

Amount of Calorie in Honey

One tablespoon of honey has 64 calories, and one tablespoon of sugar has 46 calories. (Or has 22 calories in one teaspoon of honey versus 16 calories in one teaspoon of table sugar.) While the amount of [calorie](#) in honey is more, we actually use less of it since it is sweeter than [table sugar](#). And for many people, honey is still a preferred healthier choice because of its vitamins and minerals that can aid in [digestion](#), and its [anti-oxidants](#) which can also bring [health benefits](#). In fact, it is a carbohydrate that is recommended in [fasting](#) because of its vitamins content and antioxidants effect.

Honey contains the same basic sugar units as table sugar -- glucose and fructose. Granulated table sugar, or sucrose, has glucose and fructose hooked together, whereas in honey, fructose and glucose remain in individual units. Fructose is sweeter than glucose, which is one of the reasons fructose is used in so many food products today. However, fructose does not convert to energy as efficiently as glucose. As a result, processed foods containing granulated sugar high in fructose convert to fat stores more easily than honey. Honey, [a natural sweetener](#), has only one processing step involved – heating to prevent [crystallization and yeast fermentation during storage](#), whereas, table sugar is highly processed, whereby all naturally occurring trace minerals from the sugar cane plant are removed, leaving us with “empty calories” which are devoid of nutrition like vitamins, minerals, and important [enzymes](#). That is why ironically, in developed countries, there are way too many [overweight people](#) who are suffering from malnutrition!

- Cut down on the simple sugars in your diet by eliminating the chocolate and hard candies. If you simply cannot resist the desire for sweet stuff, replace them with healthy natural sweeteners like honey. Take regular meals with some protein and [fat](#) in each, and eat complex carbohydrates that contain ample soluble fiber-- [fruits and vegetables](#) for example. Fat, protein and soluble fiber in the diet tend to moderate swings in blood glucose. Other than the concern that excessive intake of sugar and hence calories, could lead to [obesity problems](#), some people have a reaction to sugar called reactive hypoglycemia which is characterized by irritability, nervousness, headache, sweating and confusion a few hours after eating a meal high in simple sugars. These symptoms are caused by the pancreas' over production of insulin in [response to rising blood glucose levels](#).

Honey Nutrition Facts

How can we miss these important honey nutrition facts when trying to understand what honey is made of and its benefits? Here I have the information:

Nectar itself is composed mainly of sucrose and water. Bees add [enzymes](#) that





BLACK SEEDS KALONJI



As the evidence presented in this section will show, it is quite probable that as medical science increasingly learns more about black seed, one or more of its more active ingredients may become combined into a pharmacy prescription for specific conditions. In the event that this does occur, it is also likely that this particular extract of black seed will be chemically compounded and thus become a more potent medicine.

While it may be argued that chemical additives may increase black seed's effectiveness in treating specific conditions, the healing principles of black seed in its pure, natural form should also be taken into account

The effect of black seed's combined nutritional and medicinal value is that not only does it help relieve the current condition at hand, but also helps the body build further resistance against future ailments or disease. While historical evidence suggests black seed's potential use for a wide variety of ailments, we have limited our descriptions of its primary healing properties here to the most recent research findings on black se

1. Nutritional value

Black seed is rich in nutritional values.

- ? Monosaccharides (single molecule sugars) in the form of glucose, rhamnose, xylose, and arabinose are found in the black seed.
- ? The black seed contains a non-starch polysaccharide component which is a useful source of dietary fiber.
- ? It is rich in fatty acids, particularly the unsaturated and essential fatty acids (Linoleic and Linoleic acid). Essential fatty acids cannot be manufactured by the body alone, and therefore we acquire these from food.
- ? Fifteen amino acids make up the protein content of the black seed, including eight of the nine essential amino acids. Essential amino acids cannot be synthesized within our body in sufficient quantities and are thus required from our diet.
- ? Black seed contains Arginine which is essential for infant growth.
- ? Chemical analysis has further revealed that the black seed contains carotene, which is converted by the liver into vitamin A, the vitamin known for its anti-cancer activity.
- ? The black seed is also a source of calcium, iron, sodium, and potassium. Required only in small amounts by the body, these elements' main function is to act as essential cofactors in various enzyme functions.

2. Immune system strengthening

Studies begun just over a decade ago suggest that if used on an ongoing basis, black seed can play an important role to enhance human immunity, particularly in immunocompromise patients.

In 1986, Drs. El-Kadi and Kandil conducted a study with human volunteers to test the efficiency of black seed as a natural immune enhancer. The first group of volunteers received black seed capsules (1 gram twice daily) for four weeks and the second group were given a placebo. A complete lymphocyte count carried out in all volunteers before and four weeks after administration of black seed and the placebo revealed that the majority of subjects who took black seed displayed a 72% increase in helper to suppresser T-cells ratio, as well as an increase in natural killer cell functional activity. The control group who received the placebo experienced a net decline in ratio of 7%. They reported, "These findings may be of great practical significance since a natural immune enhancer like the black seed

could play an important role in the treatment of cancer, AIDS, and other disease conditions associated with immune deficiency states."

