

Manuka Honey

THE BENEFITS

Manuka honey is a wonderful superfood. It has antibacterial, anti-inflammatory and anti-oxidant properties. It is excellent for treating sore throats, improving digestion and preventing tooth decay.



How to use Manuka honey

Manuka honey can be used on the skin to soothe irritation and inflammation. It is especially good for treating acne. It also makes for an excellent face and exfoliating mask.

It can be consumed all by itself or added to tea to aid digestion and boost your immune system. One or two tablespoons per day is sufficient.

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Where can I buy it?

Manuka honey can be purchased online, at specialty health food stores and at some local pharmacies.

Other benefits

It may be able to fight superbugs that are resistant to normal antibiotics. Yes that's right, it's super strong!

This honey has so many benefits. It can help to reduce acid reflux and even lower cholesterol.

What to look for

MGO, or methylglyoxal, is a major antibacterial component of Manuka honey. The higher the MGO component, the higher the potency of the antibacterial effect.

Also, honey producers use a rating called UMF (Unique Manuka Factor) to rate the potency of the honey. To be considered therapeutic it needs a rating of UMF 10+.

Are there any risks?

This honey is high in sugar, so beware, especially if you have diabetes.

Some people may have some side effects such as an allergic reaction. It may also interfere with some medications like chemo drugs.

It is also quite expensive, so make sure you are looking for the right one!