Twitter Thread by [redacted]



[redacted]
@optimal_LD

The only food that has every single substance to sustain life:

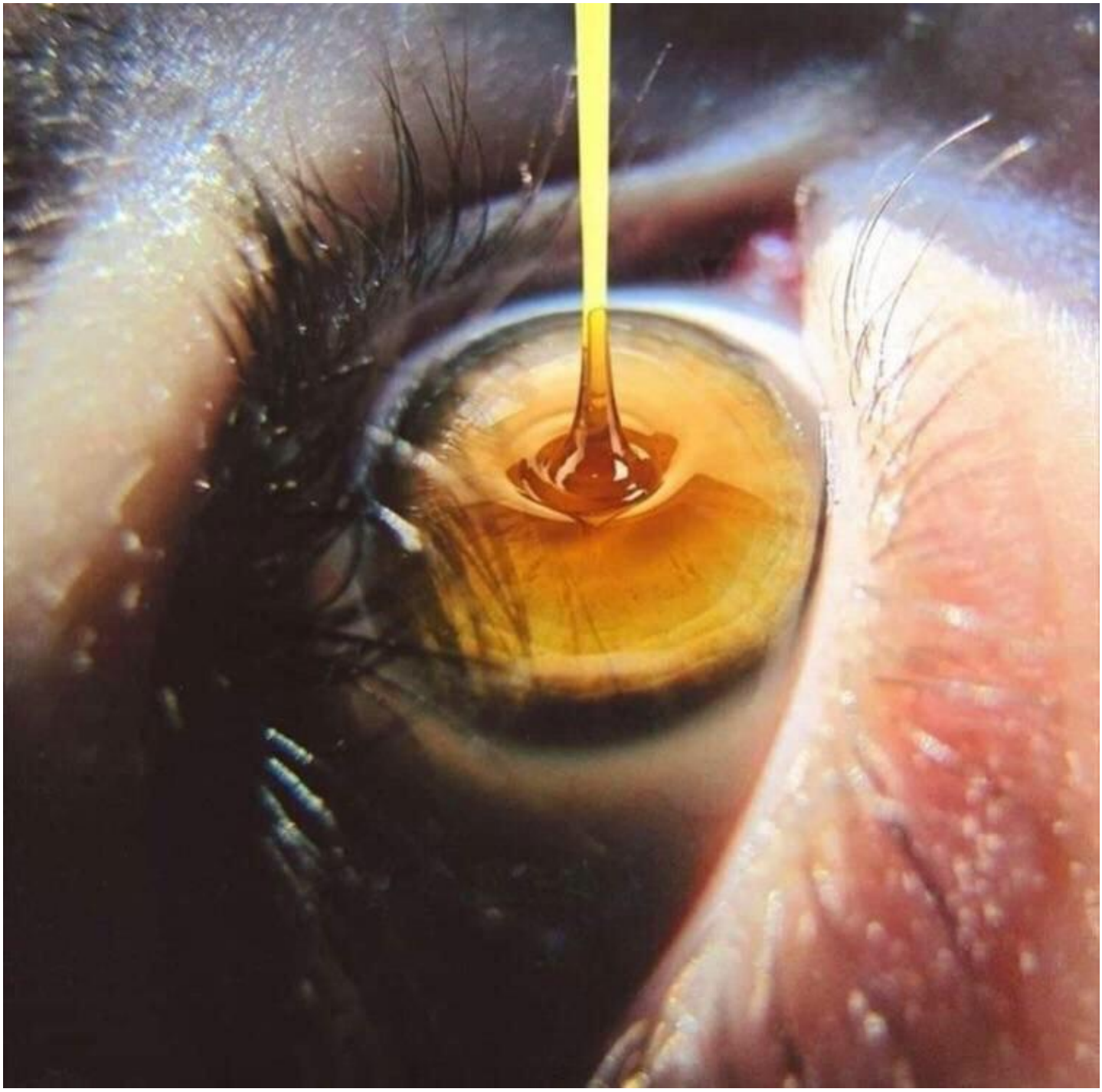
Honey.

A single bee produces just half a teaspoon in a lifetime

It’s the only natural sweetener that heals

You’re probably not having enough honey

Here’s the breakdown:



You must be thinking:

I’ve had honey before and I don’t think its that amazing?

Well I hate to break it to you but the honey you bought from that supermarket in the past may not be what I’m talking about

When I talk about honey, I’m talking about Raw Honey

Yes, raw in its most natural unfiltered form

Straight from the honeycomb -> In your mouth

That’s where all the nutrition is

Anything you get that isn’t raw, is pasteurised — meaning its heated to the point where most of the good stuff dies

And we don’t want that

So the next time you head to the market (hopefully after this thread), look for Raw, Organic, Unfiltered honey

Even better if you know someone who makes it locally

Local Honey will help you with your seasonal allergies

It’s the original [redacted]

Now let’s get to just why honey is such a superfood

1. HONEY HEALS

Honey’s been used as a natural remedy for over 8000 years

It’s able to act as a natural cough syrup & is also able to seal wounds because it has enzymes that naturally create hydrogen peroxide



