







# MORTAL 1 KOMBAT.



LEXUS

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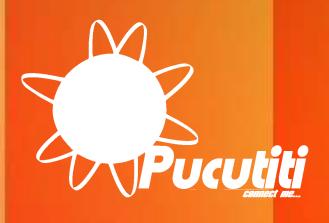
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### Wreckfest

Wreckfest is a racing video game developed by Bugbear Entertainment and published by THQ Nordic. Wreckfest is described as the spiritual successor to the FlatOut series and a cross between FlatOut, Destruction Derby and cult 1989 PC racer Street Rod. A notable feature of the game engine is the use of soft-body damage modelling, which enables location-based damage that affects the driving dynamics of vehicles in a realistic fashion. After a four-year long early access phase, the Microsoft Windows version was released in June 2018, with PlayStation 4 and Xbox One versions scheduled to be released in 2019 after multiple delays.

### Gameplay

The final game is intended to include a variety of gameplay features, including traditional track racing and demolition derbies. The racing gameplay follows the same fundamental rules as most modern racing games, such as Need for Speed or Gran Turismo. The player controls a car in a race or demolition derby, the goal being to win the race or be the sole survivor of the derby respectively. Before participating in an event the player must choose a vehicle, select either manual or automatic transmission, and finally select either a dirt or tarmac track on which to race. Players will also be able to buy and sell vehicles, customize vehicles, and perform "research".

The races themselves focus heavily on "vehicular combat", where players have to find a balance between defensive tactics such as avoiding debris or opponents' vehicles and more aggressive tactics such as grinding against opponents and forcing them out of the way in order to overtake them or avoid harm. While Wreckfest's focus on physics and vehicular damage is similar to previous destruction-based racing games such as Criterion's Burnout, it follows a somewhat slower and more strategic approach, resulting in a more traditional racing gameplay experience than in comparable games.

### **Development**

Development on Next Car Game began in 2012, and was first announced by Bugbear Entertainment on the Next Car Game blog in August 2013. In an interview with IGN, lead game designer Janne Suur-Näkki stated that the game should reach a "feature-complete state" in 2014, with all key features implemented. In a press release published by Eurogamer, Next Car Game was officially announced for PC.

Due to the lack of publisher support, the development team provided early access to the game via pre-orders on the official Next Car Game website as well as Steam Early Access and also created a Kickstarter campaign as alternate means of raising revenue in order to develop the game. The overhaul of the physics engine has caused updates to the game to slow significantly. The game was last updated in August 2018.





### Failed Kickstarter campaign

Bugbear launched a Kickstarter campaign on November 1, 2013 in an effort to fund the development of Next Car Game, with a goal of \$350,000 to complete the game, and a stretch goal of \$1.5 million to create PlayStation 4and Xbox One versions of the game. The campaign was cancelled on November 22, after it became "obvious" that the game would not reach its funding goal, having only raised \$81,722. Lead game designer Janne Suur-Näkki described the Kickstarter campaign as a bewildering and disappointing experience, as Bugbear had to go to "great lengths" to make the campaign happen due to Kickstarter and Finnish legislation imposing "considerable challenges" on the project.

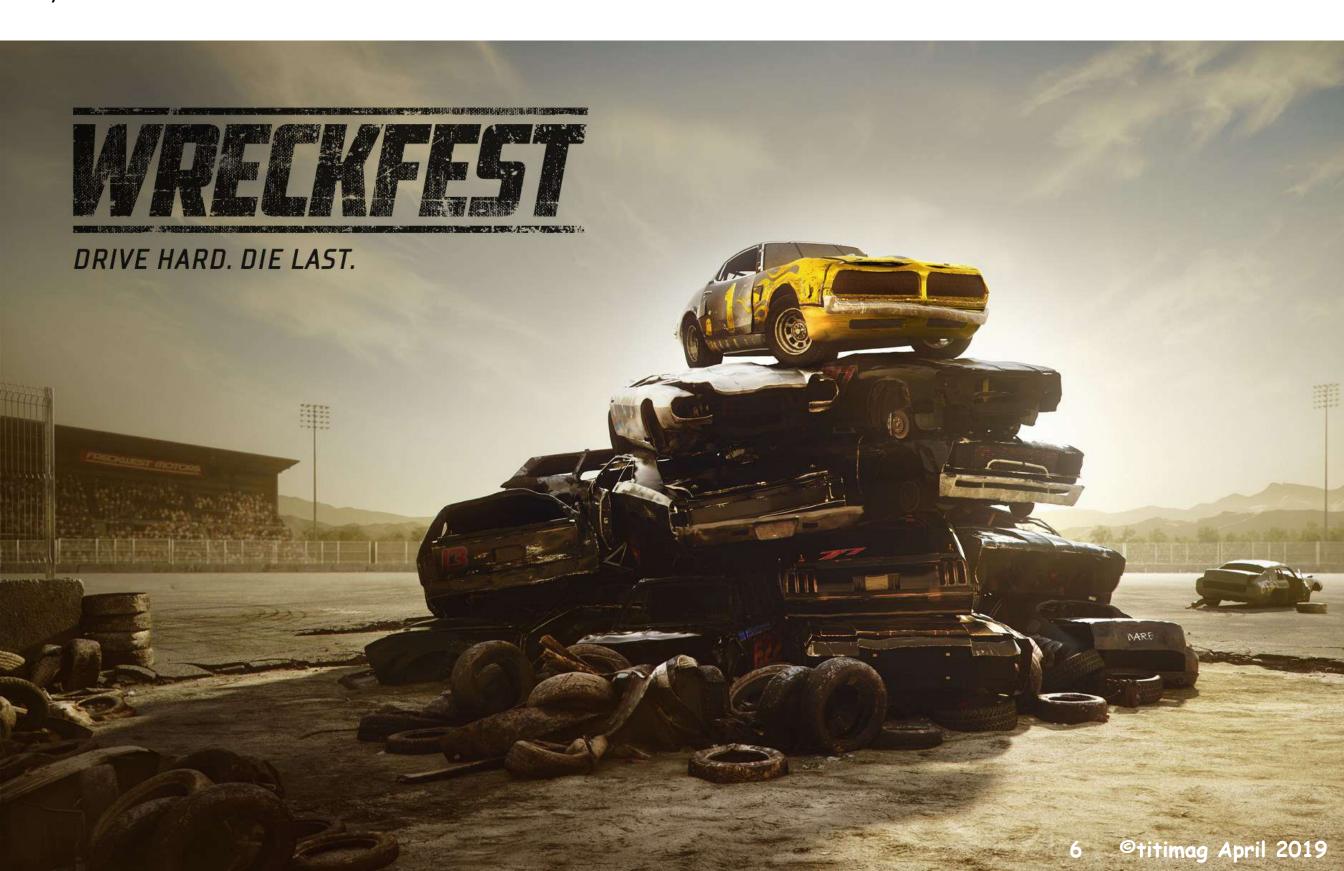
After failing to meet the \$350,000 goal of the Kickstarter campaign, Bugbear concentrated efforts on a pre-order campaign being run via the Next Car Game official website. A playable "technology sneak peek" was made available for download to supporters who had pre-ordered the game, the sneak peek featured 24 vehicles and a single level which the developers used internally to test the game's damage engine. Following a highly positive response from players regarding the sneak peek, Bugbear released an extended version called Sneak Peek v2.0 to all pre-order supporters. This extended sneak peek included additional features such as new destructive machinery, more dynamic destructible objects, and a "physics cannon".

### Early access

Following the success of the Technology Sneak Peek, an early access version of the game was released shortly before Christmas in 2013. The early access release featured two playable vehicles and three tracks, two of which were traditional race tracks while the other was a demolition derby arena.

The early access release was highly successful and received great feedback from sim racers. By the end of the Christmas week the game had already sold for more than Bugbear's initial funding goal of \$350,000 on Kickstarter. Next Car Game was subsequently released on Steam Early Access on January 15, 2014, with special discount prices offered until January 29. The game found tremendous success on the Steam Early Access platform, earning over \$1 million in sales during a single week.

On October 3, 2014, Bugbear made an announcement on the game's blog entry for the game's sixth build that Next Car Game was now officially titled Wreckfest. The announcement came with a definition of the term "wreck fest" written on Urban Dictionary. In the same announcement, Bugbear also announced an eighteen-player online multiplayer has been introduced with new deathmatch and team deathmatch game modes, as well as a new track and a new car. The developer also said that they were aiming for twenty-four-player multiplayer for the final release, but will need to spend more time optimizing the game's network code. It was released out of early access on June 14, 2018. The PlayStation 4and Xbox One versions were originally scheduled for release on November 20, 2018, but were delayed to 2019.





