HEALTHY NEWS

This Raw Honey Kills Every Kind of Bacteria Scientists Could Throw at it (even the Superbugs!)

By bestfolkmedicine · 12/05/2020 · 2 min read

Honey is one the first natural remedies we reach for when we have the cold or the flu. We use it to heal a sore throat or to reduce coughing.

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But, honey can offer you so much more- in fact, recent research has found that one type of honey is able to destroy bad bacteria much better than some pharmaceutical antibiotics.

This honey is known as Manuka honey and it originates from New Zealand. It's made by bees which pollinate the native Manuka bush.

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What Type of Honey Is Manuka Honey?

The nectar of the manuka flowers have dihydroxyacetone that's converted into methylglyoxal, the healing compound of Manuka.

Other honeys have this substance too; however, it's in much smaller amounts.

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Manuka honey can help you reduce ache, fight off infections, and speed up the healing processes in the body. But, it can also destroy bad bacteria. Let's learn how.

Manuka Honey's Antibacterial Power

Manuka was found to be beneficial in the fight against antibiotic-resistant and antibiotic-susceptible bacteria. Its power to fight off bacteria on several levels is what makes it so potent.

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Manuka honey uses several 'weapons' in the fight, including hydrogen peroxide, acidity, the osmotic effect, high levels of sugar, and polyphenols. This combination actively destroys the cells of bad bacteria.

When it comes to MRSA and other antibiotic superbugs, Manuka honey is very powerful, even more than over-the-counter drugs. It won't lead to antibacterial resistance development and will actually increase the sensitivity of bacteria to pharmaceuticals.

This honey is therefore regularly used as a natural treatment of infected burns and wounds, ulcers, E. coli, salmonella typhimurium, and numerous other bacteria.

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In some instances, these bacteria were entirely destroyed after 24 hour exposure.

Where to Find Manuka Honey?

You can purchase Manuka honey in health food shops and online. But, it can be expensive and its starting price range is around $30 to $40 for 250 grams.

The non-GMO versions and organic options can even be pricier.

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Unfortunately, there is a lot of fake Manuka honey sold worldwide- it was discovered that only 1700 tons of Manuka are produced in New Zealand on a yearly basis; yet 10,000 tons are sold globally, with 1800 tons only in the UK.

To make sure that your Manuka honey is pure and premium, look for a minimum 10 UMF, a unique manuka factor rating.

Fake types don't show the honey's level and they're usually not made in New Zealand.

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