**Turmeric Honey Mixture – The Strongest Natural Antibiotic**

**  March 20, 2017 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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You surely have heard of or even tried the amazing health benefits of the turmeric golden milk, but today, we intend to present another miraculous homemade recipe with turmeric- the turmeric golden honey.

According to Ayurveda scriptures, it is the strongest antibiotic, and it is a mixture of turmeric, raw honey, and black pepper.

This potent antibiotic fights bacterial and viral infections, strengthens the immune system and has [powerful anti-inflammatory properties](http://www.healthyfoodhouse.com/powerful-natural-antibiotic-ever-literally-kills-infections-body/) that soothe seasonal allergies. It improves digestion, supports the beneficial gut flora, and has no side-effects.

FASEB Journal published a research in July 2010, which explains the way in which honey destroys bacteria.

Namely, researchers have found that bees produce a certain protein known as defensin-1, which is included in [honey](http://www.healthyfoodhouse.com/detect-fake-honey-everywhere-just-use-simple-trick/).  This protein might be added to drugs in the future, to help the fight against antibiotic-resistant infections.

On the other hand, numerous animal and test-tube experiments have confirmed the potent antimicrobial capacity of turmeric to destroy bacteria and viruses.

Read on to find out the recipe for this natural health bomb!

**Golden Honey Mixture**

Ingredients:

* 1 tablespoon turmeric powder
* 100 grams (3.5 oz) raw honey
* A pinch of black pepper

Black pepper improves the absorption of turmeric and its bioavailability. For additional health benefits of the recipe, you can also add:

* 2 tablespoon unfiltered raw apple cider vinegar
* 1 teaspoon lemon zest

Preparation:

Add the turmeric and black pepper to the honey, and mix well. Add the additional ingredients if you decide to use them. Then, transfer the mixture in a glass,  air-tight container and keep it there up to 2 weeks. If you notice a metallic taste of the recipe, it is no longer good to consume.

Use:

The dose of the remedy depends on the health issue you are using it for.

In the case of a common cold and flu, you should take:

* 1st day: half a teaspoon every hour
* 2nd day: half a teaspoon every 2 hours
* 3rd day: half a teaspoon 3 times daily

You should take a tablespoon of it daily in the case of seasonal allergies, or if you just want to boost the immune system.

Take half a teaspoon of the remedy three times daily to treat respiratory conditions, like lung problems, asthma, and bronchitis.

You should keep the dose of the mixture in the mouth until it is entirely dissolved. You can also add it to your smoothies, or as a toast topping for breakfast.

Moreover, you can use it to prepare a cup of tea or warm tonic. Just add a tablespoon of this healthy mixture to a cup of hot water, and drink it during the day.

**The Indo-Tibetan medicine suggests using turmeric according to the health issue, as follows:**

* Before meals, if you suffer from throat or lungs issues.
* With meals to help digestion.
* After meals in the case of kidney or colon issues.

**Cautions:**

Turmeric offers numerous positive effects, but it is not recommended in the case of gallbladder problems, as it leads to contraction of the gallbladder muscles.

You should also avoid it if you have problems with blood sugar or you already have low blood pressure, as it lowers blood pressure and blood sugar levels.

Source: [www.dietoflife.com](http://www.dietoflife.com/turmeric-honey-mixture/)