



8. Molan PC. Why honey is effective as a medicine 2. The scientific explanation of its effects. *Bee World* 2001; 82: 22-40.
9. Postmes T, Bogaard AE van den, Hazen M. The sterilization of honey with cobalt 60 gamma radiation: a study of honey spiked with spores of *Clostridium botulinum* and *Bacillus subtilis*. *Experientia* 1995; 51: 969-989.
10. Molan PC, Allen KL. The effect of Gamma-irradiation on the antibacterial activity of honey. *J Pharm Pharmacol* 1996; 48: 1206-1209.

## Honey – the wonder of ‘liquid gold’

**To the Editor:** I would like to make a short comment after reading the article on the wound-healing properties of honey in the September issue of the *SAMJ*.<sup>1</sup>

It is wonderful to see local research being done to confirm the amazing healing properties of ‘liquid gold’; as has been mentioned, much has been done recently to attempt to understand this natural bounty.

I would like to mention that the last of the Heavenly Books, the Qur’aan, noted the curative properties of honey 1 400 years ago. Scientific research has confirmed this only in the last decade or so.

In the Qur’aan, reference is made to both the bee and honey in the chapter aptly entitled ‘The Bee’: ‘And thy Lord commanded the bee to build its nest in mountains, on trees, and in (men’s) habitations. Then (He commanded it:) Eat of all the produce (of the earth) and follow the ways of thy Lord submissively. There issues from within their stomachs a drink of varying colours, wherein is healing for men. Surely, in this is a sign for those who ponder.’ (The Bee, verses 68, 69.)

The Prophet Muhammad (peace be on Him) strongly recommended the application of honey whenever a wound or boil appeared, as well as its use for numerous other ailments.

Reference to honey is also made in the Bible – Canaan is described as a country ‘flowing with milk and honey’ (Exodus ch. 3 v.17 and ch. 13 v.5).

It is also encouraging and refreshing to see medical professionals turning to traditional/natural remedies that have been shown to benefit mankind for hundreds of years. In our resource-constrained environment these alternative treatments may provide viable and cost-effective alternatives for some ailments.

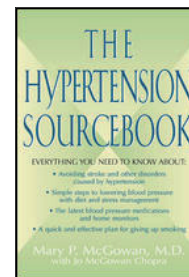
### A Ahmed

PO Box 42427  
Fordsburg  
2033  
doaa@webmail.co.za

1. Ingle R, Levin J, Polinder K. Wound healing with honey – a randomised controlled trial. *S Afr Med J* 2006; 96: 831-835.

## The Hypertension Sourcebook

**ISBN13:** 9780737305395,  
**ISBN10:** 0737305398,  
**Publisher:** McGraw,  
**Pub Date:** MAY-01,  
**Pages:** 320  
**Edition:** 01  
**Format:** SOFT BACK



### An effective plan for avoiding stroke and other disorders caused by hypertension

Recent surveys suggest that 30 million Americans suffer from hypertension (high blood pressure). In *The Hypertension Sourcebook*, a leading expert offers simple steps toward curing this highly destructive disease or avoiding it altogether. Also featured is a comprehensive evaluation of the latest blood pressure medications, home monitors, and a foolproof plan for giving up smoking.

**To order or make enquiries contact:**  
**Health & Medical Publishing Group**  
Private Bag X1, Pinelands, 7430  
Tel: 021 – 6578200  
Fax: 021- 6834509  
e-mail: [claudec@hmpg.co.za](mailto:claudec@hmpg.co.za) /  
[brents@hmpg.co.za](mailto:brents@hmpg.co.za)