## mini-handbook of honeys

<table>
<thead>
<tr>
<th>NAME</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alfalfa</td>
<td>Alfalfa, which makes a nice table honey, is a dominant honey plant in Nevada, Oregon, Idaho and Utah.</td>
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<tr>
<td>Buckwheat</td>
<td>Honey from buckwheat plants, which are planted in the spring in cool and moist climates, is dark in color and has a strong flavor.</td>
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<tr>
<td>Clover</td>
<td>Clover honey's mild flavor comes from white, alsike, and white and yellow sweet clover. In the US, clovers are the most popular honey plants.</td>
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<tr>
<td>Orange Blossom</td>
<td>With the flavor and aroma of orange blossoms, this honey comes from orange trees and a combination of citrus floral sources in southern Florida, Texas, Arizona and California.</td>
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<tr>
<td>Sage</td>
<td>Sage honey has a mild flavor, and can come from different species of the plant found along the California coast and the Sierra Nevada mountains.</td>
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<tr>
<td>Tupelo</td>
<td>Honey from tupelo is produced in the southeastern US, has a mild flavor and does not granulate.</td>
</tr>
</tbody>
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**Honey in the raw**

Most honey on store shelves is heat pasteurized to kill bacteria. This process also kills phytonutrients and enzymes. If you want to enjoy honey the way nature intended, opt for raw products that have not been heated and retain all the good stuff (including bits of comb and pollen). In addition to raw, some other forms of honey include:

- **COMB**: Sold in the honeycomb just as it comes from the hive.
- **CUT COMB OR CHUNK**: Contains chunks of comb mixed into liquid honey.
- **LIQUID**: Clear honey separated from the comb that mixes well with foods.
- **WHIPPED OR CREAM**: Finely crystallized with a spreadable consistency that is great for cooking and baking.

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**Look Years Younger the Easy Natural Way with the Magic of Nutra-Lift® one step!**

That’s Right! Both men and women can now look years younger with the latest discoveries from science and nature. A clinically proven "Anti-Aging, Anti-Wrinkle Total Skin Therapy" is now available that actually reduces the look of wrinkles and dramatically improves the appearance of the skin's texture, color, firmness and overall quality. In fact, 93% of those clinically tested in Europe and the USA had noticeable improvements within 2-3 weeks.

An amazing all-in-one skin renewal cream replaces a cabinet-full of over-priced facial treatments. **How?** It's a blend of nearly every substance known to science that helps improve your skin. Over 79 time-released natural extracts, minerals, vitamins, 14 powerful anti-oxidants, plus 20% vit. C ester complex, dmae, alpha lipoic acid, liposomes and advanced delivery systems ... guaranteeing penetration of all nutrients into the inner skin.

Nutra-Lift® one step performs well with most skin types. It contains ingredients all skin needs. Our customers and clinical trials tell us that Nutra-Lift® appears to help the skin in the following ways:  
- **Reduces the look of fine lines and wrinkles**  
- **Makes the skin firmer, thicker and more supple**  
- **Improves tone, color & clarity of skin**  
- **Reduces the look of blemishes & acne**  
- **Makes the skin softer and smoother**  
- **Gets rid of dryness and improves hydration**  
- **Restores a youthful glow to the skin**  
- **Reduces pore size**  
- **Helps reduce undereye puffiness & dark circles**  
- **uva & uvb protection.**

Retail Price $39 / 2 oz. bottle

**People are talking about Nutra-Lift® and this is what they are saying:**

- "Nothing performs as well as Nutra-Lift®... I noticed the most amazing transformation... the lines around my eyes began to disappear." — Edward A., Washington, DC
- "My acne has cleared up 95% and the red marks and scars are fading." — Courtney D., Johnstown, PA
- "The results are as good as laser surgery." — Dr. Terje Wollan (dermatologist), Sandeford, Sweden


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*Results may vary. Nutra-Lift® products are cruelty free and are not tested on animals. Nutra-Lift® is a registered trademark of Younger You Inc.*