

How to drink the best honey of the day you need to know

Depending on each person's health, we need to choose the time to drink honey to achieve the best results as desired. Find out about the effects of honey from time to time to make the best choice for yourself.

The effect of honey on health is known to everyone. However, each time drinking different honey brings different health benefits. Depending on each person's health, we need to choose the time to drink honey to achieve the best results as desired. Find out about the effects of honey from time to time to make the best choice for yourself.



The best time to drink honey

1. Drink honey in the early morning - Clean the stomach

So when is the early morning?

After waking up, you should drink a cup of warm water first. After 10 minutes, please have a glass of honey water.

The habit of drinking a cup of honey water early in the morning helps clean the stomach and removes waste in the body because honey has extremely high antibacterial properties.

According to nutrition experts, the energy in honey is 5 times higher than milk. Therefore, drinking honey also helps your body replenish your energy for an exciting new day.

2. Drink honey in the afternoon - Add energy

The time between lunch and dinner is the time when we are stressed, tired of work. At this time, adding a cup of warm honey will help replenish energy for the body, while helping to be more alert for the last working hours of the day.



3. Drink honey 1-2 hours after a meal - Promote digestion

After eating well, the gastrointestinal function of the stomach is reduced. Therefore, a cup of honey water will enhance the role of intestinal motility, which can promote gastric acid secretion to help you feel more comfortable after a full meal.

4. Drink honey half an hour before meals - Prevent stomach acid

Before a 30-minute meal, drinking a glass of honey water may inhibit gastric acid secretion, thus reducing irritation of the stomach lining. Especially for people with stomach ulcers, a cup of warm honey water (10ml honey mixed with a cup of warm water), after a while the inflammation will decrease significantly, even completely.

Notes when drinking honey water

Do not use boiling water mixed with honey

Honey should only be mixed with warm water below 50 degrees to avoid destroying the enzymes, losing its precious effects.



How much honey per day?

Honey is good for health but not so much. Healthy people who need only 1-2 teaspoons of honey per day are enough.

A i should not use honey?

Babies, especially children under 6 months old and diabetic patients should not use honey.

How to preserve honey?

There is no honey in metal containers, because in honey there are organic acids and sugar, under the action of yeast, some of these substances turn into ethylenic acid. This substance corrodes the outer layer of metal and increases the metal content in honey, making metamorphic bile. Nutritional composition of honey is destroyed, users can easily poison.

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