



*7 Things That Happen When You Drink
Honey Water On An Empty Stomach*

August Tip



1 HONEY MAKES YOUR SKIN
LOOK YOUNGER AND SHINIER.





2

HONEY UNLOCKS YOUR AUTO DEFENSE MECHANISMS.





3

HONEY REDUCES COUGH
AND THROAT IRRITATION.



4

HONEY AID IN INDIGESTION.



5

HONEY ASSISTS IN WEIGHT LOSS





6

HONEY INCREASES ATHLETIC PERFORMANCE



7

HONEY HELPS WITH URINARY INCONTINENCE.



Method:

Boil some water. Pour the water into a mug and let it cool a little. Add 1 to 2 tablespoons (15 to 30 grams) of honey into the mug. Stir the honey until it dissolves. Taste the honey water, and add more honey, if needed. Drink the honey water while it is still warm and enjoy the benefits!

