

# Manuka Honey

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### The importance of the UMF rating system

Please take the time to read and understand the importance of the 'UMF' rating system for Manuka Honey. While Manuka Honey has received increasing press coverage, many journalists do not distinguish between ordinary Manuka Honey and Active Manuka Honey.

The UMF rating is your key indicator as to the strength of the antibacterial effect. A rating of 10 or more is considered to be suitable for therapeutic medical use. Such honey is referred to as 'active'.

The UMF rating is your guarantee that the honey has been tested and verified for its antibacterial activity by the University of Waikato in New Zealand.

### What is it?

Manuka honey is a type of mono-floral honey. Mono-floral Honey is honey, produced by bees that only feed on one type of plant. Manuka Honey is produced by bees that only feed off the New Zealand Manuka plant, also known as the tea tree.

Manuka honey is dark in colour and has a rich taste and smell similar to other tea tree products (it tastes delicious, but has a different taste to ordinary honey). Manuka honey will be labelled specifically as Manuka honey or as UMF honey. UMF stands for Unique Manuka Factor.

### External Uses

Manuka honey has naturally antibacterial properties and can be used in wound dressing to prevent infection (Manuka impregnated dressings are available. This form of honey has uses as a wound disinfectant and has been shown to be effective against antibiotic-resistant infections. It has been used to treat cuts, burns, wounds, acne, abscesses, cracked skin, sores and boils, and other external injuries and infections.

### Internal Uses

Manuka honey stimulates the immune system and helps the body deal with infections. It also promotes the rehydration of the body, helping to treat and cure various stomach upsets, sore throats, colds, indigestion, eye infections, etc.

Some of the commercial products that may contain Manuka honey are acne creams, anti-fungal solutions, anti-itch creams, antiseptic sprays, anti-wrinkle serums, antiseptic lotions, hand sanitizing gels, liquid hand soaps and pain relief

creams.

Holland and Barrett, 3 Finkle Street, Cottingham, have a wide range of varying strengths of Manuka Honey. They also sell Manuka Body Products, eg. Body Wash, Shampoo, Conditioner, Deodorant, Hand and Nail Cream, Foot Cream, Body Lotion, Body Butter and Soap at reasonable prices.