## F1 2018 (video game)

F1 2018 is a racing video game and the tenth instalment in the Formula One video game franchise developed and published by Codemasters. The game is based on the 2018 Formula One World Championship and includes all twenty-one circuits from the calendar and all twenty drivers and ten teams competing in the season. It was released on 24 August 2018 for Microsoft Windows, PlayStation 4 and Xbox One. An iOS version released October 18, 2018. An Android version was released on November 26, 2018.

### **Features**

F1 2018 features substantial revisions to its career mode compared to previous systems. F1 2017 introduced a detailed progression system that allowed the player to focus on developing the engine, chassis and aerodynamics of their car. This was simplified in F1 2018 as Codemasters' research demonstrated that players were losing interest in the game before completing the car's development cycle. Players develop their cars by spending "development points", which are earned by meeting research and development targets during free practice sessions. Codemasters have introduced a wider range of free practice programs to the game in a bid to extend the game's longevity. At the halfway point of each championship, the player has the option of ending their development cycle and banking all future development points for the next championship. This function has a renewed importance in F1 2018 as teams are subject to rule changes at the end of each championship which can potentially compromise the car's performance.

As with previous titles, F1 2018 includes "Classic Cars", or Formula One cars from previous seasons. The game includes the McLaren M23 and Ferrari 312T, which were driven by James Hunt and Niki Lauda during the 1976 championship; the Brawn BGP 001, the car which Jenson Button and Brawn GP won the 2009 World Drivers' and World Constructors' Championships; and the Williams FW25, the car with which Juan Pablo Montoya finished third in the 2003 championship. All of the Classic Cars that were featured in F1 2017 are included in F1 2018.

As the game is based on the 2018 championship, the Circuit Paul Ricard will make its début in the series. The Hockenheim ring, which was last featured in F1 2016, will make its return to the game. Similarly, the Sepang International Circuit will no longer be included after its removal from the calendar.



The mobile version sees players make their own cars and simply race 1-lap duels in 3 different race types (qualifying, sprint, grid start). To explain this, qualifying mode is simply race against a ghost car, who is your opponent. Al cars don't exist in Duel Qualifying. Sprint race is a race which starts via a rolling start, a bit like the V8 Supercars races in Australia. Grid Starts are the normal F1 start, with a clutch button that you need to hold before the race starts, like the main console game (F1 2018). There are different leagues that require the player to get an obligatory number of trophies to reach, for example League 6 requires no less than 450 trophies. You lose trophies if your opponent beats you. When the game was out on iOS, there was no punishment system for collisions/corner cuts, but an update on December 18, 2018now penalizes corner cutting or collisions by a 'Safety Rating' which rates drivers based on their overall cleanliness as a real F1 driver. Originally the game had only 17 tracks but Mexico, Brazil, the new French circuit at Paul Ricard and the season finale at Yas Marina. The game is called F1 Mobile Racing and is available for free in the App Store or Google Play, but you can buy the official 2018 cars for about C\$ 14.99 depending on how well that car performed on the actual 2018 season. On release date, many people said that there were bugs when racing online and against AI, but that was fixed.

### **Development**

Following widespread criticism of a qualifying format used in the opening rounds of the 2016 championship, the Fédération Internationale de l'Automobile (FIA) and commercial rights holder Liberty Media announced plans to trial regulation changes through the Formula One eSports Series, which débuted in 2017 with the release of the F1 2017 video game.



# Pillars of Eternity II: Deadfire

Pillars of Eternity II: Deadfire is a role-playing video game developed by Obsidian Entertainment and published by Versus Evil. It is the sequel to the 2015's Pillars of Eternity, and was released for Microsoft Windows, Linux, and macOS in May 2018, and will be released for the Nintendo Switch, PlayStation 4, and Xbox One in 2019. The game was announced with the launch of a crowdfunding campaign on Fig in January 2017, where the game reached its funding goal within a day.

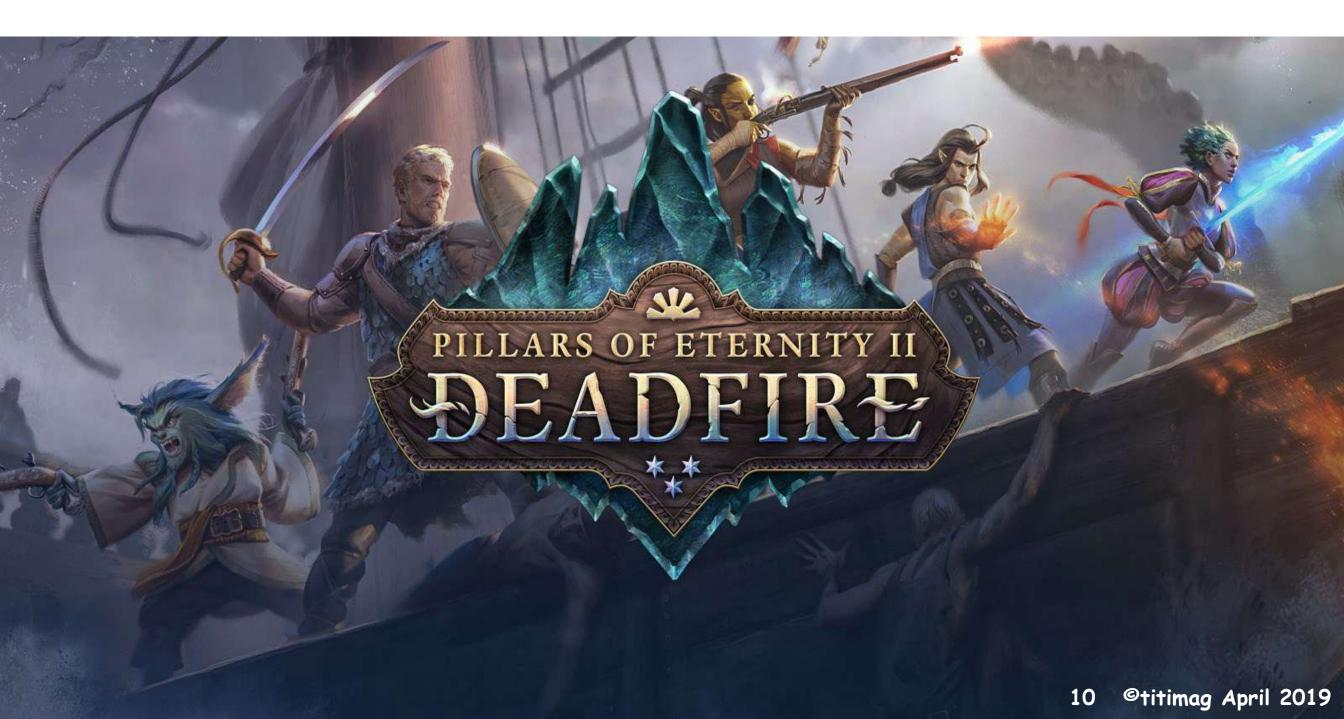
### Gameplay

Pillars of Eternity II: Deadfire is a role-playing video game that is played from an isometric perspective. Both returning and new companions are available, depending upon the choices made by the player, which play an optional story role within the game. Deadfire focuses on seafaring and island exploration via a ship. Crews can also be hired to look over them, and assist in ship combat. Class based gameplay returns, with each class having three optional sub-classes with unique skills.

### **Plot**

Deadfire is a direct sequel to Pillars of Eternity, taking place in the world of Eora. As with the first game, the player assumes the role of a "Watcher", a character with the ability to look into other people's souls and read their memories, as well as the ones of their past lives. The story begins five years after the events of the first game. Eothas, the god of light and rebirth who was believed dead, awakens under the player's stronghold Caed Nua from the first game. Eothas' awakening is extremely violent, and he destroys Caed Nua, while he drains the souls of the people in the surrounding area. The Watcher themselves similarly has a piece of their soul torn out during the attack, but manages to barely cling on to life. In this near-dead state, they are contacted by Berath, the god of death, who offers to restore their soul if they in exchange agree to become Berath's herald and take on the task of pursuing Eothas and find out what he is planning. The hunt for Eothas takes the Watcher via ship to the Deadfire Archipelago, where they must try to seek out answers—answers which could throw mortals and the gods themselves into chaos. The player's actions and decisions in the first game influence certain storyline elements of Deadfire.

