



DID YOU KNOW ?

It is advised that honey should not be given to children under the age of 18 months. The reason being honey contains botulinum endospores in a dormant state. These bacteria - which are usually harmless to adults because of stomach acids - can cause the potentially fatal infant botulism in young children

You & Your Environment

What a single tree does for us?



- * Before you cut a tree see what a single tree does for us!
- * A tree that lives for 50 years generates Rs. 5.3 lakhs worth of all-important oxygen;
- * Recycles Rs.6.4 lakhs worth of fertility and soil erosion control;
- * Creates Rs 10.5 lakhs of shelter for birds and animals.
- * Plus, it provides flowers, fruits and lumber
- * So when you cut down a tree, the city loses something worth lakhs!
- * Think. And plant trees wherever space allows.

Honey can effectively fight harmful bacteria

Honey could be the latest weapon in the battle against superbugs. It has long been used to dress wounds by the Aborigines, who trusted its anti-bacterial powers.

And after watching them at work, doctors have combined sterile honey from Australian bees with seaweed to clean wounds infected after heart surgery.

Medihoney is combined with a gum extracted from the seaweed which helps draw out and absorb harmful bacteria. The ingredients are then placed on dressings which are applied to the wound.

If successful, the treatment could eventually be used to help fight bugs such as MRSA (Methicillin Resistant Staphylococcus Aureus - an antibiotic-resistant infection) that claim several lives a year.

Previously, honey has been combined successfully with antibacterial compounds and used on patients with catheter infections in a kidney unit at a hospital in Brisbane, UK. Doctors found that, as well as fighting bacteria, the mixture was not met with the resistance commonly seen with conventional anti-bacterial medicines.

All honey contains hydrogen peroxide from an enzyme that bees add to nectar. The chemical is known to kill bacteria. It



also contains a substance called glucose oxidase which increases its anti-bacterial properties.

This particular product, from a specially selected bee colony in Australia, is more effective, because the bees visit plants with powerful anti-bacterial qualities.

Honey was revered by the ancient Greeks and Egyptians. They realised it was a powerful medicinal agent and used to help treat burns and sores.

During the First World War, German doctors mixed honey with cod-liver oil to dress wounds.

Today, many still use it to help ward off signs of a cold or sore throat.

A recent study at the University of Wales also found it may help treat cold sores. And doctors in Manchester have previously given it to patients with mouth cancer to reduce their chances of contracting infections and reduce inflammation following surgery.

However, don't rely on the jar of honey in the cupboard next time you cut your finger. Unlike the honey sold in stores, the type used in hospitals is sterile and contains extra anti-bacterial substances.