

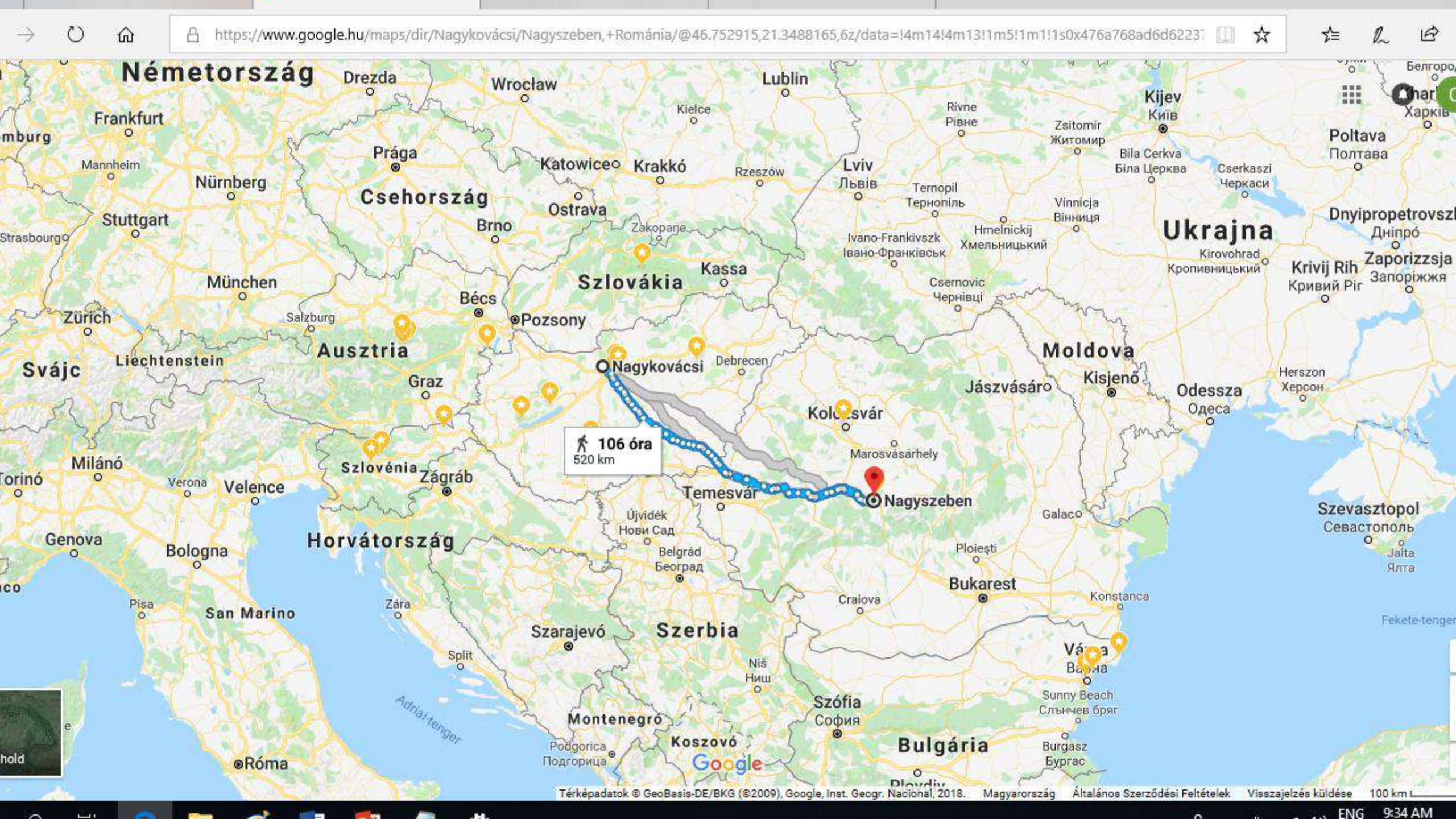
Dr. János KÖRMENDY-RÁCZ PhD.

HONEY VERSUS SUGAR



11-16 OCTOBER 2018 - SIBIU - ROMANIA

APIQUALITY & APIMEDICA 2018
THE XI-TH CONGRESS OF THE
ROMANIAN SOCIETY OF APITHERAPY



106 óra
520 km

Item soția, fiul sau fiica unui meșter au <dreptul la> breaslă întreg și nu dau nimic în breaslă decât patru funți de ceară și ospățul și care meșter sau soție de meșter vrea să le păstreze copiilor săi <dreptul la> breaslă să dea în fiecare an în breaslă un funt de ceară; dacă nu se dă, copilul să nu fi pierdut breasla, ci mai pe urmă, când va vrea să vină în breaslă, să dea acea ceară toată odată; cine însă vrea bucuros să părăsească breasla, e liber.

