

HONEY

蜂蜜



Liquid Gold.

Food for the Gods.

The above were names used to refer to honey.

The production and usage of honey has a long history behind it, dating back to 2100 B.C. when it was first mentioned in writings of the ancient Babylonian, Sumerian and Hittite civilization. It was the first sweetener used by man.

It was highly valued and used as a form of currency by German peasants when they paid tribute to their feudal lords. Honey is highly favoured in the major religions and used in the religious practices of Hinduism, Judaism, Buddhism and mentioned in the Bible and the Quran.

Usage of Honey

Honey has been used in the following:

- Food – The most common usage of honey would be as a form of sweetener in beverages, cooking, baking, and desserts.
- Fermentation – Mead (“honey wine”) is possibly the world’s oldest fermented beverage dating back 9,000 years. It is made by adding yeast to honey water, followed by weeks or months of fermentation.
- Medicine – Certain components of honey have antibacterial properties. It has been used as a dressing on wounds and mild burns, and also to soothe sore throats.
- Embalming of the dead – This was used by the ancient Egyptians.

黄金液。

神的食物。

以上词句都是用来形容蜂蜜。

蜂蜜的生产和使用有着悠久的历史，可追溯到公元前2100年。古巴比伦、苏美尔和赫梯古文化的文字里都有蜂蜜的记载。蜂蜜是人类的第一个甜味剂。

蜂蜜一直极度备受重视。曾是古时德国农民用来进贡封建地主的一种货币。蜂蜜也被各大宗教信仰视为圣品。常是印度教、犹太教、佛教用于宗教祭拜活动中的圣品，甚至也被记载在《圣经》和《可兰经》内。

蜂蜜的用途

蜂蜜常被用于：

- 食物 – 蜂蜜常被用作作为饮料、烹调、烘焙和甜点调味中的甜味剂。
- 发酵 – 可追溯到9000年前，蜜酒是世界上最古老的发酵饮料。它是由蜂蜜水中添加酵母混合后进行数周或数个月的发酵过程而制成。
- 医疗药品 – 蜂蜜具有抗菌的功效。它常被作为治愈伤口或轻度烧伤的敷料，另外也可缓解喉咙疼痛不适的症状。
- 尸体防腐剂 – 曾被古埃及人用来作尸体防腐。

Benefits of Pure Raw Honey

There are many different classifications that bottled honey can fall under. This depends entirely on the processing methods that the honey was subjected to.

NewLife™'s honey is pure raw honey, which means that the honey found in each container is obtained after extraction and straining without the addition of heat. This is the reason why our honey may contain some pollen and small particles of wax.

Unpasteurised and raw honey is a nutrient-rich, complete food. It is made up of at least 165 identifiable components that consist of amino acids, enzymes, minerals and vitamins. As the process of pasteurising destroys the enzymes and the nutrients in the honey, it is found that only unpasteurised, unprocessed and unheated raw honey provides all of the God-given health benefits.

Here are a few reasons why pure raw honey should play a very important role as part of our daily diet:

- **Highly nutritious:** Contains enzymes, vitamins such as B1, B2, B3, B5, B6 and minerals such as magnesium, potassium, calcium, sodium, sulphur and phosphate.
- **Rich in phytonutrients:** Since honey is made by bees from plants, it contains phytonutrients which would disappear if the honey is heavily processed. Phytonutrients help in the maintenance of health because they provide both antioxidant and anti-inflammatory benefits.
- **Energy source:** Honey is absorbed much slower than table sugar, thus stretching its available energy over a longer period of time and preventing the excessive swings of energy and fatigue associated with table sugar.
- **Balances metabolism:** Complex substances in honey contribute to metabolic balance in the body.
- **Free radical scavenger:** Antioxidants such as chrysin, pinobanksin, vitamin C, catalase and pinocembrin provide defence against free radicals, thus preventing cell damage and inflammation.
- **Stronger bones:** Honey contains a primary amino acid, praline, which is a major component of collagen, serves as the chief matrix of which bones are formed.
- **Digestive aid:** Raw honey contains enzymes that are present in digestive juices and aid in digestion.
- **Healthy teeth:** Honey contains inhibine, which hinders the growth of harmful bacteria in the mouth.
- **Healthy gastrointestinal tract:** A new report by the University of Auckland further establishes raw honey as a prebiotic. According to the report: "Raw honey contains oligosaccharides that can be utilized by the saccharolytic fermenters to yield beneficial metabolites that promote the prebiotic effect."

