

## Honey

*Honey before bed helps the body better recovery*

*Two tablespoons of honey before bed helps burn fat while you sleep.*

*The fructose content in honey stimulates liver function during sleep.*

*This habit allows the natural blood sugar stabilizes allowing greater recovery of the body's energy.*

*Besides this way more controls appetite and need less food to feel good.*

*The miraculous properties of honey can improve the body's immune system making us feel healthier.*

