

# Live Hives Honey Fact Sheet

Most consumers are used to the honey that is sold in supermarkets across the world, and may not realize how different this product is from pure honey. Often it is not 100 percent honey - it may contain numerous additives and fillers, such as high fructose corn syrup, antibiotics, and cane sugar. "Funny" honey has been heated and strained to eliminate all potential for crystallization, and can also contain toxic chemicals that most commercial, large-scale beekeepers use in their hives to treat pests and other bee-related diseases. Consuming this "funny honey" actually degrades our health, just as eating any other tainted, highly processed, or genetically modified foods (GMO's) can make us sick.

On the other hand, raw (unheated), unfiltered, hand-crushed honey is rich with pollen and propolis flavors, and is still alive with vitamins, enzymes and minerals which make honey a healthy super food and valuable, homeopathic medicine. Except for very few varietals, all pure honey will crystallize. If you prefer liquid honey, simply heat crystallized honey to between 104-120 F (40-50°C) by dipping the honey container in hot water. Do not microwave honey, especially if it is in a plastic container! You can also freeze liquid honey to keep it from crystallizing. I prefer to consume honey without heating it, since heating honey past about 104° F (40°C) strips it of its beneficial properties.

Live Hives is dedicated to raising bees as organically as possible, and the honey that our hives produce is the pure, unadulterated product. Our customers often use honey homeopathically to treat pollen allergies. We only use reusable, glass canning jars that won't leach harmful toxins and other chemicals into our nutritious and precious honey. Each jar is also labeled with its hive of origin, so that you know exactly where your honey comes from.

*Consumers who are used to honey as a liquid product need to be reeducated in order to buy honey that is crystallized, or that will crystallize a short time after buying it.*

## Honey Comparison

### Pasteurization

*Mass Produced, Mainstream Honey*

Heated above 104°F - Commercial honey is often heated (pasteurized) to even much higher temperatures to speed filtering and processing. Heat destroys the nutritional and medicinal benefits of honey.

*Live Hives Honey*

Unheated (Raw) – Live Hives honey never gets hotter than the ambient temperature, usually no more than 95°F (35°C).

### Filtering

*Mass Produced, Mainstream Honey*

Filtered - In addition to pasteurization, filtered honey is devoid of anything that made it nutritious and healthful in the first place. Many commercial honey distributors filter out the pollen so that the origin of the honey cannot be traced to highly questionable sources such as China, India, and South America, and the Midwest United States, areas confirmed to produce honey with large amounts of chemicals, additives, and toxins.

*Live Hives Honey*

Unfiltered – Live Hives honey has all of the good vitamins, minerals, and enzymes that honey contains when harvested fresh from the hive. Only a large-pore-sized strainer is used to separate the honey from the crushed wax.

### Crystallization

*Mass Produced, Mainstream Honey*

Doesn't crystallize - Even after years of storage. Only healthy, raw, unfiltered honey crystallizes.

*Live Hives Honey*

Crystallizes – Crystallization is a sure sign of healthful raw, unfiltered honey. Honeys with higher glucose to fructose ratios, those that are not heavily filtered, and those from later season (fall) nectar flows tend to crystallize more quickly.

## **Packaging**

### *Mass Produced, Mainstream Honey*

Unsustainable and toxic packaging - The ubiquitous, squeezable plastic "honey bear" bottle should be avoided for so many reasons.

### *Live Hives Honey*

Sustainable, non-toxic packaging - Live Hives uses only reusable glass canning jars that don't leach toxins into our valuable honey.

## **Impurities, Chemicals, Antibiotics and Toxins**

### *Mass Produced, Mainstream Honey*

High concentrations of toxins - Including systemic pesticides used on the monocrops (many that are GMO) that many commercial hives are forced to forage, miticides, antibiotics, and other fumigants widely used to control bee diseases and pests, and toxins from plastic packaging such as BisphenolA (aka BPA).

### *Live Hives Honey*

Low concentrations of toxins - The only trace toxins will come from vegetation treated with herbicides, fungicides, and pesticides that the bees are foraging. This is why it's important to avoid the use of any of these toxins on your property and to educate neighbors to do the same.

## **Ethics**

### *Mass Produced, Mainstream Honey*

Harvested from stressed, weakened bees - Commercial beekeepers truck their hives all over the country to pollinate monocrops such as almonds, and they often harvest too much honey from their hives. Then they feed the hive corn syrup to keep the bees alive. By buying store bought honey, a consumer is actually harming the bees and actively participates in their demise, albeit inadvertently.

### *Live Hives Honey*

Harvested from healthy happy bees - Live Hives bees live in non-toxic hives that are not used for commercial pollination services and that are not treated with any chemicals, antibiotics, or

fumigants for any reason, period. Live Hives also uses top bar hives exclusively, which means that wax is cycled out of the hive 6 times as often as in a traditional Langstroth hive, thereby lowering the concentration of environmental toxins (toxins brought into the hive via foraging bees) in the comb substantially.

## **Community**

### *Mass Produced, Mainstream Honey*

Not local, no community benefit – Global and national honey producers’ and distributors’ largest priority - at the expense of all other priorities – is maximizing profit. By definition, the other priorities, such as bolstering local economies, encouraging diversity, minimizing harm to the environment and the bees, building community networks, raising awareness, providing educational and bee rescue services, take a back seat to the almighty dollar. Ultimately everyone’s quality of life degrades in such a system myopically driven by the bottom line, including the bees.

### *Live Hives Honey*

Local, direct community benefits – Live Hives’ priorities are equalized, including making enough money to keep the organization running. It is no more important than saving the bees and giving them quality homes to live in and clean environments to forage in, and no more important than providing quality honey, information, and other valuable services to the community.

*Raw honey is a gift from the bees and deserves to be enjoyed the way that nature has provided it to us, directly from the live hive.*

Please ask about comb honey!