Throughout the story, the Watcher meets four different factions all vying for control over the Deadfire area: the imperialistic Royal Deadfire Company, acting on behalf of the expansionist Rauatai empire; the more profit-oriented and mercantile Vailian Trading Company, acting on behalf of the Vailian Republics; the traditionalist Huana, a tribal alliance of natives seeking to uphold their people's independence; and the Príncipi sen Patrena, a federation of pirates seeking to establish a republic of their own. The Watcher can help or hinder these factions along the way. Through their pursuit of Eothas, the Watcher eventually discovers the god's true intentions: he aims to break the Wheel, the cycle of reincarnation that governs the souls of Eora and by extension feeds the gods with the energy they need to sustain themselves, hoping that in doing so he can break the other gods' control over all mortal beings, allowing them to be free to pursue their own destinies. To that end, he seeks the mythical lost city of Ukaizo, where the mechanism controlling the Wheel is housed. Though the other gods intervene several times in an attempt to stop Eothas, he is undeterred and continues towards his goal.



By either swearing fealty to one of the factions and gaining their help or acting independently, the Watcher and their ship braves the stormy sea of Ondra's Mortar, which protects the city of Ukaizo, just as Eothas makes his final approach towards to the Wheel, and confronts him there. Eothas, though sympathetic to the Watcher, refuses to back down from his endeavor, explaining to the Watcher that destroying the Wheel would most likely kill him and the rest of the gods for good, but that his death will also give him the power to enact a great change upon all of Eora. Before destroying the Wheel, he returns the piece of the Watcher's soul he took from them, thereby freeing them from their debt to Berath, and asks for their advice on what that change should be. An epilogue then follows, detailing the effects the Watcher's choices had on their companions, the different factions, the Deadfire, and the world at large. In the end, the Watcher resolves to head home to the Dyrwood, uncertain of what the future now holds for both gods and mortals.

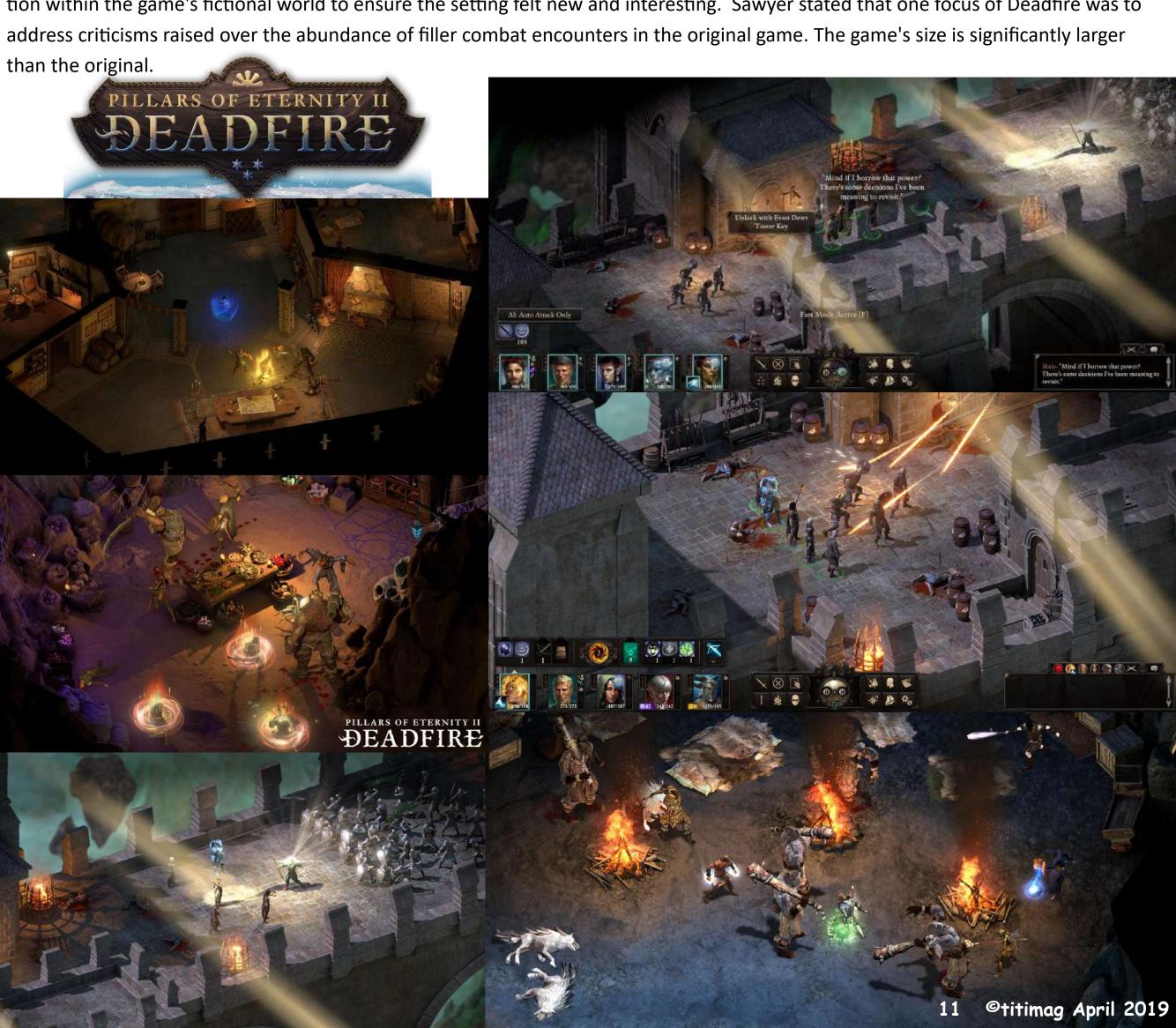
### **Development**

The game was developed by Obsidian Entertainment, creators of the original Pillars of Eternity, and was published by Versus Evil. In May 2016, Obsidian CEO Feargus Urquhart announced that the game had entered production. Like its predecessor, Obsidian chose to launch a crowdfunding campaign to raise money for the development of Deadfire. The campaign launched on January 26, 2017 on the Fig platform with a funding goal of US\$1.1 million with US\$2.25 million open for equity. The funding goal was achieved in under 23 hours, and surpassed \$4.4 million by the end of the campaign. The game was released for Microsoft Windows, Linux, and macOS on May 8, 2018, and will be released in 2019 for the Nintendo Switch, PlayStation 4, and Xbox One.

On January 24, 2019 Pillars of Eternity 2: Deadfire received a major update that revises the gameplay mechanics and gives the player an option play the whole game with the turn-based combat mechanics. The player can choose between real-time or turn-based before the character creation menu when starting the new game.

A downloadable content pack, Critical Role Pack was released for free alongside the game's launch, adding additional character voices and portraits from the original campaign of Critical Role.

Pillars of Eternity design director Josh Sawyer explained that if the team were to create a sequel, they would set it in a different location within the game's fictional world to ensure the setting felt new and interesting. Sawyer stated that one focus of Deadfire was to



### **Mortal Kombat 11**

Mortal Kombat 11 is an upcoming fighting video game developed by NetherRealm Studios and published by Warner Bros. Interactive Entertainment. Running on the Unreal Engine 3, it is the eleventh main installment in the Mortal Kombat series and a sequel to 2015's Mortal Kombat X. Announced at The Game Awards 2018, the game is set to be released in North America and Europe on April 23, 2019 for Microsoft Windows, Nintendo Switch, PlayStation 4, and Xbox One. In late January 2019, it was reported that the Switch version was delayed in Europe and is now scheduled for a May 10, 2019 release.

### Gameplay

Like its predecessor, Mortal Kombat 11 is a 2.5D fighting game. Alongside the returning Fatalities and Brutalities, new gameplay features are introduced, such as Fatal Blow and Krushing Blow. Fatal Blow is a special move that deals a large amount of damage, but only becomes available when a player's health drops below 30%. Fatal Blows act as a replacement of X-Ray super move and can only be performed once per match. Krushing Blow is a special cinematic variation of a given special move, triggered when certain requirements are met. Also new is a Flawless Block mechanic, which allows for a comeback window after blocking an attack with precise timing.

Mortal Kombat 11 also introduces a Gear system, similar to NetherRealm Studio's latest DC fighting game Injustice 2. However, this game's outfit-based Gear system is largely cosmetic, while retaining the move list customizations on the Variation system that were introduced in Mortal Kombat X, which allows players to create their selected characters' own Variation-based move lists.

