



Sponsored by:

the Committee for the Promotion of Honey and Health, Inc

January 8, 2008

8:15 AM to 5:00 PM

**Doubletree Hotel
Sacramento, CA**

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The Symposium is being held in conjunction with the 2008 Conventions of the

- American Honey Producers Association
- American Beekeeping Federation
- National Honey Packers and Dealers Association
- American Association of Professional Apiculturists
- Apiary Inspectors of America

January 9-12, 2008

Honey is the soul of a field of flowers

1st International Symposium on Honey and Human Health

Co-Sponsors include:

- National Honey Board
- Western States Honey Packers and Dealers Association
- National Honey Packers and Dealers Association
- Saskatchewan Beekeeper's Development Commission
- Saskatchewan Beekeepers' Association
- California State Beekeepers Association

The Symposium features scientists, researchers, and physicians from around the world presenting studies that underscore the role of honey as a functional food providing many healthful benefits when consumed regularly. Following is a sample of the findings to be presented:

- Immune system responses in patients given honey while undergoing chemotherapy
- Honey's effectiveness in promoting restorative sleep
- Honey's role in reducing insulin resistance, obesity, and diabetes
- Honey as an effective cough suppressant
- Honey's effect on blood sugar and glycohemoglobin (HA1C) levels in type II diabetics
- Honey and its effect on cognitive performance and memory

In addition, Dr. David Baer, a Research Physiologist from the USDA Beltsville Human Nutrition Research Center in Maryland, will address the Symposium on the potential role of honey in reducing the incidence of insulin resistance, obesity and diabetes in America.

Admission to the Symposium is free to all members. To become a member and help support the work of the

Committee, go to

www.prohoneyandhealth.com

or contact us at

info@prohoneyandhealth.com

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