Natural and Pure Iranian Thyme Honey
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Damavand Honey

Intro
At a glance

Damavand is located about 60km to the east of Tehran, mountainous geography and special weather condition make the city suitable for different proposes.

Main products of Damavand are Apple, Honey and Walnuts, because of the reasons which are mentioned the famous varieties of apples are, Red Delicious, Gala and Golden Delicious which have been grown for centuries.

Walnuts is another important agricultural products of Damavand, the age of some trees exceed of thousands years so, people of the city used to plan walnuts trees to meet their needs during for seasons.

Honey

Honey is another product which Damavand is known for that everyday bees travel over 40km to collect mountainous flowers from long distances.

in average Damavand produce over 300’000 kg of high quality honey every year if you make a comparison between population and the level of production, every single person produces 6.2 Kg honey.
Vegetation

The vegetation of Damavand is pretty varied, for instance, up to the north of Damavand city, Caspian flowers grow abundantly, down to the south are plain plants, to the east because of characters of the region Thyme and Milkvetches are dominated plants.

Due to different parts of Damavand and its special vegetation, honey which is produces have fantastic flavors.

Every day doctors suggest to us honey as much as you can (be care full you may become over weight), honey is rich in nutrients such as vitamins, minerals and glucose, lactose and fructose which make you strong and improve mental power. Also medical plants are used for thousands years for different proposes like illnesses and malnutrition.

Now, imagine mix Honey and medical plants benefits in one case then, there is no any other choice except honey which is produced in Damavand.

Honey varieties

Thyme:

Genus

The genus *Thymus* contains about 350 species of aromatic perennial herbaceous plants and subshrubs to 40 cm tall, native to temperate regions in Europe, North Africa and Asia.

Benefits and usage

Thyme have been used as a medicinal plant for different proposes, in old Persia Thyme were used to digestion problems, Fragile, treatment of dry cough, flu, Dyspnea and inflammation of the upper respiratory tract, Intestinal twists and diarrhea and muscle spasm.
Thyme is used in the food industry (pizza, pasta, fish, cheese, liqueur, Mexican corn, etc.), pharmaceuticals, health and cosmetics also Thyme essential oil has an inhibitory effect on pathogenic bacteria.

As breakfast:
Natural thyme honey brings up all of the benefits those had mention above in addition to other benefits as complete source of sugar, vitamins and minerals.

Pure thyme honey is like a collection of all the things that you may need as a beneficial breakfast to start your prefect day.

Dispersion
Thyme (زَعْتر) dispersion, due to Iran’s Plant Dispersion Map is from the east to the west, Thyme is scattered in different cities of Iran, such as: Mountains of Khorasan, Mazandaran to Mount Damavand, Azerbaijan (Iran), Lorestan Province an Shiraz (Eqlid county).

Thyme Honey
Dhoney focus on Thyme, Milkvetch and Apple honey, to provide the best quality of products.

We are in close business with Damavand beekeepers those put their hives in the heart of mount Damavand to produce natural Thyme honey and pure Milkvetch honey also our hives are located in the regions which produce Apple trees in apple orchards to produce natural apple honey.
Production by regions

Natural Milkvetch and Pure Thyme Honey
Lar, Tar and Aru produce Thyme and Milkvetch Honey because of the high density of the plants.

Apple Honey
Khosravan, Jaban and Sarbandan produce Apple honey because of apple Orchard.

Milkvetch Honey
*Astragalus* is a large genus of over 3,000 species of shrubs, belonging to the legume. It is the largest genus of plants species. Common names include milkvetch (most species), and goat's-thorn. Some pale-flowered vetches are similar in appearance.

Benefits and Usage

The natural gum of the plants are uses for cosmetics (traditionally as hair wax to make that firm) and Anti hair loss (In orient medical traditions like Persian and Chinese one milkvetch gum were used to growth of new tissue).

Recent study shows some factors in some species of Milkvetch plants have positive effects to improvement of HIV disorders and take part in chronic disease.

Also some studies related to upper respiratory tract infections, allergies, fibromyalgia (skeletal pain syndrome, musculoskeletal pain, distressing pain, tiredness, fatigue and sleep disturbance). Anemia, is used to strengthen and regulate the immune system. For chronic fatigue syndrome (CFS), kidney disease, diabetes, and high blood pressure.

Dispersion

Dispersion of Milkvetch family which are used to produce milkvetch honey are as wide as other plants which are scattered in Damavand, the dominated variety is Astragalus brachycalyx. This spices are
widely outspreaded between different parts of the zone as an example when we take a look at the geographical dispersion map we find out the most density of the plant is around Tar lake, Lar plain and less probable in some other parts of Damavand

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