

# 12 Reasons to Stockpile Raw Honey

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12

REASONS TO STOCKPILE  
**RAW HONEY**

You've probably seen jars of raw honey lining the shelves of grocery stores and farmer's markets. And if you're a homesteader or a prepper, you might have even considered stockpiling some raw honey for emergencies.

But what is raw honey, and why should you stockpile it?

In this blog post, we'll cover 12 reasons why raw honey is an awesome survival food that you should add to your pantry ASAP.

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[Honey](#) has been used for hundreds of years for its numerous health benefits. It's no secret that honey is a natural sweetener that's perfect for adding some natural flavor to our meals. But did you know raw honey, in particular, has tons of health benefits that make it a must-have in your stockpile?

Here are a few reasons why it needs to be added to your survival cache – ASAP.

## **1. Can Help With Allergy Symptoms**

One of the most significant and well-known benefits of raw honey is that it can help with allergy symptoms. If you're prone to seasonal allergies, you know how frustrating it can be to deal with congestion, itchy eyes, and a scratchy throat.

Raw honey has been shown to contain small amounts of the same pollen that causes allergies. By consuming a small amount of raw honey every day, you can build up immunity to these allergens and reduce the severity of your symptoms.

## **2. Great for Digestion**

Many people don't realize that raw honey is an excellent source of probiotics. Probiotics are live bacteria that are essential for digestive health. They help break down food and

absorb nutrients.

Raw honey contains a wide range of probiotics that can help balance the bacteria in your gut and improve your digestion. By stocking up on raw honey, you'll have a natural and delicious way to keep your digestive system functioning optimally.

### **3. Can Fight Inflammation**

Inflammation can lead to a variety of health problems, from joint pain to chronic diseases. Raw honey contains a compound called propolis, which has been shown to have powerful anti-inflammatory effects.

When you consume raw honey regularly, you can help reduce inflammation in your body and protect yourself from a wide range of health problems.

### **4. Use it For Wound Healing**

Raw honey has antibacterial and antimicrobial properties that may help prevent and treat infections in wounds. Applying raw honey to cuts, burns, and scrapes can help speed up the healing process by reducing inflammation and promoting tissue regeneration.

### **5. May Help Moisturize Chapped Lips**

Raw honey is a natural humectant, which means it has the ability to retain moisture, making it an excellent ingredient for lip balms. Applying raw honey to chapped lips can help keep them nourished, hydrated, and soft.

### **6. Might Help You Sleep**

Raw honey contains small amounts of tryptophan, an amino acid that helps the body produce serotonin, a neurotransmitter that regulates mood and sleep. Consuming raw honey before bedtime

may help increase serotonin levels, helping you sleep better.

## **7. Can Be Added to Natural Energy Drinks**

Raw honey contains natural sugars that provide a quick source of energy without causing a subsequent crash, unlike other conventional energy drinks.

Adding honey to your natural energy drink can provide an instant energy boost without exposing you to harmful synthetic chemicals.

## **8. Can Be Put on Bee Stings**

As ironic as it may sound, a bee sting can be treated with honey. Raw honey has natural antibacterial properties that help reduce inflammation and swelling. Therefore, applying honey to a bee sting can help reduce pain and minimize the chances of an allergic reaction.

## **9. Use it for Food Preservation**

Raw honey is an excellent natural preservative. It has antimicrobial properties that make it effective in preventing bacterial growth in food. In addition, it can also add some sweetness to certain foods while maintaining their freshness.

Try using raw honey as a natural sweetener in your homemade preserves or simple syrups that you use in your cooking.

## **10. Relieves a Cough**

Honey has natural anti-inflammatory properties that make it an excellent remedy for soothing a cough. Simply take a spoonful whenever you have the urge to cough. Honey is especially useful for coughs caused by allergies or a cold. And unlike over-the-counter cough medications, honey doesn't have any harmful side effects.

## **11. Can Be Used as a Hair and Skin Care Product**

If you're looking for a new addition to your beauty routine, consider adding raw honey. Its antimicrobial properties make it an excellent natural remedy for acne-prone skin.

Using raw honey on your skin will help reduce inflammation, fight off bacteria, and keep your skin feeling fresh and moisturized. It's also great as a hair conditioner. Mixing raw honey into your shampoo before applying it to your hair can help keep your hair soft and shiny.

## **12. The Most Obvious Reason: It Tastes Great!**

Let's face it – honey is delicious. Raw honey is a natural sweetener that is perfect for adding to your tea, coffee, or any other beverage. You can also spread it on toast, mix it into salad dressings, or even use it as a glaze for your grilled chicken. There are so many ways to incorporate raw honey into your diet.

## **Raw Honey vs. Pasteurized Honey: Which is Better to Stockpile?**

As you can see, it's no wonder why homesteaders and preppers alike are eager to have honey in their stockpiles, as honey can serve both as food and as a natural remedy for various conditions.

However, not all honey is equal. There are two main types of honey: raw and pasteurized.

[Raw honey](#) is honey that has not been heated or pasteurized. It is taken straight from the hive and may contain small bits of pollen, wax, and propolis.

Raw honey is often cloudy and has a thicker texture than pasteurized honey. It has a higher nutritional value than pasteurized honey and contains a variety of beneficial enzymes and antioxidants that can aid in digestion, heal wounds, and boost the immune system. Raw honey is also known to have a lower glycemic index than pasteurized honey, meaning it doesn't cause a rapid spike in blood sugar levels.

On the other hand, [pasteurized honey](#) undergoes heat treatment, which removes any impurities and kills off any potential bacteria that may be harmful. This process also makes the honey smoother and more transparent.

However, the heat treatment also destroys many of the beneficial enzymes and antioxidants found in raw honey, making it less nutritious. In addition, pasteurized honey may also contain added sugar and other additives that reduce its quality and nutritional value.

## **So Which Type of Honey Should I Stockpile?**

If you're looking to stockpile honey for its nutritional benefits, then [raw honey](#) is the way to go. Not only does it contain more enzymes and antioxidants, but it also has a lower glycemic index and tastes richer and more flavorful.

However, if you're concerned about the shelf life of your honey and want to ensure it lasts longer, then [pasteurized honey](#) may be a more practical option. Pasteurized honey can last for years if stored properly, whereas raw honey may crystallize and ferment over time.

When it comes to using honey as a natural remedy, both raw and pasteurized honey can be beneficial. However, raw honey may have more potent antibacterial and antimicrobial properties due to the enzymes and antioxidant content.



Raw honey has also been shown to be effective in treating coughs, sore throats, and even skin infections. It can also be used topically as a wound dressing to promote healing. In contrast, pasteurized honey may not be as effective in treating these conditions due to its reduced nutritional value.

## Quick Tips for Storing Honey

To keep your honey fresh, choose a dark, cool place in your pantry away from sunlight and heat. This is because heat and sunlight can affect the quality and taste of the honey, making it lose its flavor and color over time. Keeping your honey in a darker, cooler environment will help preserve its natural properties.

Also, storing honey in glass jars is a great way to keep it fresh for a longer period of time. Glass jars help keep air and moisture out of the honey, two factors that can cause spoilage over time. Therefore, it is advisable to store your honey in an airtight glass jar to prevent the honey from fermenting and crystallizing.

As you can see, raw honey is a must-have item for any homesteader or prepper. With its long shelf life, natural health benefits, and versatility, you'll always be glad you stocked up on some when an emergency arises.

And even if you never need to use it for survival purposes, you can still enjoy it as a delicious and healthy sweetener in your everyday life. So what are you waiting for? Stock up on some raw honey today!

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