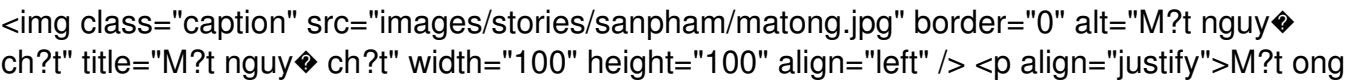


# M?t ong

Written by DongNaiHoney

Thursday, 27 November 2008 10:13 - Last Updated Tuesday, 02 February 2010 14:13

 M?t ong l?m?t ch?t ng?t do ong ch? t?o ra t? m?t hoa hay d?ch ng?t m?ch?ng l?y t? c? ?ang s?ng mang v?, r?i ch? bi?n b?ng c?h cho b?c h?i n??c v?t? ??ng enzym do ch?ng ti?t ra. Th?g th??ng ong v? n?p l? t? ch?a m?t th?m?t ?ho? thi?.

**Th?h Ph?:**

**Protein:** trung b?h 0,1%. Ngu?n g?c c? Protein n? t? m?t hoa (Protein th?c v?t) v?t? con ong ti?t ra (Protein ??ng v?t).

**Enzim:** Trong m?t ong c?nh?u enzym r?t c?n thi?t cho c? th? nh? Invectaza, diataza, Lipaza, Catalaza, Peroxydaza, cac enzym n? ??c ong ti?t ra trong qu?tr?h l? m?t.

**Acid:** ch?a nhi?u c? acid h?u c? nh?: acid Focmic, acid Oxalic, acid Citric, Acid Lactic.

**Ch?t kho?g:** trong m?t ong c?ch?a c? kho?g ch?t nh?: K, Na, Mg, Ca, Fe, P, Cu, Zn, Mn.

**Vitamin:** h? l??ng vitamin trong m?t ong c?nh?u lo?i nh?: B1, B6, B12, PP, C, E, K.

**T? D?ng C?a M?t Ong:**

M?t ong l?m?t v? thu?c h?u hi?u gi?p t?ng s?c ?? kh?g cho c? th?, ph?g ch?ng nhi?m tr?ng. C?t? d?ng trong ?i?u tr? b?nh ?? th? ??ng, b?nh th?n, b?nh y?u c? tim, t?ng qu?tr?h trao ??i ch?t ? c? m?gan.

**Ngo? ra,** m?t ong c? d?ng ?? l? ??p. Nh?ng lo?i m? ph?m nu? d??ng da c?ch?a m?t ong r?t t?t cho c? lo?i da kh?v?da nh?y c?m. M?t ong c? tr? ph?ng r?t hi?u qu?.

**Li?u D?ng:**

**D?ng m?t ong th??ng ng? s? gi?p t?ng s?c ?? kh?g cho c? th?.** M?i ng? n? d?ng 5 mu?ng m?t ong, c?th? d?ng nguy? ch?t ho?c ph?t l? b?h m? khu?y chung v?i tr? s?a.

**M?t s? b? thu?c hay t? m?t ong:**

1. Thu?c ??p m?t:
  - M?t ong: 10gr
  - Glycerin: 10gr
  - L?g ?? tr?ng g? 1 c?
2. Tr? ho:
  - L?y m?t qu? chanh t??i, kh? ki?u mu?i kh? ? l?p v? ngo?, sau ?cho m?t v? th? c?ph?m?t ong cho ng?m ?? to? b? qu? chanh trong m?t c? ch?. ?? kho?ng 1-2 gi? sau ?c?t ra ng?m s? ?? ho ngay.
3. gi?p s?g m?t:
  - Pha m?t th? m?t ong v?i n??c c?r?t, u?ng tr??c khi ?n s?g kho?ng 1 gi?, d?ng h?g ng? b?n s? c?? m?t trong s?g, tinh anh.
4. Gi?m b?:
  - Pha 1-2 th? m?t ong v?i 1 th? n??c ? chanh v? 1 ly n??c ?m. Vi?c u?ng h?n h?p n? m?i ng? s? gi?p l?c s?ch ??ng ru?t, gi?m b?.
5. Cai nghi?n thu?c l?:

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m?t ong (1 th c ph pha v?i chanh ho?c qu?t (1/2 qu?) v n??c l?c (5 th). U?ng tr??c khi b?n th h t 1 ??u thu?c v?i s? l??ng 5-10 c?c/ng. M?t ong sau khi u?ng s? v m, l n, gi?i c ??c t? Nicotin trong n ng??i nghi?n. L??i s? quen d?n v?i ch?t ng?t ngon c?a m?t thay v ch?t kh ??ng c?a thu?c l Sau 10 -15 ng u?ng h?n h?p tr, b?n s? gi?m d?n l??ng thu?c l h t cho ??n khi b? ho to. </p><h4>C s?n ph?m kh:</h4><ul><li><a href="index.php?option=com\_content&view=category&layout=blog&id=82&Itemid=304">M?t Ong S?a Ch a</a></li><li><a href="index.php?option=com\_content&view=category&layout=blog&id=83&Itemid=305">M?t Ong Ngh?</a></li><li><a href="index.php?option=com\_content&view=category&layout=blog&id=71&Itemid=306">Ph?n Hoa</a></li><li><a href="index.php?option=com\_content&view=category&layout=blog&id=77&Itemid=307">S Ong</a></li><li><a href="index.php?option=com\_content&view=category&layout=blog&id=78&Itemid=308">N?n S</a></li><li><a href="index.php?option=com\_content&view=category&layout=blog&id=58&Itemid=309">S?a Ong Ch a</a></li><li><a href="index.php?option=com\_content&view=category&layout=blog&id=59&Itemid=310">Bee's Food</a></li></ul>