



Cooking Well: Honey for Health & Beauty: Over 75 Recipes, Remedies and Natural Treatments

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Cooking Well: Honey for Health & Beauty: Over 75 Recipes, Remedies and Natural Treatments
Discover the proven and powerful health, beauty and healing properties of nature's miracle medicine: honey.

For millions of years, bees have worked tirelessly to create nature's miracle medicine: honey. In this important book, *Cooking Well: Honey for Health & Beauty*, the unique healing properties of honey are revealed, placing the power of this low-cost and effective natural treatment in your family's hands.

Whether as a healing agent for minor wounds and burns, a soothing ingredient for sore throats and coughs, a beauty treatment rich in anti-oxidants for youthful skin, or as a potent antibiotic, honey has become an essential part of natural cures and remedies.

Cooking Well: Honey for Health & Beauty also explains how the recent, rapid decline in honeybee population is alerting us to damage to our environment, and lists ways that you can help honeybees thrive and how the health of our planet, the health of the honeybee, and very own health is so closely linked.

Featuring over 100 honey-based recipes for better health, beauty and nutrition, *Cooking Well: Honey for Health & Beauty* is all you need to harness the precious gift of honey bees.

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A lot of people always spent their particular free time to vacation or even go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you read you can spent all day every day to reading a book. The book Cooking Well: Honey for Health & Beauty: Over 75 Recipes, Remedies and Natural Treatments it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. When you did not have enough space to deliver this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not very costly but this book possesses high quality.

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