



O & J Honey [SHINJUR]

The source of O & J Honey is **Organic** and it has unique medicinal qualities.

SHINJUR or “Russian Olive” flowers are the main source of nectar.
SHINJUR is good for throat; it enhances the immune system and gives strength to the heart and other vital parts of the body.

It's pure and natural. It comes from Chitral, North West Pakistan, located in the rugged range of Hindu Kush Mountains. Chitral is the land of deep green valleys, white glaciers, mountain springs and the flowing icy cold crystal clear water in the singing streams; where the weather is fine, the land is fertile and wild natural flowers including “Shinjur” are in abundance.

Facts about Pure Honey:

Honey has been used as a source of sweetness since ancient times.

Colour & Quality: Honey can be white, brown, golden brown or reddish brown, depending on the source (flowers), land and weather conditions.

Bee's first choice is Organic Flowers.
Pure honey has no expiry; Honey found in Egypt after four thousand over years was still found in good condition.

Honey absorbs moisture and is anti bacterial.
Honey is anti toxic and cuts body fats.
Honey has natural healing qualities.

Honey is one of the precious gifts of nature to mankind.
Some of the benefits of using honey are:

Digestion: Taking a spoon of honey after a meal helps to improve digestion.
Licking with finger is the recommended way.

Constipation: Adding a spoonful or two of honey to a cup of warm milk before bed time helps to get rid of constipation.

Instant Energy: If you are feeling weak, a cup of warm milk with honey will restore your energy almost instantly.

Sound sleep: Drink a cup of warm milk with honey before bed time and enjoy sound sleep.

Cold and Cough: Drinking honey + lemon juice + ginger juice will give you relief.

Sore Throat: Drinking honey + black pepper will give you instant relief.

Burn Wounds: Honey is very effective for burn wounds / wounds, if it's applied well in time.

Mouth ulcer: Apply honey to get relief from mouth ulcer.

For Men: To gain strength, take a spoonful of honey with cold water.

Joints pain: A spoonful of honey with warm water before bedtime.

Eye sight: To improve eye sight, take a spoonful of honey and thereafter, drink a glass of water.

Cholesterol: To reduce cholesterol level, take 2 spoonfuls of honey with warm water approx. 2 hours before breakfast.

Liver & Stomach heatiness: To reduce the heat, drink honey with cold water. You may also add "kaloonji" powder in the honey.

Jaundice: Honey with cold water is good for jaundice.

For low blood pressure: Take 2 spoonfuls of honey together with tea, it will cause the BP to go up instantly.

Chest congestion & pneumonia: After food, drink honey with warm water.

Smooth skin: To enhance your face and hair beauty, add olive oil (2:1) with honey, apply on your face, hair and head. Wash after approx. 30 minutes. It will remove any acnes, scars and pimples etc.

P.S. It may cause some itchiness, do not worry it's usual.

Look beautiful: Use of honey will improve your looks naturally.

Best gift for Children:

Honey is the nature's best gift for children. If honey is used in milk etc instead of sugar, it will make the milk more digestible, providing instant energy at the same time. The child will grow well and will have minimal health problems in life. Children who use honey from the very beginning seldom fall sick.

For small children who reach teeth bearing age, the use of honey by feeding and applying on their gums few times a day will make the teeth growth much

smoother and will reduce the chances of fever/loose motion, which is quite normal in such cases.

If you like your child to be brighter, feed him with a paste of honey and 7-10 almonds a day.

Newly moms who breast feed the child and suffer with milk shortage can improve by using milk with added honey.

P.S. We have compiled the above information, mainly based on the experience of Hakeem's / Tabibs / Sinsehs

This page is still being updated, you may expect more useful information on your way.

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