2. ANTIOXIDANT POWERHOUSE

The sheer amount of polyphenols, amino acids & minerals is what makes honey a superfood

A tablespoon or two will help you fight the free radicals on days you get seed oil in your system

Black seed oil has a similar property / use

3. ANTI CANCEROUS

With its anti-inflammatory and healing properties, some anecdotal evidence has pointed to honey being the reason for slowing cancer growths

It’s the one food in the world that is closest to a cancer [redacted]

The bottom line is, honey tastes good & is a natural remedy that has been used for thousands of years

Dive deeper and you’ll see the wonders people have used honey for medicinally

There are only so many studies that have been done scientifically, look anecdotally as well

Okay so now you know why it’s good for you, here's common types of honey you might find

Rule of thumb:

Lighter the honey, the less powerful it is in terms of antimicrobial properties

Darker honeys also tend to have a rather different undertones & may be a slightly bitter



ACACIA

All-purpose use honey that’s mild but sweet

It’s incredibly clear and light in colour

Usually used in tea



CLOVER

Another one that's pretty mild

One of the most available honey types in the US

Makes for a good tea sweetener or to substitute for sugar in baking recipes since it’s not really strong (usually you have to use less honey for sugar)

ALFALFA

Made from flower which is known for its long list of health benefits

Popularly used to treat illness and skin problems



BUCKWHEAT

Incredibly rich, almost dark brown

Contains much more minerals & antioxidants than average honey

Malty taste which gives a slightly unique flavour when used to bake



MANUKA

Straight from NZ and considered one of the very best

Manuka is special because it has a higher concentration of methylglyoxal (MGO) with about 300-700mg / kg compared to 1-2mg / kg in normal honey

The higher the MGO, the stronger the antimicrobial properties

When buying Manuka, you'll see the Unique Manuka Factor (UMF) on the bottle, typically ranging from 5+ to 20+ (some even go up to 50+)

As with anything incredible, there has been a ton of companies selling fake manuka honey so make sure what you're getting is the real deal

JARRAH

If you've been following my tweets, you would know I just tried some this week — its incredibly rich and almost velvety

The thing about Jarrah that is unique is its incredible antimicrobial properties rival manuka

It has an enzyme called glucose oxidase which makes it produce much more hydrogen peroxide than regular honey

So which one is "better"?

Jarrah or Manuka?

Both these honeys are top of the line when it comes to honey being a superfood

If I had to pick one, it would be Jarrah

Manuka may not be for everyone, especially in recipes where you want a classic honey taste

The MGO makes it taste rather bitter & medicinal for some people

Jarrah on the other hand is incredibly sweet, even with its potent antimicrobial properties

Jarrah is also rare since there's only a harvest every 2 years unlike Manuka that's more readily available

There's literally so many more variations of honey

Just know that the "type" doesn't matter as much as getting it raw

If the health benefits of honey alone isn't enough to convince you

Know that you can use the natural sweetener to quit your sugar addiction

And before anyone says "honey is bad for you ■"

It's not

It's natural and its made lovingly by bees

So stop the cope ■

https://t.co/ybrzXzKDYh

pic.twitter.com/nFyjvuyEb8

— \U0001d5e5\U0001d5e2\U0001d5d6\U0001d5de\U0001d5ec (@optimal_LD) August 14, 2021

You can drizzle it over eggs, swap it for sugar in your recipes or even just eat it on its own

My favourite way is with sourdough — I use my honey dipper to get
honey out jar and drizzle over some sourdough bread that has some raw butter on it

Absolutely delicious stuff!



Why use a honey dipper, you may ask?

Reason #1: I am anti-plastic extremist

I have ditched the “easy squeeze” bottles

I like having my honey raw and that means without any BPA or BPS particles



(Read here if you don’t know what that means)

It also feels like an insult to NEED to use an “easy squeeze bottle”, if you know what I mean

So don’t. Grow up.
https://t.co/QxJzCCkKE9

> THE TRUTH ABOUT PLASTIC
>
> What You Need to Know to Safeguard the Lives of Your Friends, Family, Your Future Children and Their Grandchildren pic.twitter.com/Gup4b3KAgh
>
> — \U0001d5e5\U0001d5e2\U0001d5d6\U0001d5de\U0001d5ec (@optimal_LD) July 31, 2021

Reason #2: It’s the best way to do it

Just think about it. Why is there a special tool made just to have honey?

You’re probably thinking:

Well I use a spoon and that works for me!!

It may work for you, but just know that the honey dipper was born for this shit — literally made to dispense honey and nothing else

With the honey dipper, you can easily scoop honey and rotate it such that it won’t dribble down the side of your honey jar

When dispensing, you’ll get a steady stream

You can literally leave the dipper in your honey after as well

It will remain clean because of honey's antiseptic qualities

Just remember, every pound of honey you consume represents a lifetime of work for 768 bees

Eat the honey.

Give thanks.

Optimize your health.

RT first tweet to thank the bees ■

Thank you for reading friends

https://t.co/2gu1kQii7C



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— \U0001d5e5\U0001d5e2\U0001d5d6\U0001d5de\U0001d5ec (@optimal_LD) January 8, 2022