

# Honey is very good, but never combine them with these foods

There are many foods you should not associate with honey no matter what.

1. What happens if you mix honey with cinnamon powder every day?
2. How to heal wounds quickly and effectively with honey
3. 5 "medicinal herbs" will turn into poison if you use the wrong time

Honey is seen as a medicinal god that Mother Nature gives to our people. Honey is both a food and a medicine, it has many uses for human health that have been proved by scientists. However, honey is so good, but when combined with some other foods it becomes a kind of poison, which is a big influence on the health of users.

The following article will tell you which foods should be avoided in combination with honey to ensure user health.

## 1. Soy milk



Where the jar usually has plaster, honey has sugar. If these two components work together, it will create a hardening and clumping of the stomach in the stomach, making it more difficult to breathe, more severe than being in a coma. Especially for people with a history of cardiovascular disease can lead to death immediately.

## 2. Carp

Carp and honey combined together will become a poison. If you accidentally eat this food, use black beans and licorice to detoxify.

### **3. Rice**



It sounds very difficult to understand because rice is inherently cool, we still eat every day. Honey is nutritious. But the truth is, honey eating with rice can make you have stomach pain.

### **4. Boiled water and honey**



You absolutely should not mix honey with boiled water or cold water because in honey there is a rich content of enzymes, vitamins and minerals, if boiling water will make honey unable to maintain the color, buried natural

taste, but also break down the nutritional composition of honey. The best water temperature to mix with honey is 35 degrees C.

## 5. Chives



According to folk experience, chives are often used with honey to treat cough. But in reality it is not. It only works if the baby's digestive system is relatively stable. Chives have a rich content of vitamin C. However, if combined with honey can cause diarrhea.

## 6. Fennel tree



Honey and fennel, if accidentally combined them in a certain dish will not be good, can cause liver damage, swelling or pinkeye.

## **7. Crab**



Crab welding; If honey is used too much, it is easy to diarrhea. So if you share two things that will stimulate the intestinal tract, it will make you very susceptible to diarrhea and even poisoning. So when used, we should note that these two foods should not be combined.

## **8. Grouper fish**

The fish caught the honey. Because if you eat the same fish with honey, it will poison the heavy metal, the consequences are very serious.

## **9. Scallions**



Honey has a thermal effect; In onion contains many substances, encounter organic acids and enzymes in honey, will produce a chemical reaction, produce toxic substances, and stimulate the digestive tract, causing abdominal distention, diarrhea.

#### **Some notes when using honey**

1. When honey bubbles appear, it should not be left for long.
2. Should not be used in cases of diarrhea or bloating.
3. Although it is a good nutrient, honey should not be used for young children. Honey is easily attacked by bacilli, they proliferate and release toxins. Adults have good resistance, so they rarely develop illness like children. Scientific studies show that the amount of toxins produced by 2,000 bacilli can kill a child weighing 7kg.
4. When honey bubbles appear, it should not be left for long. In honey, there is a large amount of sugar, so it is very absorbent. Due to the negligence in storage, the amount of water in honey increases, if exceeding 20%, it makes the yeast grow quickly and decompose the nutritional components of bile, causing the honey to degrade. Air bubbles appear to be a sign of this metamorphosis. Honey is not a broken one but it will not last long.

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