## Bees & Honey

***Healthy & Wise***

We hear a lot these days about the benefits and even healings available from the product coming from tiny flying insects - the bees.

Honey (or *Asel* in Arabic) is by far, one of the most discussed yet most misunderstood foods available on the planet. In this article we thought it would be nice to have another opinion.
So sit back, relax and enjoy this short page, while you have a spoonful or two of bee pollen.

**2. A**

[redacted]