### **Premise**

Following Shinnok's defeat at the hands of Cassie Cage in Mortal Kombat X, a corrupted Raiden plans to protect Earthrealm by destroying all its enemies, but a mysterious woman named Kronika, known as "The Keeper of Time", is attempting to bring order to the universe through any means necessary, including getting rid of Raiden for tampering with the events of the past, as seen in the previous game.

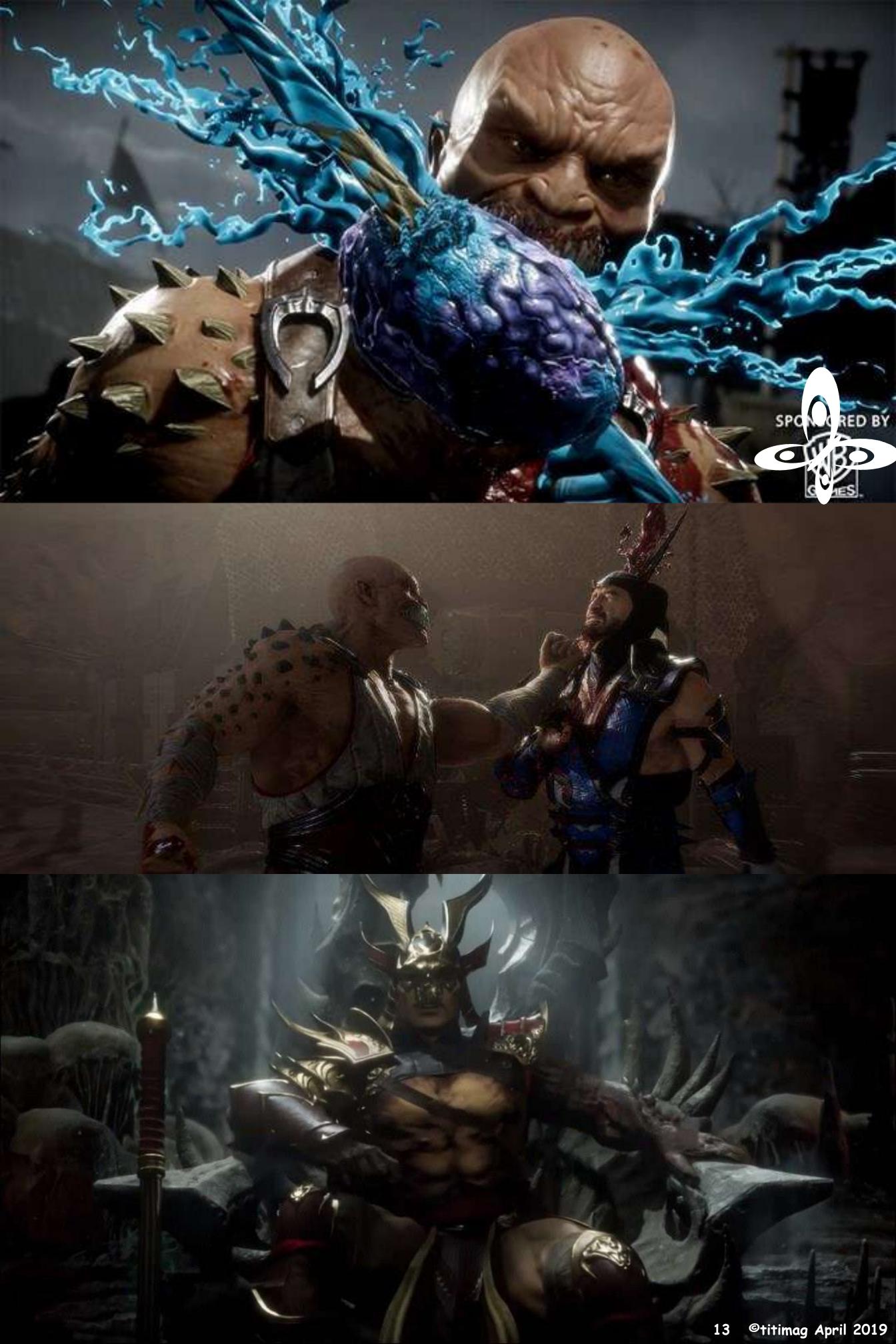
### **Characters**

Below are the playable characters so far confirmed. Characters in bold are new to the series.

Baraka, Cassie Cage, D'Vorah, Erron Black, **Geras,** Jacqui Briggs, Jade, Johnny Cage, Kabal, Kano, Kotal Kahn, Raiden, Scorpion, Skarlet, Sonya Blade, Sub-Zero.

The first revealed characters were series veterans Baraka, Raiden, Scorpion, Sonya Blade and Sub-Zero, as well as Skarlet, who returned from the 2011 reboot, and newcomer Geras, who has powers that allow him to control the flow of time and produce sand-based attacks. Also introduced in the game is Kronika who, like Geras, has powers over the flow of time, and is said to have been running the show since the series' beginnings. She is featured in the game as the series' first female boss character, but not a playable character herself. Each character has a unique set of outfits and weapons, which can be further customized by players via the Custom Variation feature.