These results were confirmed by a study published in the Saudi Pharmaceutical Journal in 1993 by Dr. Basil Ali and his colleagues from the College of Medicine at Kin Faisal University.

In the field of AIDS research specifically, tests carried out by Dr. Haq on human volunteers at the Department of Biological and Medical Research Center in Riyadh, Saudi Arabia (1997) showed that black seed enhanced the ratio between helper T-cells and suppresser T-cells by 55% with a 30% average enhancement of the natural killer (NK) cell activity.

3. Anti-histamine activity

Histamine is a substance released by bodily tissues, sometimes creating allergic reactions and is associated with conditions such as bronchial asthma.

In 1960, scientists Badr-El-Din and Mahfouz found that dimer dithymoquinone isolated from black seed's volatile oil, under the name of "Nigellone," and given by mouth to some patients suffering from bronchial asthma, suppressed the symptoms of the condition in the majority of patients.

Following the results of this early study, crystalline nigellone was administered to children and adults in the treatment of bronchial asthma with effective results and no sign of toxicity. It was observed, however, that although effective, crystalline nigellone displayed a delayed reaction.

In 1993, Nirmal Chakravarty, M.D., conducted a study to see if this delay could be attributed to the possibility of crystalline nigellone being an inhibitory agent on histamine. His hypothesis proved correct. Dr. Chakravarty's study found that the actual mechanism behind the suppressive effect of crystalline nigellone on histamine is that crystalline nigellone inhibits protein kinase C, a substance known to trigger the release of histamine. In addition, his study showed that crystalline nigellone decreased the uptake of calcium in mast cells, which also inhibits histamine release.

The importance of these results are that people who suffer from bronchial asthma and other allergic diseases may benefit from taking crystalline nigellone.

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4. Anti-tumor principles

A study of black seed's potential anti-tumor principles by the Amala Research Center in Amala Nagar, Kerala (India) in 1991 lent further impetus to Dr. Chakravarty's suggestion for the possible use of black seed in the treatment of cancer.

Using an active principle of fatty acids derived from black seed, studies with Swiss albino mice showed that this active principle could completely inhibit the development of a common type of cancer cells called Ehrlich ascites carcinoma (EAC). A second common type of cancer cells, Dalton's lymphoma ascites (DLA) cells were also used.

Mice which had received the EAC cells and black seed remained normal without any tumor formation, illustrating that the active principle was 100% effective in preventing EAC tumor development.

Results in mice who received DLA cells and black seed showed that the active principle had inhibited tumor development by 50% less compared to mice not given the active principle.

The study concluded, "It is evident that the active principle isolated from nigella sativa seeds is a potent anti-tumor agent, and the constituent long chain fatty acid may be the main active component."

5. Anti-bacterial

In 1989, a report appeared in the Pakistan Journal of Pharmacy about anti-fungal properties of the volatile oil of black seed. 1992 saw researchers at the Department of Pharmacy, University of Dhaka, Bangladesh, conducting a study in which the antibacterial activity of the volatile oil of black seed was compared with five antibiotics: ampicillin, tetracycline, cotrimoxazole, gentamicin, and nalidixic acid.

The oil proved to be more effective against many strains of bacteria, including those known to be highly resistant to drugs: *V. cholera*, *E. coli* (a common infectious agent found in undercooked meats), and all strains of *Shigella* spp., except *Shigella dysenteriae*. Most strains of *Shigella* have been shown to rapidly become resistant to commonly used antibiotics and chemotherapeutic agents.

In light of the above research findings, it is of interest that homeopaths have long been known to make a tincture from the black seed for digestive and bowel complaints. Traditionally, the black seed is still used to help relieve vomiting and diarrhea, as well as flatulent colic, and to help counteract the griping action of purgatives (e.g. certain laxatives, fruits such as apricots when over consumed).

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6. Anti-inflammatory

- ? As early as 1960, Professor El-Dakhakny reported that black seed oil has an anti-inflammatory effect and that it could be useful for relieving the effects of arthritis.
- ? 1995, a group of scientists at the Pharmacology Research Laboratories, Department of Pharmacy, Kings College, Lond, decided to test the effectiveness of the fixed oil of *Nigella sativa* and its derivative, thymoquinone, as an anti-inflammatory agent. Their study found that the oil inhibited eicosanoid generation and demonstrated anti-oxidant activity in cells.
- ? The inhibition of eicosanoid generation, however, was higher than could be expected from thymoquinone alone. Their study suggested that other compounds within the oil might also be responsible for the enhanced anti-inflammatory reactions in cells.
- ? The scientists speculated that the unusual C20:2 unsaturated fatty acids contained in black seed were possibly responsible for boosting the oil's effectiveness.
- ? In 1997, studies conducted at the Microbiological Unit of the Research Center, College of Pharmacy, King Saud University, Riyadh, Saudi Arabia, found that externally in an ointment form, the anti-inflammatory activity of the black seed was found to be in the same range as that of other similar commercial products. The tests also demonstrated that the black seed is non-allergenic.

