

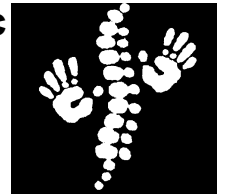
# STEWART CHIROPRACTIC NEWS... *Taking charge of your health!*

**DR KEVIN L. STEWART D.C. ♥ ADVANCED BACK & SPORTS INJURY CLINIC**

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## Health in A Honey Jar



As I talk with patients in my practice about their diet and nutritional habits, I consistently see some misconceptions about sugars and fats. Most people view sugars and fats as always bad and something that should be avoided at all costs if they want to stay healthy and thin. At the very least, they feel guilty for enjoying anything sweet. In February 2005 ("Functional Fats in a Healthy Diet") and in May 2003, ("Cholesterol is Your Friend"), I wrote about why some fats are good for you, while others are very bad. The very same principle applies to sugars as well. In today's fast food pre-packaged food society, the sugars are indeed very bad for you, causing a myriad of health complaints, and should be avoided like the plague. However, those sugars, which are found in nature, honey, unrefined can sugar, stevia, xylitol, and others have been shown to have great health benefits. Honey, for example, is an inverted sugar. That means that because some of the chemical bonds are arranged in an upside down position as opposed to sucrose, honey is 500 times sweeter. Therefore, less is needed to achieve the desired sweetness.



Honey in its raw and natural state is full of vitamins, minerals, and enzymes. Enzymes are essential for our bodies to live. Enzymes are destroyed when heated or cooked. So for most people in this country, enzymes are consumed in very low doses. Dr. Brunilda Nazario, M.D., reported in a study in March 2004

that a spoonful of honey rather than sugar in your favorite food and drinks could boost your body's natural defenses. This new study found that honey raises levels of disease fighting antioxidants in the blood. Honey also contains polyphenols, which are another type of powerful antioxidant, which fights against heart disease and cancer. Honey may also be beneficial for allergies. If you eat local honey, the bees use pollen from the local plants. The pollen in the honey is in a form that does not cause allergies, so it will allow the body to synthesize antibodies to the pollen. Honey is also antimicrobial. Honey has a high osmolarity, which means it draws the water out from inside the bacteria and kills them through dehydration. Honey is also naturally acidic, killing bacteria and viruses on contact. Honey has the ability to change pH and become oxidizing antiseptic hydrogen peroxide.



Although it may sound ridiculous, raw honey is one of the most underutilized methods for treating many types of wounds. Honey has been shown to heal quicker, produce less scarring, and prevent infection for many conditions including bedsores, ulcers, surgical wounds, cuts, abrasions, and punctures, second and third degree burns. Honey has been found to be superior to antibiotics against 28 different strains of pathogenic, multi-drug resistant bacteria associated with third degree burns. One recent study by Dr. M. Subrahmanyam, found that honey was superior to almost all other treatment options for 2<sup>nd</sup> degree burns. 91% of second-degree burn patients treated with honey were infection free within seven days

compared to only 7% using the standard treatment of silver sulfadiazine. In a follow up study, honey reduced the possibility of infection 50% better than wounds treated with polyurethane film. Honey also showed advantages with treatment by forming a viscous barrier that prevents bacteria from entering the wound, increasing circulation to the wound, stimulating the growth of new tissue and capillary vessels, reducing swelling, and reducing fluid discharge.

All around, honey is a great product that fits in with a healthy lifestyle. Honey helps on the inside and outside. This is another example of a cure found in nature that has little or no negative side effects. Since we as Americans consume more than 150 pounds of sweetener per year, substituting honey in many foods is a wise and healthy choice.



DR. KEVIN L. STEWART takes



pride in the 12 years he has offered skilled chiropractic care to his clients. His commitment to his patients and their health keeps him

abreast of the latest technologies as well as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment programs, prescribed gentle adjustments, advanced techniques, modern diagnostic, and therapeutic equipment are combined to attain optimum patient care.