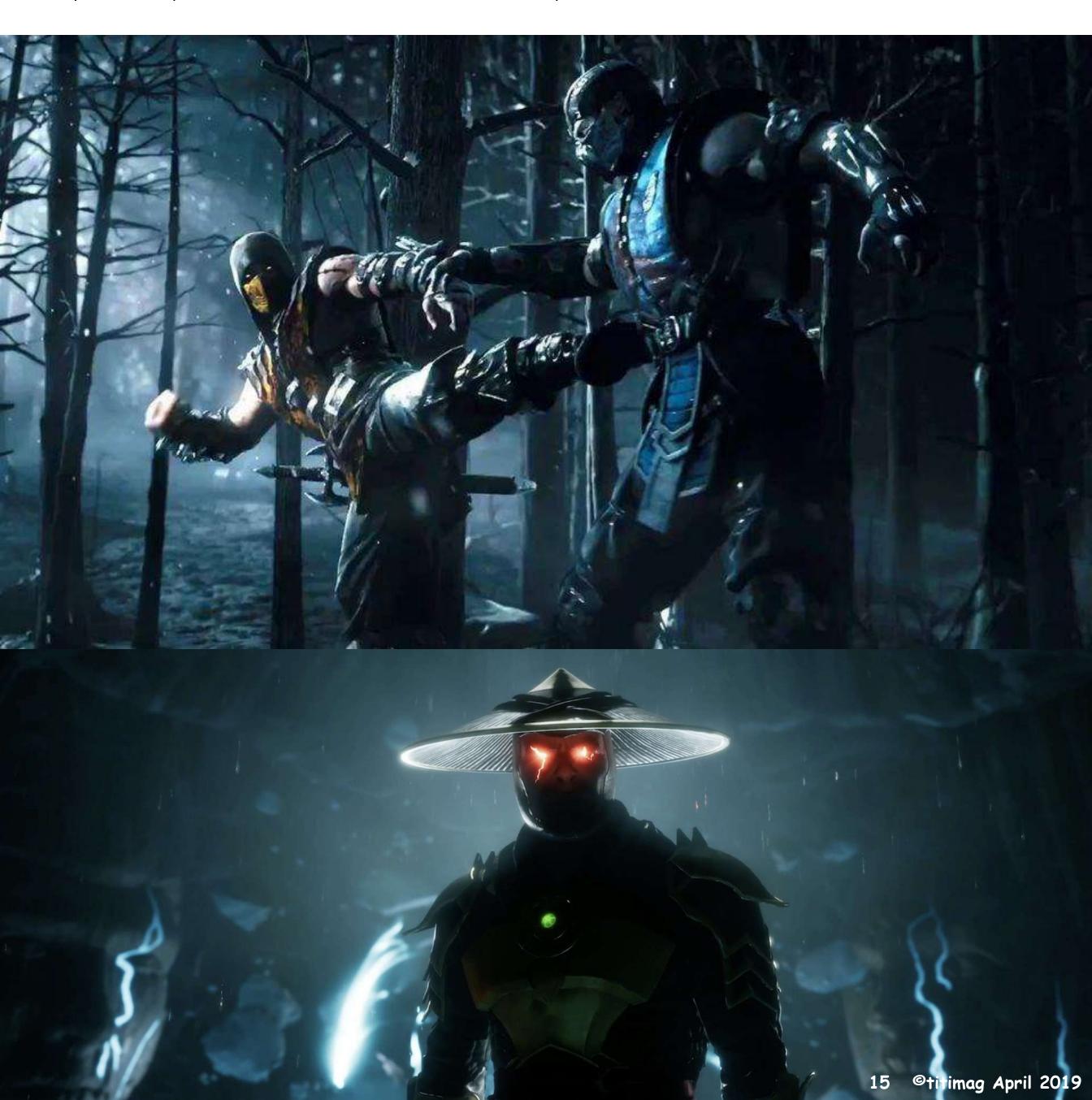


### **Development**

Mortal Kombat 11 was developed by NetherRealm Studios and published by Warner Bros. Interactive Entertainment, the two parties also involved with the game's predecessor, Mortal Kombat X. The game was announced by series co-creator Ed Boon in December 2018, at The Game Awards 2018, with a trailer showcasing Dark Raiden and Scorpion, two characters from the Mortal Kombat franchise, fighting against each other. The trailer featured "Immortal", an original song by artist 21 Savage, which was met with negative reception from fans of the series. While some critics thought that 21 Savage's distinct musical style well underlined the trailer's violence, most felt that the song's tone did not fit the trailer's theme, spawning a series of videos replacing it. On the same day as the trailer was revealed, voice actor Patrick Seitz announced that he would not return to voice Scorpion in Mortal Kombat 11, a role that he had played since Mortal Kombat vs. DC Universe from 2008. Later the following month, Vic Chao, who voiced Kenshi, Triborg and Goro from Mortal Kombat X revealed that a majority of the cast from the previous Mortal Kombat installments will not return in Mortal Kombat 11, himself included.

### Release

The game is scheduled for release on April 23, 2019, across Microsoft Windows, Nintendo Switch, PlayStation 4 and Xbox One. Preordering the game will give the player access to the character Shao Kahn and, on PlayStation 4 and Xbox One, access to the game's beta test, which is set to start on March 28, 2019. A community reveal event was held on January 17, 2019 in Los Angeles and London. The reveal event featured, among many others, a filmed interview with Ronda Rousey, the voice actor for Sonya Blade. On February 27, 2019 a public online stress test was announced, to take place between March 15 and 17.



# Blackroom (video game)

Blackroom is an upcoming FPS title from the independent studio Night Work Games, created by former id Software developers John Romero and Adrian Carmack. The game was planned to be crowdfunded on the Kickstarter platform, but the project was cancelled in April 2016. The game was set to launch during the winter quarter of 2018. However, as of January 2019, there have been no more updates about the game's development.

### Gameplay

The game is set to be a first-person shooter in the same vein as classic shooters that Romero and Carmack first formulated in their early game development years. The game is described as "a return to fast, violent and masterful play on the PC." The game will also feature various multiplayer modes along with its single player campaign, including co-operative play, deathmatch, and more. The controls are described as "fast, skillful movement with rocket jumping, strafe jumping and circle strafing," similar to the controls featured in a previous Id Software title, Quake.

### **Plot**

The game takes place in an alternate world. HOXAR, a company that specializes in virtual and alternate reality technology, has created the HoloSims, a device that simulates another world to its user. However, something has gone awry with the system, and its users are beginning to see their simulations being warped and changed with terrifying results. The player plays as Dr. Santiago Sonora, a Chief hNode Engineer at HOXAR. After an encounter with the HoloSims device, Sonora begins to have a difficult time separating simulation from reality. Armed with the HOXAR device Boxel and their wits, it is up to Sonora to defeat the system.

### **Development**

Romero's first intention to create a new first-person shooter goes back to 2012, when he admitted the idea, on Twitter. Going forward, during 2014, Romero again certified he was creating a new FPS, and said "I haven't made a shooter since 2000 Daikatana. So I'm basically starting to work on another one". In January 2016, few months before Kickstarter campaign, John Romero said about the game "I don't want to talk about it, because it's a really cool idea, an original idea. I've never seen anything like that before".

Romero announced the game's title as Blackroom, on April 25, 2016, and started a Kickstarter crowdfunding campaign with an aim of \$700,000 to be reached in 32 days. The project features John Romero as lead designer and programmer, Adrian Carmackas game artist and Dokken's George Lynchas composer; about Blackroom, Romero said "We're developing exactly the type of game we think a lot of shooter fans want. It's the type of shooter we're known for, and the type of game we love to play ourselves. It's a skillful shooter, from movement to weapon and map mastery".

On April 29, 2016, John Romero cancelled Blackroom's Kickstarter campaign, which stopped at over \$131,000, pausing it to develop a Blackroom demo and planning to show that and reopen the campaign in the future.





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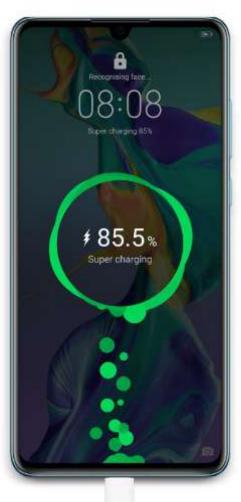
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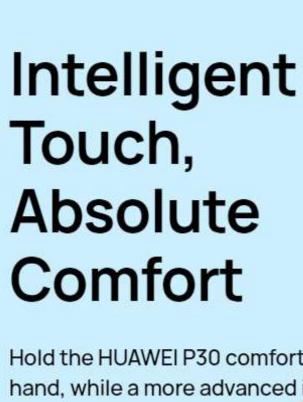
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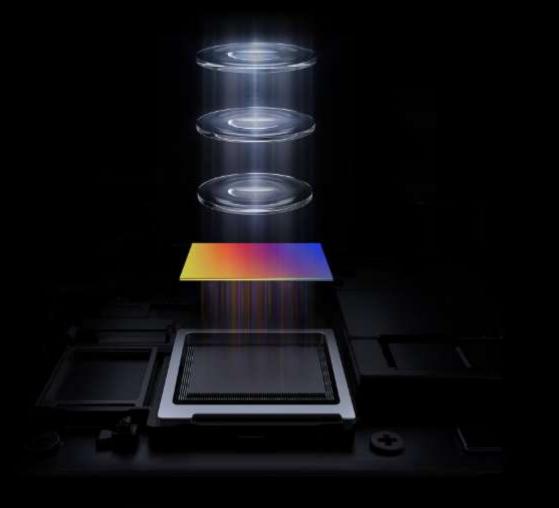




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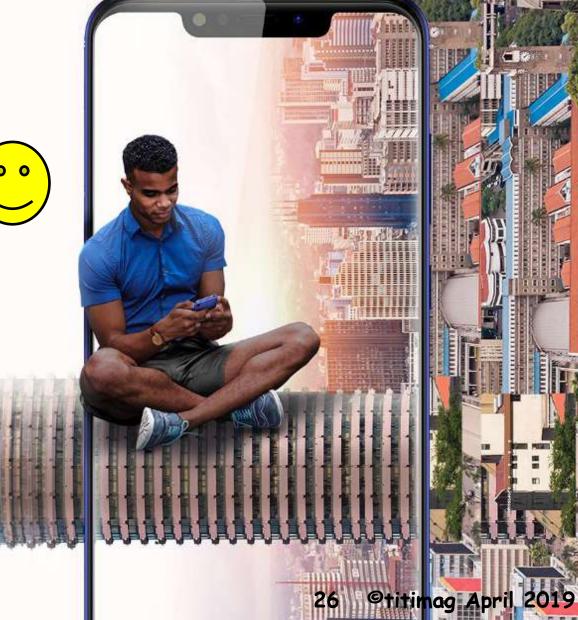














