chemotherapy as well.Continued pg. 2.

Honey...the busy bee for you and me!

- Lesa Hukill

Local Harvest

Check your local farmers market for honey containing the FULL amount of pollen.

Localharvest.org

Bee pollen contains all the essential components of life.

- Dr. Mercola

American Beekeeping Federation

Contact the ABF for honey recipes, tips, and brochures, and to even schedule a visit from the American Honey Queen!



Emily Campbell 2013 American Honey Princess
Speaking to elementary students, Frankfort, KY.
404-760-2875

Safety First

National Vaccine Information Center
Phone: 1-703-938-0342
www.nvic.org

RAW HONEY...CONTINUED FROM PG 1

to improve endurance and vitality, aid in recovery from chronic illness, building new blood, preventing colds and



flu, and even overcoming retardation and other developmental problems in chil-

dren. It is effective against salmonella and when given to anemic patients, levels of hemoglobin (oxygen carrying red blood cells) increase considerably. Bee pollen is also reported to normalize cholesterol and triglyceride levels in blood. Even though such astounding results from pollen have been documented, pollen along with its benefits have been removed from the honey found on grocery store shelves and labels do not give you this information.

Food Safety News did their own investigation analyzing 60 jars of honey off grocery store shelves from 10 states and District of Columbia. Professor Vaughn Bryant, Texas A&M University, found shocking statistics from the containers of honey provided by Food Safety News:

- 76% of the honey samples at grocery stores had all the pollen removed
- 100% of honey samples at drug stores contained no pollen
- 77% of honey samples at big box, like Wal-mart and Target stores, had the pollen filtered out
- 100% of honey samples bought at small individual portions like Smuckers, McDonalds, and KFC had the pollen removed
- All of the honey samples at farmer's markets, co-ops, and natural stores like Trader Joes had the full amount of pollen

All honey is not equal. Check you local farmers market for honey containing the full amount....Click here , [Food Safety News](#) for a list of honey brands without pollen by Food Safety News.

- Lesa Hukill

BEE POLLEN AND CHEMOTHERAPY...CONTINUED FROM PG 1

Bee pollen lessened the terrible nausea that many times accompanies treatment and kept hair loss to a minimum. They also slept better at night. The group of women receiving a placebo did not experience

comparable relief to those who received bee pollen.

Cancer is the number two killer in the United States. This information should be widely published and patients told of this natural remedy that could

so wonderfully alleviate many of the side effects of cancer treatment. My question is—why have we not been informed?

- Lesa Hukill

HONEY MUFFINS

- 1 stick of real butter—softened
- 2 eggs
- 1 c. honey (raw honey)
- Cream above ingredients.

Sift dry ingredients:

- 1 d. whole wheat flour
- 1 c. unbleached white flour
- 2 t. Rumford baking powder
- 1 t. salt
- 1/2 t. baking soda

Mix dry ingredients with creamed mixture.

Add:

- 1 c. milk
 - 1 t. real vanilla extract
- Mix well.

At this time you can add:

- 1 c. dried cranberries
 - 1/2 c. walnuts
- Stir in easily.

Or you can add: 1 teaspoon real almond extract and stir

Or you can add: 1 teaspoon real orange peel and 1 teaspoon real orange extract and stir easily.

Fill oiled muffin pan or muffin cup 3/4 full.

Bake 350 degrees for 20 minutes or

until edges are lightly brown. Check center with butter knife or tooth pick until comes out clean. Remove muffins from pan immediately by taking a butter knife and going around each muffin before lifting from the pan. If using muffin paper cups allow muffins to stay in pan for a 5 minute cool down before removing. Place hot muffins on cooling rack or a

piece of waxed or parchment paper. Allow plenty of cooling time before wrapping or covering muffins because they will drop and shrink considerably.



Cranberry Walnut Muffins

- Susie Stone