

Honey As Medicine: Kills Bacteria, Prevents Infection & Promotes Healing

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Honey is such a pure, beautiful, natural substance. The way it is made by the bees is amazing, it tastes amazing, it never spoils (unspoilt jars have been found in Egypt over 1000 years old!) and what a lot of people don't realize is honey is actually excellent for first aid too.

Honey has antifungal and antibacterial properties which make it great to use topically on all kinds of skin wounds. Putting some honey on a cut or burn will kill bacteria, fight infection and promote healing. With all this in mind and given that honey has an indefinite shelf life, all preppers and homesteaders (actually everyone!) should have a jar of honey stored away for first aid purposes. Find out more below.

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(Image from: [Common Sense Homesteading](#))