

CAN HONEY HEAL?

Read the text and write in the appropriate word for each gap.

Peter Molan, a doctor from New Zealand, is a specialist (1) in stomach disorders. He offers his patients a simple, but effective alternative (2) _____ taking medicine: honey. Dr. Molan claims the active component in honey is an antibacterial agent called UMF. There is some doubt in the medical world (3) _____ to whether UMF can destroy bacteria completely, (4) _____ research clearly shows that people with stomach problems experience some relief soon (5) _____ taking honey.

Is this yet (6) _____ case of science simply giving credibility to (7) _____ we have always known? After all, it is common knowledge (8) _____ soothing hot water laced with honey and lemon can be for sore-throat sufferers. In accepting the beneficial effects of honey, however, a (9) _____ reservations should be borne in mind. Firstly, the popular belief that honey is healthier than sugar isn't entirely well-founded.

(10) _____ all foods, honey can be healthy (11) _____ eaten in moderation, but may also have some downsides. Honey contains the (12) _____ number of calories as other types of sugar, and it can cause blood-sugar levels to rise quickly. Secondly, eating (13) _____ much honey on an empty stomach can cause discomfort. That is (14) _____ it's best to line the stomach with some fiber first, for example by following a main meal (15) _____ a dessert that incorporates honey. Thirdly, under (16) _____ circumstances should a baby's dummy be dipped in honey before the baby sucks it, as this is just as likely to cause tooth decay as any other sugary treat.

