

Benefits of Honey: Outline

I. Introduction

- A. Some historical uses of honey
- B. Current research explores its medicinal qualities

II. Importance of bees + beekeepers

- A. Background about bees' role
- B. Honey production process
- C. Background about beekeepers' role
- D. Honey maintenance process

III. Unique characteristics of honey

- A. Chemical makeup, role of important proteins, etc
- B. Darker honey denotes high mineral content
- C. Link chemical / mineral makeup to benefits of each

IV. Current research regarding benefits

- A. Benefits of honey consumption
 - 1. Medicinal benefits of honey consumption
 - 2. Nutritional benefits of honey consumption
- B. Honey in treating external body
 - 1. Treating wounds
 - Background to historical uses

2. Treating acne, etc

V. Islam's perspective on honey as treatment

VI. Section urging people to look into benefits of honey and to implement and recommend

VII. Conclusion

A. Wrap up everything; mention the bee-dwindling crisis