

My shop  
@trf





Regular day at work





# What's in Raw Honey?



## **BEE POLLEN**

Provides vitamins, minerals, protein, phytonutrients & more



## **PROPOLIS**

Packed with phenolic compounds, plus vitamins, minerals & enzymes



## **ANTIOXIDANTS**

Rich in antioxidant compounds that fight free radicals



## **MINERALS**

Includes some calcium, iron, magnesium, phosphorus, potassium & zinc



## **VITAMINS**

Contains vitamin B6, niacin, thiamine, riboflavin & pantothenic acid



## **AMINO ACIDS**

Raw honey has trace amounts of approximately 22 amino acids

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## **Benefits of honey for skin**

- Heals wounds, acne spots and scars;
- Exfoliates your skin improving tone;
- Treats acne and removes blackheads;
  - Gently cleanses your skin
  - Moisturizes and protects skin



# Raw Honey vs Processed Honey

## RAW HONEY

- Antiviral, Antifungal and Antibacterial
- Stabilizes Blood Sugar
- Promotes Digestive Health
- Anti-Inflammatory
- Raw Honey Boosts Immunity
- Lowers Cholesterol
- Exhibits Anti-Cancer Activity

## PROCESSED HONEY

- Destroys beneficial enzymes by heat pasteurization
- Removes antioxidants
- Contains high-fructose corn syrup



# HONEY

is the only food that

is produced by an insect and consumed by humans;



needs no processing or refining and is eaten just the way nature provides; and

includes all the substances necessary to sustain life, including enzymes, vitamins and minerals.

Raw Honey

Creamed honeys

Lollipops

Honey salves

Herbal Honey Infusions

Oxymel tonics

Hand printed Bee Art





Organic Honey  
Skin Treatments

Follow  
Queen Bee  
Honey Remedies

100% ORGANIC  
Honey Remedies  
-FOR-  
Health & Beauty

RAW HONEY  
Lollipops  
Lip Balms  
Face Masks  
Infused Honey



Creamed Honey \$15

Chocolate Lollipops \$2

Local Honey \$12

Fruit & Nutrient Honey Varieties







Queen Bee  
Honey Remedies  
Thyme & Sage  
Honey Syrup  
Soothes sore throat and cough  
supports respiratory health  
antiviral, antibacterial



Made with, fresh from  
the garden organic  
thyme & sage,  
Apple cider vinegar &  
raw honey.  
Delicious & beneficial.  
Take spoonfuls as needed  
for sore throat and  
cough.