

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) to taking medicine: honey. Dr. Malon claims the active component in honey is an antibacterial agent called UMF. There is some doubt in the medical world (3) as to whether UMF can destroy bacteria completely, (4) but research clearly shows that people with stomach problems experience some relief soon (5) after taking honey.

Is this yet (6) another case of science simply giving credibility to (7) what we have always known? After all, it is common knowledge (8) that soothing hot water laced with honey and lemon can be for sore-throat sufferers. In accepting the beneficial effects of honey, however, a (9) few reservations should be borne in mind. Firstly, the popular belief that honey is healthier than sugar isn't entirely well-founded. (10) Like all foods, honey can be healthy (11) if eaten in moderation, but may also have some downsides. Honey contains the (12) same number of calories as other types of sugar, and it can cause blood-sugar levels to rise quickly. Secondly, eating (13) too much honey on an empty stomach can cause discomfort. That is (14) why it's best to line the stomach with some fiber first, for example by following a main meal (15) with a dessert that incorporates honey. Thirdly, under (16) what 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.

