

Health Benefits of Honey



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1. Immunity booster

The antioxidants and anti bacterial properties that honey contains, aids the improvement of the digestive system. Consuming this liquid can help boost your immune system and keep you healthy and fit in life.

2. Skin Care

Variety of beauty products available in the market contains honey as their prime ingredient. Honey not only helps to smoothen your skin but also keeps [acne](#) at bay. The anti-bacterial properties of this liquid can give your skin a nourishing look and feel.

3. Aids Weight Loss

Experts recommend eating honey mixed with warm water every morning. This unique combination helps you digest the fat in your body and aid the weight loss process.

4. Cancer preventive properties

Honey contains a number of antioxidants and flavanoids that help diminish the risk of a few types of [cancer](#). These antioxidants kill the collagen in the body.

Leave your footwear outside?

Have you ever seen Hindus, Muslims, Jews, Buddhists, Parsees, Sikhs entering into their worship centre or house of prayer wearing shoes and slippers? No.

If so, who then go into their holy places with footwear? It is Catholics.

Another question: Have you ever seen Syrian Catholics going into their churches with shoes and slippers? No. Which Catholics practice going into their churches for Mass with shoes and slippers. It is Latin Catholics.

Is it fine, acceptable, tolerable norm? If no, then why do we Latin or Roman Catholics participate enter the church with footwear?

Read Ex.3:6 very important passage.....

Someone said, 'let bishops make rule for their people in their respective dioceses to do away with footwear in the churches'

Another said,' these priests and bishop and so called leaders themselves do not practice this norm, then how will the people follow?'

Another quipped,' we were not taught in our young this discipline of leaving footwear outside the church'

Another commented: 'When we go in without slippers and shoes, the church will be clean'

An executive says,' what's wrong if we wear footwear inside the church? We are used to!'

Mr.X said,' It is the westerners brought this shoe culture inside the church and we follow the same'

Ms.Y said the other day,' well father, in our State (mentioning her state from where she comes) in all the ----- (mentioning a particular rite) Churches, people leave their footwear outside the church and it looks so fine and clean'

One parish council member said,' it won't be so easy to get into a new practice of leaving footwear outside the church, many will lose their slippers and shoes'

She said, 'O fo, no, let servants clean up the church, what is the deal then?'

We need to keep our church cleaned, free from pollution, sanctity can felt. After all cleanliness is next to godliness

Who will save the Sri Lankan Thamizh women?

If you want to destroy the culture of a community first you destroy their language' is a social thought. Yes when we destroy some one's language automatically the community of that language perishes in the long run. This is what happening in Sri Lanka. Already a genocide took place in the name of destroying the Thamizhs in 2009 in the war between The Tamil Tigers of Tamil Eelam and the army . Today another form of cultural killing is

taking place. This time it is altering the Thamizh names of towns and villages into Singalese. Thousands of Thamizhs have lost their houses and many are still in concentration camps.

What a sadist govt the Sri Lankan govt is! What pleasure the Sri Lankan President Rajapaksa has in rooting out the Thamizhs from that island nation? Was it not a contradiction or a paradox for a nation's leader who is a pro bhuddist visiting India to enter the Tirupathi Temple?. He proved to the world that was a tyrant and autocratic who has no concern for his own subjects and that he is a pretender by visiting the famous Hindu Shrine and still claiming he is a bhuddist. No true Bhuddist or a Hindu advocates anti-human policies against a particular community other one's own. Thamizh Eelam people are becoming refugees in their own land sad indeed!. If this continues then he will be placed in the history as one of the most tyrant leaders in the world. Human rights are absolutely violated, and the international laws of human rights are not respected in Sri Lanka. Who will come to the rescue to these unfortunate Thamizh people?

Sonia Gandhi pitied for that Delhi girl who raped by a gang and she said the death of that girl will not go waste but what about thousands Thamizh girls and women raped and killed brutally in Sri Lanka? The whole India condemned the gang rape of that Delhi young medical student, but what is the reaction of this great country for the rape and killing of so many innocent female students in the island nation?

Let us pray to our Lord Jesus Christ who is the True Lord and God to save the Thamizh community from the hands of savages in their own land. The Enlightened Bhuddha desired compassion and mercy even to the nature other than human beings. Rajapaksa will not go unrewarded with due punishment for his anti-Thamizh atrocities in Sri Lanka. The rational world is watching him!