

Honey 'can cure chronic illnesses'

By Nyasigo Komel

RESEARCH into bee products conducted in ten regions between 2002 and 2004 has shown that honey can cure some chronic diseases when mixed with other ingredients.

According to a report issued in Dar es Salaam at the weekend by researcher Michael Brown, honey is an ingredient that can cure or bring relief to common ailments such as asthma, ulcers, rheumatism and cancer.

He said people should exploit the medicinal properties of honey instead of wasting it in making liquors and cosmetics.

Brown said over 80 per cent of people interviewed in Dodoma, Mbeya, Shinyanga and Tanga regions said they had used honey both as food

and medicine.

It was widely believed that when honey is mixed with pounded leaves of *mvungwe* tree (*kigelia africana*) it could cure asthma, he said.

Researchers at Uppsala University in Sweden have discovered that honey mixed with lemon juice is an effective cure for rheumatism while in China, concoctions containing honey, cinnamon and milk have been used to cure peptic ulcers.

At the same time, anthropologist Hassan Omar said honey was a "miraculous" compound whose medicinal properties were discovered centuries ago.

Dr Omar said by telephone from Arisha that Egyptians used to preserve corpses in ancient times by using honey.