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7. Promotes lactation

- ? A study by Agarwhal (1979) showed that black seed oil increases the milk output of breastfeeding mothers.
- ? A literature search by the University of Potchefstroom (1989), including biological abstracts, revealed that black seed's capacity to increase the milk flow of nursing mothers could be attributed to a combination of lipid portion and hormonal structures found in the black seed

Difference names of kalonji seeds around the world :

1. Arabic : Habtus sauda
2. Urdu : Kalonji
3. Bngali/Oriya : Kalajira, Mangrela.
4. English : Small fennel, Nigella seed, Black Cumin.
5. Gujarati : Kalonji, Jirum, Kalaunji.
6. Hindi : Kalaunji, Mangaralia.
7. Kannada : Karijirige.
8. Kashmiri : tukhm-e-Gandana.
9. Marathi : Kalounji-Jire, Kalerjire.
10. Malayalam : Karinchirakam.
11. Persian : Shooneez.
12. Punjabi : Kalvanj.
13. Sanskrit : Sthula Jiraka, Susvi, Krishna-Jiraka.
14. Tamil : Karunjaraka, Karunjiragam.
15. Telgu : Peeajila Karra, Nallajilakara.

Dates have a unique high nutritional value. They maintain good overall body health and give vitality to all age groups of both sexes.

We can sum up the ingredients of dates and their nutritional value, as follows:

Ingredients	Nutritional Value
saccharides (glucose-fructose)	simple sugars, easy to be absorbed and assimilate into energy. maintain the health of digestive system and prevent intestinal cancers .
Fibers	act as natural laxative . prevent teeth decay. Removal microbial toxins
Pectin	Protection from diarrhea prevent teeth decay.
Iron	prevent anemia and treat food imbalance(iron deficiency) . improve body activity and sexual efficiency .
Potassium	prevent high blood pressure and cardiac diseases build up bones and healthy teeth.
Phosphorus	necessary for male and female fertility. necessary for growth of brain and nervous system .
Calcium	build up bones and healthy teeth

Further, dates are free from cholesterol and have very low level of fats (0.2%) and sodium . Thus, eating of dates is important to prevent heart and blood veins diseases. Besides, regular eating of dates by pregnant women guarantees easy delivery and maintenance of the health of mother and child before and after delivery.

Popular medicine

Dates, a food and a medicine -

God the Almighty says: (Sure Marym 25, 26)

(Shake also to thee the palm-trunk, and there shall come tumbling upon thee dates fresh and ripe. Eat therefore, and drink, and be comforted ;.....)

Nutritious value of dates:

Sugars: Dates contain 70-78% of sugars that are distinguished for easy absorption and assimilation in the body. These provide the body with energy, vitality within minutes of consumption.

Proteins and fats: Dates excel all other fruits in the proportion of proteins; it contains 2% of proteins by weight and 2-3 % of harmless vegetable fats totally devoid of cholesterol.

Minerals: The date fruit is often called a 'mine' due to the abundance of minerals contained in it. Every 100 grams of dates contain 40-72 mg. of phosphorus, 65-71 mg. of calcium, 65 mg. of magnesium, 2-4 mg. of iron, 90mg. of potassium, 65mg. of sulphur, 3mg. of chlorine and 9mg. of sodium.

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We can sum up the ingredients of dates and their nutritional value, as follows:

It can be noticed that the proportion of phosphorus in the date fruit is very high and so also magnesium which is capable of preventing cancer. Hence seldom do we see a cancer patient among the Bedouin Arabs who rely on date fruits for their main food.

Vitamins: Dates contain some of the important vitamins like A, D and BB. These fruits also contain a substance that stimulates contraction of the womb and increases its shrinking capacity especially during delivery. This substance resembles oxytocin. Lastly, we can say that 1mg. of dates gives the body energy equal to 3470 calories which is a quantity larger than the adult man's daily requirement.

Dates have got another characteristic: they contain a substance called molasses that purifies the chest and expels sputum, and cures coughs and soothes joint pains. The fruit contains vitamin A and vitamin B B and hence is an exemplar remedy for nervous tension and anxiety. If the fruits are kneaded and made into a paste with nigella seeds and a cup of the same is taken in the morning that will strengthen the heart and stop stiffening of the arteries (arteriosclerosis) and will cure dizziness and fatigue and strengthen the nerves.

The following are some of the important uses of date fruits:

If a person on fast begins his breakfast with a few date fruits, as they contain vitamin B1, B2 and B B, that will help prepare his stomach to receive food and tone it down, and as they contain several sugars, that will compensate for the loss of several energizing, invigorating and vitalizing agents from the body. Also, as it contains iron the fasting person gets his blood strengthened and his liver invigorated. Indeed, people generally break their fast with dates. From these facts we understand the secret behind the faster taking dates and the child getting his palate massaged with dates.

The date fruit contains carotene in a large proportion and also contains phosphorus, zinc and magnesium. Hence it is the strongest antidote and sturdy shield against cancer, "the wicked disease". If taken mixed with honey, nigella seeds and senna leaves in equal quantities, it can, God willing, cure cancer; and experience is the best evidence.