



HONEY GUY®

HONEY GUY PRODUCTS, INC. (2021-2022)

PLEASE PRINT CLEARLY

RAW, UNPROCESSED, NATURAL WILDFLOWER HONEY FROM EAST TEXAS

PRODUCT	QTY	PRICE EACH	TOTAL
2 oz BABY Honey Bear		2.49	
8 oz MAMA Honey Bear		5.99	
12 oz PAPA Honey Bear		7.59	
16 oz (1LB) Honey Jar (plastic)		9.99	
16 oz (1LB) Allergy Plus (plastic)		12.99	
1 ½ LB Honey Jar (plastic)		13.49	
2 LB Honey Jar (plastic or glass)		16.99	
2 ½ LB Honey Jar (plastic)		21.99	
3 LB Honey Jar (plastic)		25.99	
6 LB Honey Jar (plastic)		46.99	
Honey Stick (wooden)		\$3.99	
Cooking With My Honey		\$15.00	
Cook Book - All honey recipes			
Subtotal this page (copy to other side)			

THINGS YOU SHOULD KNOW ABOUT NATURAL, RAW HONEY

- Besides the simple sugars glucose and fructose, honey also contains minerals, antioxidants, enzymes, anti-histamines, antiseptic and antiviral agents. It aids many important processes in the body and fights many diseases. Because honey is so nutritious, humans can survive indefinitely on water, whole grain flour and raw honey.
- Raw honey is honey that is straight from the hive to you. No heating, no micro filtering and no adulteration. Heat – over 140 degrees – and microwaves at any temperature destroy most of the components in raw honey except the sugars.
- Natural honey will normally undergo crystallization at some point. This is a natural process and can be easily reversed. Crystallized honey (also called sugared honey) can be re-liquefied by placing the container in a sauce pan (put a wash cloth under plastic containers AND loosen the top to prevent pressure buildup) then fill the pan with water and heat to about 120 degrees. Crystallized honey will re-liquefy in a few minutes. Crystallized honey has NOT gone “bad”. Crystallized honey has been found in Egyptian tombs – still as good as the day it was made once heat was added to re-liquefy.
- Most honey bought in super markets has been pasteurized (heated rapidly to well over 140 degrees, then flash cooled). Raw honey does not need to be pasteurized for bacterial purposes since it is highly antibiotic on its own. Manufacturers pasteurize honey to stop the natural process of crystallization so they do not have to remove “sugared” honey from store shelves. Unfortunately, after pasteurization, the honey has little nutritional value and is no more than glucose and fructose.
- Most honey bought in supermarkets has been diluted (adulterated) with corn syrup. It is legal to do this to a certain extent because of the broad range of flavors in honey (every flower makes a different flavor). The corn syrup neutralizes the flavor so a brand name tastes consistent regardless of the floral source. They can still call it “pure honey” even though it is not.
- “Local” honey is NOT always better for allergies. It is the pollens present in honey which enable the body to build immunity to allergies. Most honey produced in the United States – even locally – is a one pollen honey. Most beekeepers – even the small time amateurs – for a fee will put their bees on crops for pollinating purposes. As a result the honey produced on each crop has only that particular pollen in it. While the local one-pollen honey may be an excellent honey, it does not have the variety of pollens necessary to help the human body build resistance. WILDFLOWER honey has, by definition, multiple pollens in it. It is better to eat a WILDFLOWER honey from another region for allergy purposes rather than a local one-pollen honey. Because so many pollens are similar to one another, it is likely that pollens from other regions will still help one’s local allergy problem due to the similarities in the pollens from region to region. Beware supermarket honey even if it says wildflower – most processed honey has been micro filtered, removing all of the pollens. Bottom line – if you need raw honey for allergies, always buy unprocessed WILDFLOWER honey, even if it must come from another region.
- The most effective NATURAL method for combating allergies is to ingest as many different pollens as possible in very small quantities. The more pollens your body is exposed to, the better the defense it can produce against the allergens it comes into contact with from the environment. Armed with the information under paragraph 6, it becomes obvious that WILDFLOWER HONEY from different regions - both local and distant - would provide this multitude of pollens. Honey Guy offers ALLERGY PLUS for this purpose. It blends both the many local East Texas wildflower pollens and pollens of the Rocky Mountain wildflowers. Two different sets of unrelated pollens to aid the body in building it’s defenses! If you prefer to fight allergies naturally rather than through the use of drugs, Allergy Plus is an excellent option. Allergy Plus is available in the 1 pound size only.