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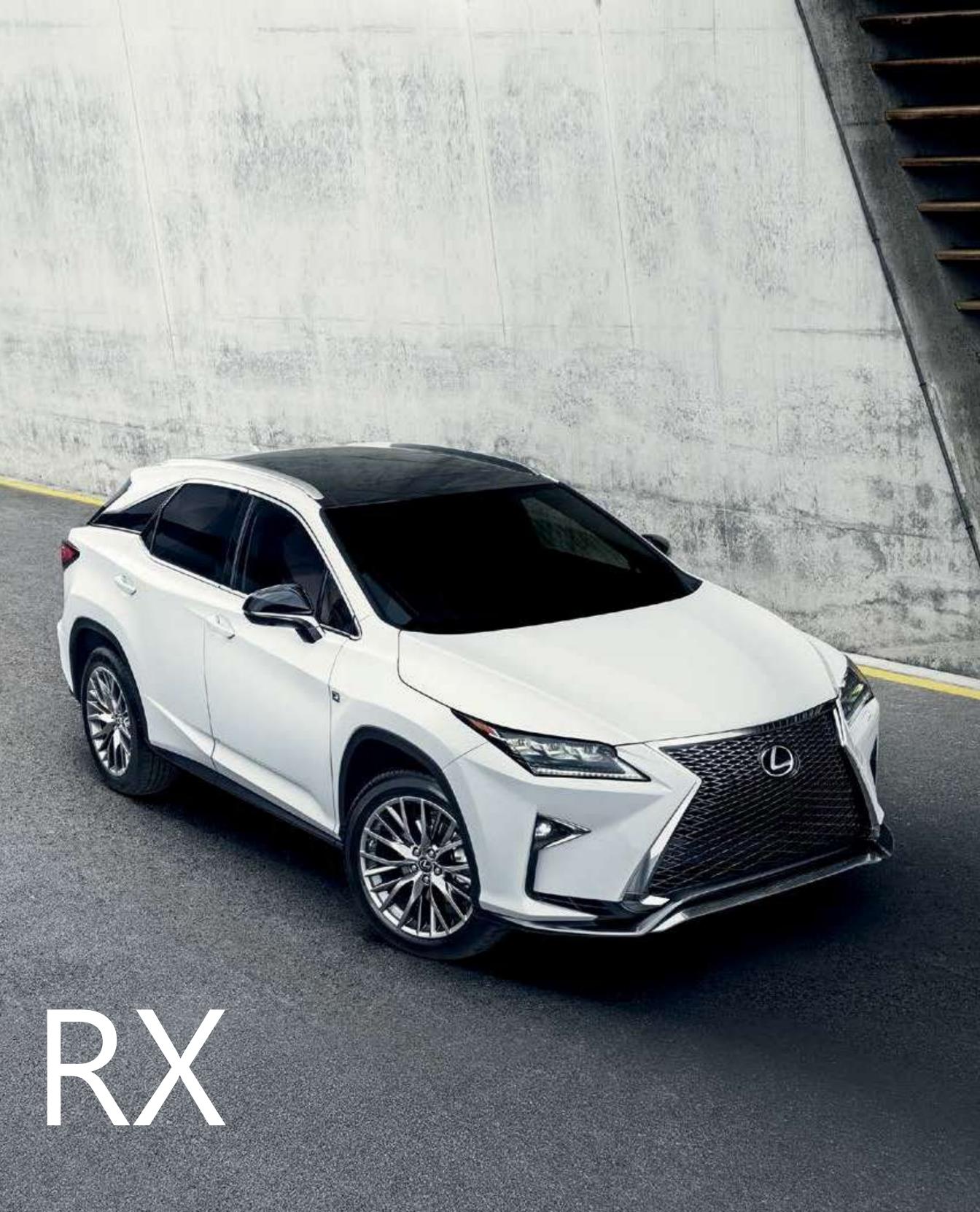












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The 2019 RX350 features a 295-horsepower, 3.5-liter Atkinsoncycle V6 Engine with eight-speed automatic Transmission and a suite of premium technology including standard Lexus Safety System+, an available 12.3-inch multimedia display with full-screen map, and an available color Head-Up Display. Front-wheel drive or available all-wheel drive.

### RX350L / RX450hL

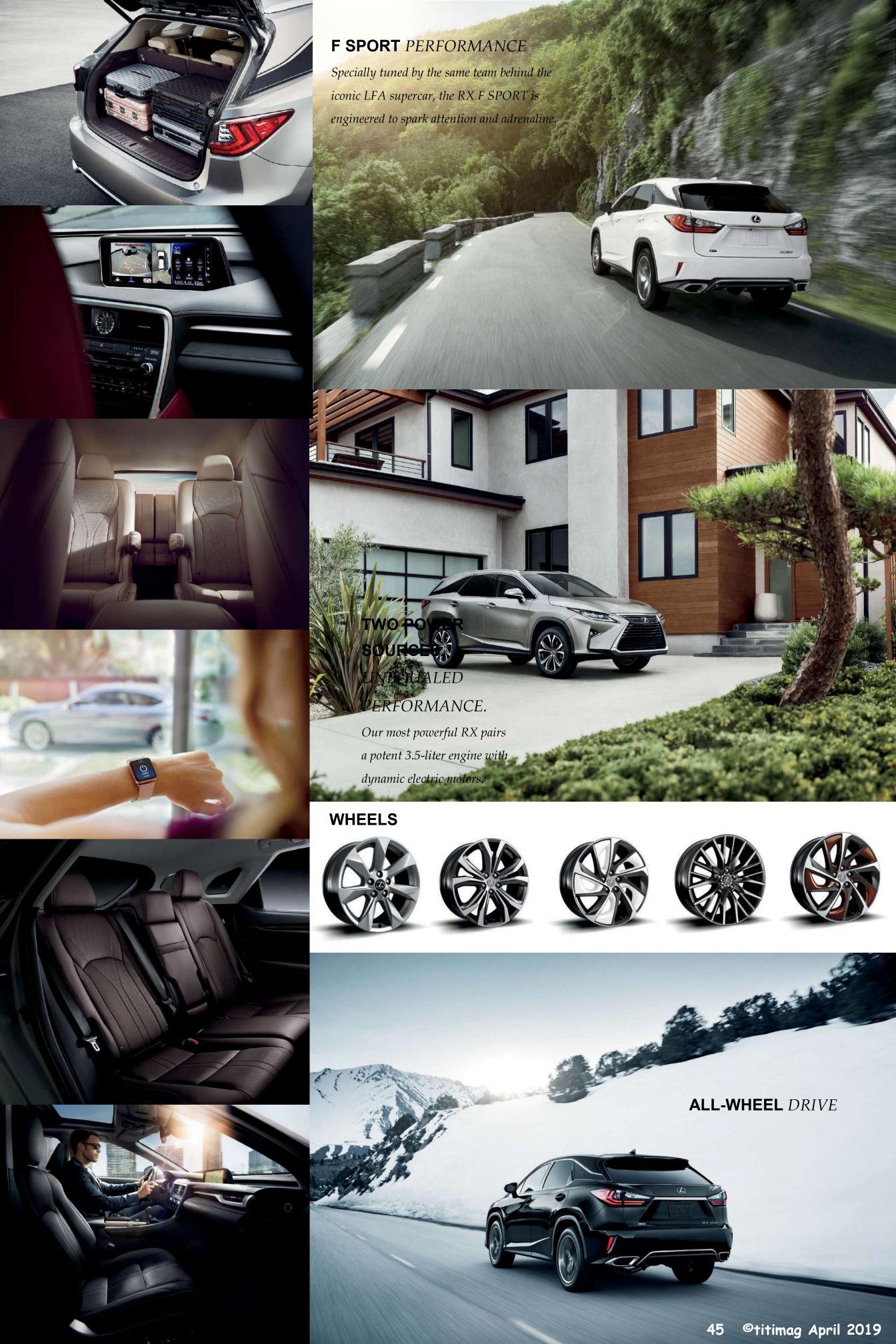
Now, enjoy the RX in a sleek and stylish three-row crossover. Both models offer ample cargo space and third-row comforts including power-folding seats and dedicated climate control. Seats six with available captain's chairs or seven with second-row bench seating. Front-wheel drive (standard on RX350L) or all-wheel drive (standard on RX450hL, available on RX350L



















