

## **Avoid the Zombie Apocalypse: Own a Bee Hive and Eat Fresh Raw Honey**

The Zombie Apocalypse is upon us. It is certainly evident in the media these days. How can you avoid the effects of the brain eating walking dead?

Honey is brain food. It increases your brain power and this quick read will explain some of the reasons it works this way.

Your brain requires glucose to function. It can't operate on ketones or other fuel sources like dextrose or fructose. It only accepts one currency of fuel and that is glucose. When your blood stream is low on glucose, you become sluggish and may have difficulty making good decisions. This is the first sign of becoming a Zombie because you may allow others to make decisions for you.

Your digestive track and liver break food down into glucose in order to use it for fuel. The more complex a carbohydrate is, the more work it takes to break it down. Sugar is made of 50 percent glucose and 50 percent fructose, the sugar typically found in fruits, and is broken down very easily, leading to a surge of blood glucose. This can cause a sudden spurt of activity that may not have clear thought behind it. This can be a symptom of the beginnings of "Zombification" which is the process of being turned into a Zombie.

The sugar your body doesn't use right away gets stored as fat. Honey is also made mostly of sugar, but it's only about 30 percent glucose and less than 40 percent fructose. And there are also about 20 other sugars in the mix, many of which are much more complex, along with more complex dextrin, a type of starchy fiber. This means that your body expends more energy to break it all down to glucose. Therefore, you end up accumulating fewer calories from it, and store less fat. But you also have a more constant supply of glucose over time, which fuels your brain so it can function longer and at a steadier pace.

Honey also has trace elements in it — stuff that bees picked up while going from plant to plant. These will depend on region, so depending on the source of your honey it could have varying small amounts of minerals like zinc and selenium, as well as some vitamins. And because honey doesn't break down in nature, it doesn't contain preservatives or other additives. Owning your own bee hive ensures that you are ready to avoid the *Zombie Apocalypse*.

Hives at Know Your Food store honey all spring and summer long. Honey is harvested throughout that time and shipped to owners in the raw state so they can enjoy all the nutrients stored in the honey. By the fall, most owners have accumulated about 15 or 16 jars of honey, enough to carry them through the winter months; the worst time of year for Zombification. The bees also keep some honey so they too can make it through the winter. This means the hives are ready to make more honey in the spring. Hive ownership at Know Your Food ensures your brain will be able to keep you in top shape to outthink and outrun any Walking Dead invasion.