



# Honey: Raw, Manuka, Tupelo and More! (Woodland Health)

*Debbie Neumayer*

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Beware the bear: the cute plastic bear that contains your honey may not contain all the health benefits you might expect. The honey found in most supermarkets, is usually heated and filtered and is not much more than a low glycemic alternative to sucrose. But raw honey can benefit your health in a variety of ways, including boosting the immune system, supporting proper cardiovascular function and healthy digestion and more. Also includes descriptions of different honey varieties, including Manuka, Tupelo, buckwheat, heather and more, with details about the health benefits and taste profiles of each.

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