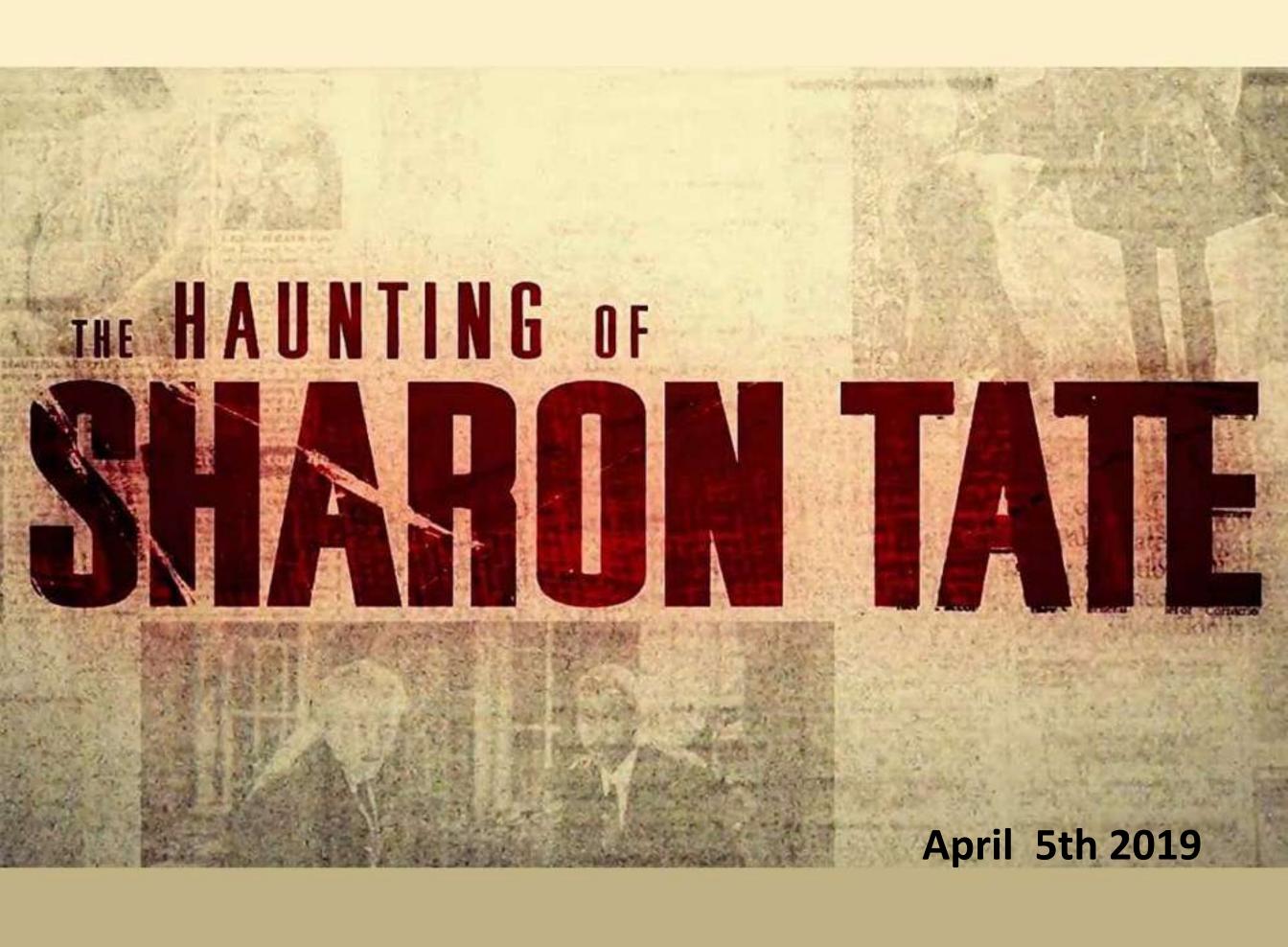




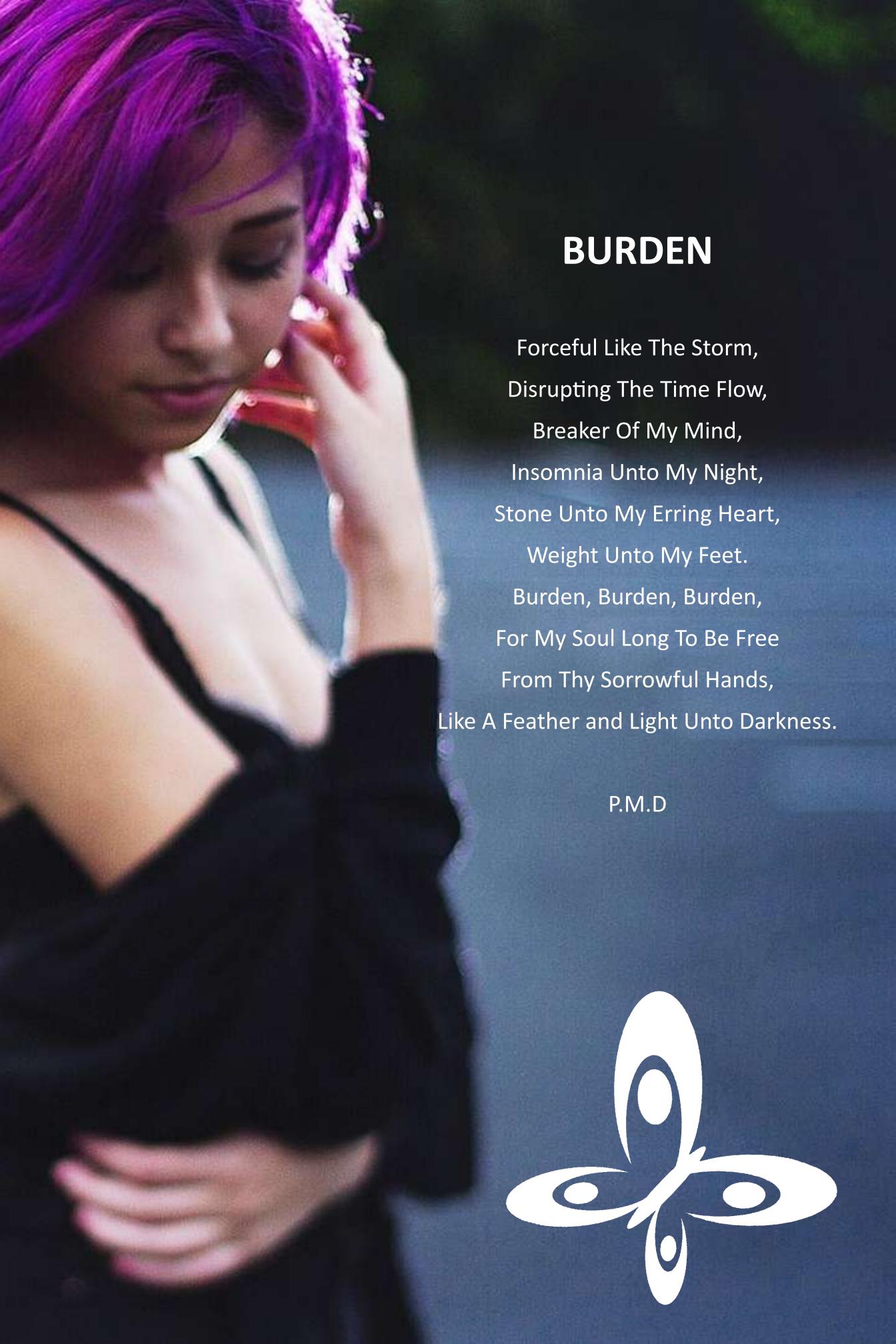
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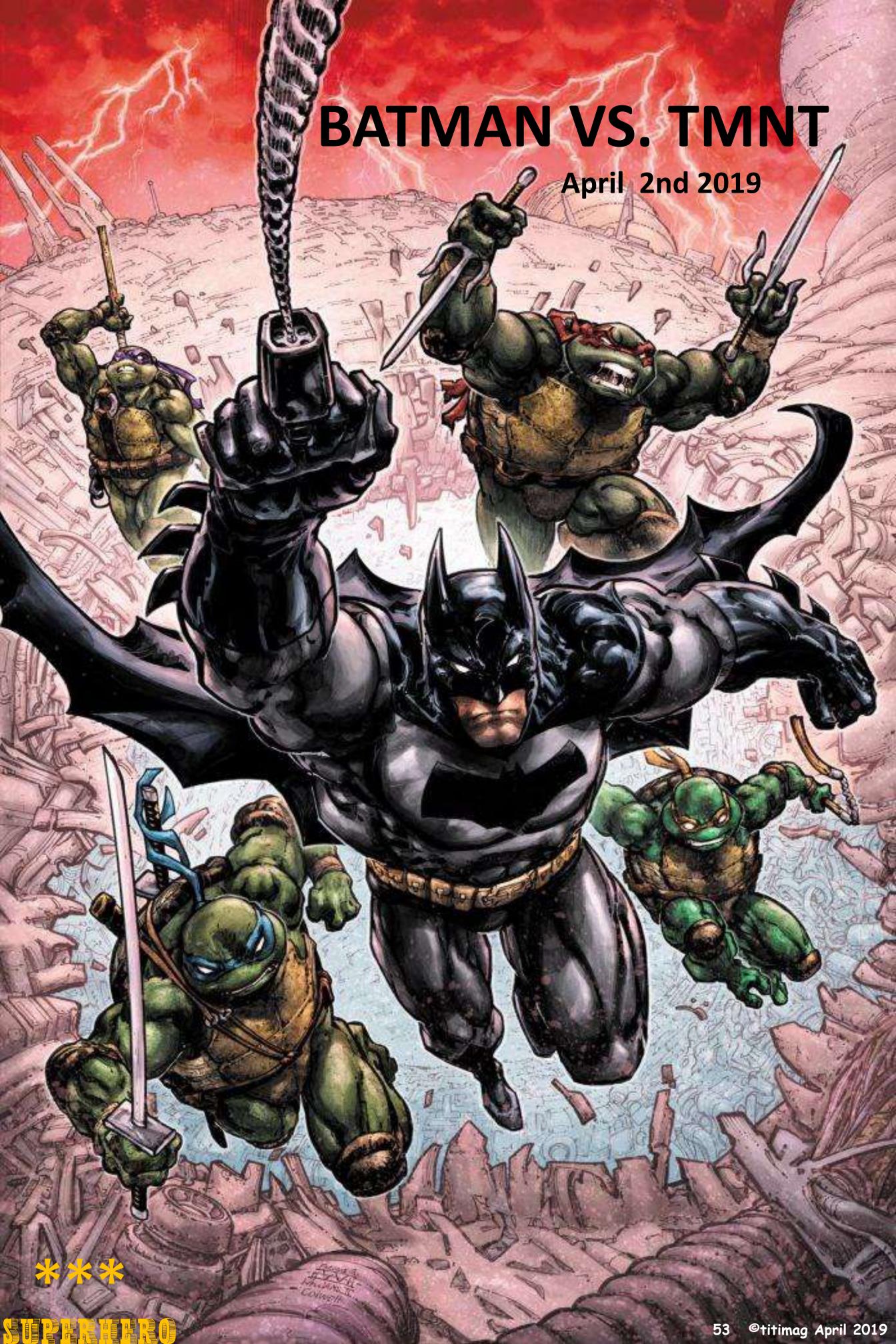
**April 24th 2019** 