1539 iulie 25, Sibiu, Statutele breslei aurarilor stabilite de Universitatea Săsească

Item, eyne Masters Fraw, Sun ader Tochter haben gancz Czech vnd geben nichts yn dy Czech, alleyn 4 Pffunt Wachs vund das Mall, vnd welch Master ader Masteryn yrem Kyndern dy Czech nachnaltenn will, sol alls Iar yn dy Czechgebenn eyn Pffunt Wachs, thuet man das nicht, soll darumb das Kyndt dy Czech nicht vorlorren habenn, sonder darnach, wen es yn dy Czech will kommen, das selb Wachs auff eyn mall gar bezallenn, wer aber dy Czech gerren aufflassen will, ist fray.

1539 Juli 25, Hermannstadt, Die Sächsiche Nationuniversität beschließt die Satzung für die Goldschmiedezunft

Also, a master's wife, son or daughter has full rights to enter the guild and they have to offer in repay four measures of wax and a feast meal. The master or his wife who are willingly to preserve the rights of their children in the guild, they yearly must give a measure of wax. If this obligation is not fulfilled, the children will not be expelled from the guild, with the condition that later when they wish to enter the guild to be compelled to give the whole quantity of wax at once. Whoever wants to leave the guild, he is free to do it.

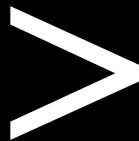
July 25, 1539, Sibiu, Goldsmiths Guild Statutes decided by the Transylvanian Saxon University

HONEY

SINCE EVER



Honey and bees



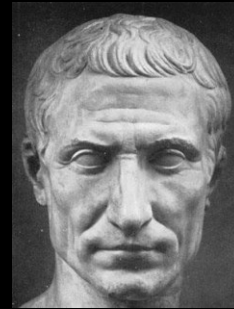
LITERATURE ON

All other animals (dog, cat,
cow, snake, fish...)



JUICE SUGAR-CANE

- Chinese candy
- Nearchus, Admiral of the fleet of Alexander der Great (324 B.C.) bought back from India the marvelous “honey-bearing reed”
- Theophrastus (B.C. 320) Seneca, Pliny, Strabo: honey extracted from reeds.
- Varro (68 B.C.) three kind of honey:
 - from flower
 - from dew
 - Indian-reed
- Marco Polo in the XIII.th Century revealed the origin.



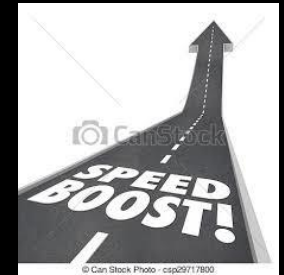
REFINED SUGAR

- Complex procedure – to remove everything, like minerals, acids.
- Requires little digestive effort for assimilation
- Depresses appetite
- Irritates the stomach
- Produces heart burn, acid fermentation, gastric catarrh,
- Exhausts the pancreatic activity – thus leads to diabetes
- Not only irritating the intestinal tract but the skin too.
- Dr. Banting (1891-1942): incidence of diabetes increased proportionally with the per capita consumption of R.S.



REFINED SUGAR

- Combination with fat gives fast boost, than need for a new shot.



- Acts like a drug



- Is included almost everywhere, even in bread.



- Is included in otherwise healthy products, like salads...



REFINED SUGAR

- Wealthy Spaniards in Panama
 - Large amount of R.S.
 - Diabetes is surprisingly high.
- India
 - No diabetes among poor people
 - Wealthy, over 50Y, - who indulge R.S. about 40 % are diabetics!!!!



HONEY VERSUS SUGAR

honey

- Energy the same (dry weight)
- Production is nature friendly – no garbage!!!

refined sugar

- Preservation effect the same
- Needs huge amount of energy – energy balance is not ecologically friendly!!!
- Production has as side effect lots of garbage



HONEY VERSUS SUGAR

honey

- Almost only positive effects to health:
 - Wound healing
 - Strengthening heart muscles

refined sugar

- Only negative effects on the human health
(Not counted energy, because it could be replaced)

HONEY IN CANCER TREATMENT

- Very low amount
 - Gerson therapy
 - Gerson center in Mexico and in Hungary.
- Huge amount
 - Syrian protocol
 - 200 g / day to eliminate cancer
- Some honeys in “bad” dosage are promoting cancer cells





