

## (Clinical Science Reference Collection)

# Impacts and future perspectives on the use of RAW honey as an antidiabetic, antimicrobial, antiobesity, antiinflammatory and anticancer agent



**Please note:** health benefits are associated with RAW honey only. Heat and pasteurization honey changes the structure of the honey, causing drastic blood glucose spikes and making it inflammatory!

A closer look at the proposed mechanisms of action of antidiabetic effect of honey suggests the following:

- Honey, through its GIT effects, would possess characteristic effects of  $\alpha$ -glucosidase inhibitors such as acarbose.
- Honey, through its hepatic and/or pancreatic effects, would possess characteristic effects of insulin secretagogues such as sulfonylureas (glibenclamide) as well as repaglinide and nateglinide.
- Honey, through its hepatic and muscular amelioration of oxidative stress-induced insulin resistance, would possess characteristic effects of thiazolidinediones and biguanides such as metformin.
- Honey, through its effects on incretin and appetite-regulating hormones, would possess characteristic effects of dipeptidyl peptidase-IV inhibitors such as sitagliptin and GLP-1 mimetic such as exenatide.
- Honey, through its anti-lipidemic effects, would possess characteristic effects of anti-obesity drugs.
- All these clearly indicate that honey possesses characteristics of most of the currently prescribed antidiabetic drugs and suggest it is a novel antidiabetic agent.

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