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# 10 Surprising Health Benefits of Honey

Since ancient times, honey has been used as both a food and a medicine.

It's very high in beneficial plant compounds and offers several health benefits. Honey is particularly healthy when used instead of refined sugar, which is 100% empty calories. Here are the top 10 health benefits of honey.

## 1. Honey Contains Some Nutrients

Honey is a sweet, thick liquid made by honeybees.

The bees collect sugar — mainly the sugar-rich nectar of flowers — from their environment.

Once inside the beehive, they repeatedly consume, digest and regurgitate the nectar.

The end product is honey, a liquid that serves as stored food for bees. The smell, color and taste depend on the types of flowers visited.

Nutritionally, 1 tablespoon of honey (21 grams) contains 64 calories and 17 grams of sugar, including fructose, glucose, maltose and sucrose.

It contains virtually no fiber, fat or protein.

It also contains trace amounts — under 1% of the RDI — of several vitamins and minerals, but you would have to eat many pounds to fulfill your daily requirements.

Where honey shines is in its content of bioactive plant compounds and antioxidants. Darker types tend to be even higher in these compounds than lighter types.

**SUMMARY:** Honey is thick, sweet liquid made by honeybees. It is low in vitamins and minerals but may be high in some plant compounds.

## 2. High-Quality Honey Is Rich in Antioxidants

High-quality honey contains many important antioxidants. These include organic acids and phenolic compounds like flavonoids.

Scientists believe that the combination of these compounds gives honey its antioxidant power.

Interestingly, two studies have shown that buckwheat honey increases the antioxidant value of your blood.

Antioxidants have been linked to reduced risk of heart attacks, strokes and some types of cancer. They may also promote eye health.

**SUMMARY:** Honey contains a number of antioxidants, including phenolic compounds like flavonoids.

## 3. Honey Is "Less Bad" Than Sugar for Diabetics

The evidence on honey and diabetes is mixed.

On one hand, it can reduce several risk factors for heart disease common in people with type 2 diabetes.

For example, it may lower "bad" LDL cholesterol, triglycerides and inflammation while raising "good" HDL cholesterol.

However, some studies have found that it can also increase blood sugar levels — just not as much as refined sugar.

While honey may be slightly better than refined sugar for people with diabetes, it should still be consumed with caution.

In fact, people with diabetes may do best by minimizing all high-carb foods.

Keep in mind, too, that certain types of honey may be adulterated with plain syrup. Although honey adulteration is illegal in most countries, it remains a widespread problem.

**SUMMARY:** Some studies show that honey improves heart disease risk factors in people with diabetes. However, it also raises blood sugar levels — so it cannot be considered healthy for people with diabetes.

# 4. The Antioxidants in It Can Help Lower Blood Pressure

Blood pressure is an important risk factor for heart disease, and honey may help lower it.

This is because it contains antioxidant compounds that have been linked to lower blood pressure.

Studies in both rats and humans have shown modest reductions in blood pressure from consuming honey.

SUMMARY: Eating honey may lead to modest reductions in blood pressure, an important risk factor for heart disease.

## 5. Honey Also Helps Improve Cholesterol

High LDL cholesterol levels is a strong risk factor for heart disease.

This type of cholesterol plays a major role in atherosclerosis, the fatty buildup in your arteries that can lead to heart attacks and strokes.

Interestingly, several studies show that honey may improve your cholesterol levels.

It reduces total and "bad" LDL cholesterol while significantly raising "good" HDL cholesterol.

For example, one study in 55 patients compared honey to table sugar and found that honey caused a 5.8% reduction in LDL and a 3.3% increase in HDL cholesterol. It also led to modest weight loss of 1.3%.

**SUMMARY:** Honey seems to have a positive effect on cholesterol levels. It leads to modest reductions in total and "bad" LDL cholesterol while raising "good" HDL cholesterol.

# 6. Honey Can Lower Triglycerides

Elevated blood triglycerides are another risk factor for heart disease.

They are also associated with insulin resistance, a major driver of type 2 diabetes.

Triglyceride levels tend to increase on a diet high in sugar and refined carbs.

Interestingly, multiple studies have linked regular honey consumption with lower triglyceride levels, especially when it is used to replace sugar.

For example, one study comparing honey and sugar found 11–19% lower triglyceride levels in the honey group.

**SUMMARY:** Elevated triglycerides are a risk factor for heart disease and type 2 diabetes. Several studies show that honey can lower triglyceride levels, especially when used as a sugar substitute.

## 7. The Antioxidants in It Are Linked to Other Beneficial Effects on Heart Health

Again, honey is a rich source of phenols and other antioxidant compounds. Many of these have been linked to a reduced risk of heart disease. They may help the arteries in your heart dilate, increasing blood flow to your heart. They may also help prevent blood clot formation, which can lead to heart attacks and strokes.

Furthermore, one study in rats showed that honey protected the heart from oxidative stress.

All told, there is no long-term human study available on honey and heart health. Take these results with a grain of salt.

**SUMMARY:** The antioxidants in honey have been linked to beneficial effects on heart health, including increased blood flow to your heart and a reduced risk of blood clot formation.

## 8. Honey Promotes Burn and Wound Healing

Topical honey treatment has been used to heal wounds and burns since ancient Egypt and is still common today.

A review of 26 studies on honey and wound care found honey most effective at healing partial-thickness burns and wounds that have become infected after surgery.

Honey is also an effective treatment for diabetic foot ulcers, which are serious complications that can lead to amputation.

One study reported a 43.3% success rate with honey as a wound treatment. In another study, topical honey healed a whopping 97% of patients' diabetic ulcers.

Researchers believe that honey's healing powers come from its antibacterial and anti-inflammatory effects as well as its ability to nourish surrounding tissue.

What's more, it can help treat other skin conditions, including psoriasis and herpes lesions.

Manuka honey is considered especially effective for treating burn wounds.

**SUMMARY:** When applied to the skin, honey can be part of an effective treatment plan for burns, wounds and many other skin conditions. It is particularly effective for diabetic foot ulcers.

## 9. Honey Can Help Suppress Coughs in Children

Coughing is a common problem for children with upper respiratory infections.

These infections can affect sleep and quality of life for both children and parents.

However, mainstream medications for cough are not always effective and can have side effects. Interestingly, honey may be a better choice, and evidence indicates it is very effective.

One study found that honey worked better than two common cough medications.

Another study found that it reduced cough symptoms and improved sleep more than cough medication.

Nevertheless, honey should never be given to children under one year of age due to the risk for botulism.

# 10. It's Delicious, But Still High in Calories and Sugar

Honey is a delicious, healthier alternative to sugar.

Make sure to choose a high-quality brand, because some lower-quality ones may be mixed with syrup.

Keep in mind that honey should only be consumed in moderation, as it is still high in calories and sugar.

The benefits of honey are most pronounced when it is replacing another, unhealthier sweetener.

At the end of the day, honey is simply a "less bad" sweetener than sugar and high-fructose corn syrup.

By Kris Gunnars



