

# Wild Oregano Honey

## Highly remote • High enzyme activity

This raw and unfiltered honey comes from very remote sources, making it a real treasure for anyone. Virtually all of today's honey is heat treated. Even if a honey is natural, it is usually extracted by heating. The problem is that heating, even to modest temperatures, destroys the delicate honey enzymes. North American Herb & Spice provides crude, raw honey that is extracted only via centrifuge; no heat is used. Plus, the bees used in the production of Wild Oregano Honey are natural foragers who are never fed sugar. In fact, they survive the winter eating their own natural honey. Thus, only one half of the honey is extracted for human use, while the other half is used to feed the bees. This is in contrast to commercial honey, which is harvested from bees fed sugar or corn syrup, especially in winter.

The bees visit wild plants and tree blossoms, including wild mountain oregano, and concentrate their essence into the honey. This is lacking from commercial honey, which does not contain the natural plant extracts found in wild honey. This is a powerful distinction because it is this plant essence which gives the Wild Oregano Honey its delicious flavor. Wild Oregano Honey is also gathered by bees working in the hills and mountains of the Mediterranean in regions where pesticides/herbicides are not used. Thus, Wild Oregano Honey offers multiple benefits: the powers of wild oregano extracts plus pollution-free, medicinal wildflower essences in a delicious honey.

Because of our highest standards in delivering the consumer a wild, raw product, this unique honey is a nutritional powerhouse. The dark color of Wild Oregano Honey is an indication of its rich nutrient content. It is an excellent source of potassium, containing some 700 mg per 100 grams. Plus, it is a good source of phosphorus, calcium, and magnesium. This honey is a fine source of natural enzymes and phenolic acids, as well. This is honey the way nature intended it!

**How to use the Wild Oregano Honey:** Take this honey straight, one teaspoon once or twice daily. Or, add a small amount, such as a tablespoon, to shakes, malts, or smoothies. Drizzle on cereals and/or use as a topping for natural desserts. Do not heat this honey: only eat it raw.

To place an order: North American Herb & Spice  
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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

