



## Honey: Quick and Easy: Lose Weight, Increase Energy and Heal Yourself: Honey, the Power of Honey, Amazing Honey, Honey Remedies, Honey Miracles

By Dave Roy

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Honey: Quick and Easy: Lose Weight, Increase Energy and Heal Yourself Honey is not just sugar, it s more than that! During recent times, honey was highly regarded. In past eras, honey was not appreciated until recently that people are starting to appreciate honey. Honey has antioxidants that help in slowing down the deterioration of cells. Speaking of slowing down deterioration and antioxidants , nowadays if we watch television, read magazines, or even surf the internet, we always watch or read chemically based products that help detoxify us and will help us look younger. Young and old are all attracted to these advertisements and promotions; even I would really go for these products just to preserve my physical beauty. But the question is, are they safe? Can those products contribute to good health? Do those products have side effects that can possibly harm us? Honey is one of the great sources of antioxidants that we can find usually in fruits as well as vegetables. This is not just speculations or rumors because it is already tested, proven, and...



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