

I did mention the fact that a year and a half ago I weighed 95 pounds/43kgs for 5 ft. 8/1,77m. Since then, I gained back more than 66 pounds/30 kgs thanks to the gastrostomy.

My wife and I are both persuaded that the honey she dilutes daily inside my hydration packet played a key part into this weight gain.

So good, in fact, that a couple of days ago we wanted to stop this provision, being both satisfied with my weight.

A week later, my wife assured me that my face was growing hollow, and that the dark rings under my eyes - which were so difficult to make disappear - reappeared all around them. Immediately we came back to our honey provisioning; now I'm back to my good face.

I'm certain this is no coincidence.

I must insist that the honeys that I use are certainly the best among the bests in the world.

Here they are:

- Manuka honey <New Zealand>
- Nigella honey (black cumin) <Yemen>
- Jujube honey <Yemen>
- Argan honey <Morocco>
- Saffron, thyme and jujube honey <Morocco>

I go through these 5 honeys all year round with the following ratio of 2 tablespoons into 1.48 U.S. Quarter / 1,4 liters of water. I add 1 tablespoon of fresh pollen (diluted into a big syringe, through gastrostomy): it's excellent for immunity.

Not only honey is a nutritional supplement of the finest kind and it's also antibiotic, antibacterial, antioxidant, antifungal, and several others "anti-something", each one of them excellent for our health.

What are you waiting for, your cupboards are waiting for honeys!

I mention that I'm not a beekeeper or a honey seller.

Have a nice day!

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