HONEY IN PREVENTION

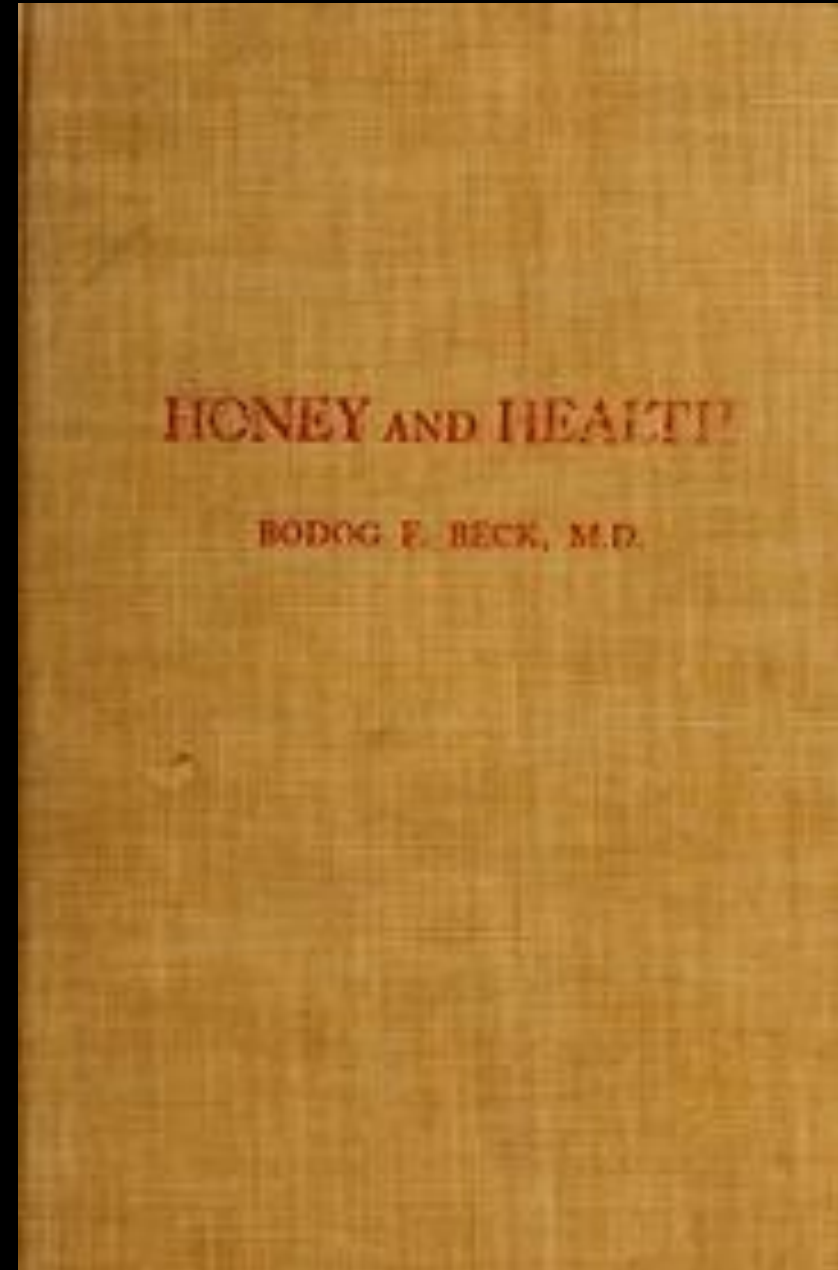
- 2 otherwise identical (age, race) school group
 - Usual meals
 - Usual meals + 1 teaspoon unprocessed honey / day
- Results
 - No effect in the control group
 - 30 % increased hemoglobin



EASILY 120 YEARS HAPPY LIFE

- Dr. Serge Voronoff (1866-1951)
- Eliminate
 - Refined sugar
 - Refined (white) flour
 - salt
- Maybe after him is the name “the three white killers”

DR. BÓDOG FÉLIX BECK
HONEY AND HEALTH





DR. BÓDOG FÉLIX BECK

- BORN 1868 IN HUNGARY
- MD IN HUNGARY: SURGEON
- 1901 EMIGRATED TO USA
- PRAXIS IN MANHATTAN / NEW YORK
- 2 BOOKS
- DIED 1. JAN. 1942., KINSTON

THANK YOU!

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- WEB: www.apiterapia.eu
- Apitherapy praxis:
In the Buda hills – National Park

