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FOR IMMEDIATE RELEASE

NEWS FILLER:

It's National Honey Month!

Honey Is a Soothing Way To Ease Sore Throats, Coughs

Honey continues to earn a place of honor in the kitchen, where it's used in recipes for glazes, salads, and dessert toppings. But it does equal duty as a medicinal favorite, soothing sore throats, coughs, and colds. Many consumers attest to a spoonful of honey for relief, or they add it to their favorite beverage for a quick boost in energy, according to studies by the National Honey Board.

Luella Gamber, co-founder of Dutch Gold Honey with her husband, Ralph, points out that honey is easy on the digestive system. "It's all natural, no additives or preservatives," she says, "and it's easily absorbed into the bloodstream." She notes that it's really popular with athletes and singers.

Each year Dutch Gold Honey packs and ships over 40 million pounds of specialty honeys in 13 varieties to supermarkets and specialty stores throughout the world.

Source: Dutch Gold Honey, Inc., Lancaster, Pa.