



HOW *Honey* HELPS A NURSING MOTHER

An infographic with a background of a honeycomb pattern. On the left, a large illustration shows a mother with dark hair nursing her child. To the right, five smaller illustrations of women are shown, each with a different health benefit of honey. The background is decorated with honey dripping from the top and various flowers.

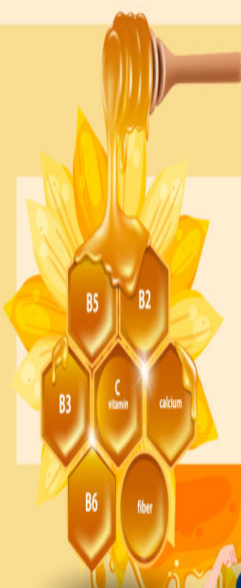
Rich in vitamins and essential minerals such as iron

Locally-made honey boosts immunity

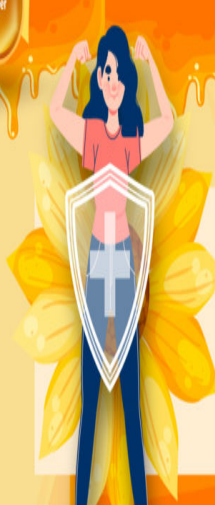
Helps manage sore throat and cold

Prevents heart diseases and cancers

Heals wounds and treats gastrointestinal disorders



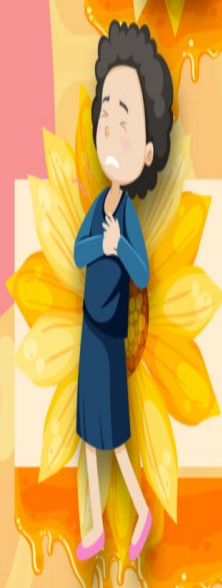
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Source: https://www.momjunction.com/articles/is-it-safe-for-a-breastfeeding-mom-to-eat-honey_0093190/