<https://academic.oup.com/fqs/article-pdf/1/2/107/17668922/fyx015.pdf>

纯天然生蜂蜜的健康效益

市面上的瓶装蜂蜜琳琅满目，种类很多。如何分辨蜂蜜的种类是取决于其经过的处理方法。

新生命所出售的蜂蜜是纯天然生蜂蜜，意即蜂蜜经过采取和过滤后，完全在不加温的环境酿制而成。这就是为什么新生命的蜂蜜中偶尔还含有一些花粉和小颗粒的蜜蜡。

未经巴氏消毒的纯天然生蜂蜜营养非常丰富。它是由至少165种成分所构成，其中包括氨基酸、酶、矿物质和维生素。研究证实巴氏消毒的过程会破坏蜂蜜中的酶和其他营养素，结论就是只有未经消毒、加工和高温处理的纯鲜生蜂蜜才可提供所有神恩赐人类的健康效益。

以下是一些纯天然生蜂蜜提供的健康效益：

- **营养丰富：**含有酶、维生素B1、B2、B3、B5和B6，矿物质如镁、钾、钙、钠、硫和磷。
- **富含植物营养素：**蜂蜜是蜜蜂从植物中采集酿制的，因此含有丰富的植物营养素。植物营养素具有抗氧化和抗炎的功效，可有助维护身体的健康。但如果蜂蜜经过加工处理，这过程会破坏这些植物营养素。
- **增强能量：**身体吸收蜂蜜的速度比蔗糖缓慢，因此可延长蜂蜜的可用能量，不过没有蔗糖所带来的问题如能量过度波动和身体疲劳。
- **平衡新陈代谢：**蜂蜜中的复合性成分有助平衡体内的新陈代谢。
- **清除自由基：**所含的白杨素、短叶松黄酮、维生素C、过氧化氢酶和松属素等抗氧化剂可对抗自由基，预防细胞损伤和发炎。
- **强健骨骼：**蜂蜜含有主要的氨基酸、果仁糖等胶原蛋白的重要组成成分，可作为形成骨骼的主要基质。
- **帮助消化：**纯鲜生蜂蜜所含的消化酶可有助促进消化功能。
- **强化牙齿：**蜂蜜含有的抑菌素可抑制口腔内有害细菌的增长。
- **促进胃肠道的健康：**奥克兰大学的一份最新报告显示蜂蜜是一个非常好的益生元。根据报告显示：“纯鲜生蜂蜜含有的果寡糖可产生促进益生元效应的有益代谢物”。



Sourcing the Right Honey

Obtaining your honey from a trusted source is paramount in order to enjoy high quality, nutritious honey while making sure you are getting your money's worth. Over the past decade, global demand for honey has grown exponentially. The same can't be said however for the global supply of honey. Bee farmers are finding it harder and harder each year to maintain their hives as demand grows.

Recent investigations have found that many honey manufacturers have been buffing their honey supply by adding fillers or synthetic syrups. This was well documented in the first episode of the Netflix series, *Rotten*.

As consumers, it is important to enjoy our honey from a reliable source, with as little processing as possible, in order to have the highest health benefits that honey can provide.

NewLife™'s Pure Raw Honey

NewLife™'s Pure Raw Honey is produced from hives located in the lush pastures and leather wood rainforests of New Zealand, in areas that are entirely free from insecticides and pesticides.

Why New Zealand's Honey?

After China, New Zealand is the 2nd highest (in dollar value) exporter of honey globally. New Zealand produces between 15,000 and 20,000 tonnes of honey each year, depending on climatic conditions. Export earnings have exceeded \$300 million and continues to grow.

Because of this, the collection, processing and supply of honey in New Zealand is strictly controlled by the New Zealand Food Safety Authority (NZFSA). The tight controls ensure New Zealand honey is free from pests and diseases.

Other Essential Bee Products for Your Daily Life

其他的必需蜜蜂产品

Did you know that besides Pure Raw Honey, NewLife™ also offers other essential bee products such as Manuka Honey, Bee Pollen Granules, and Propol-Plus (bee propolis). But what are they really for?

MANUKA HONEY

Let's start with the most popular bee product: manuka honey. Manuka honey is a type of honey native to and only made in New Zealand. It is rare, and can only be made for a few weeks a year when the manuka plant is in bloom.

Every honey has some antibacterial qualities, which originates from the formation of hydrogen peroxide in the honey. However, this quickly disappears once ingested. What sets manuka honey apart from traditional honey is its antibacterial properties due to the presence of a major antibacterial component, Methylglyoxal (MG), which is naturally formed in the nectar of the manuka flower. This compound remains stable despite being subjected to body conditions, which is what makes manuka honey superior to other honeys¹.

寻找纯正的蜂蜜

只从可靠、可信任的来源获得蜂蜜是绝对重要的。这样不但能让你享有高品质和营养丰富的蜂蜜，还可确保你花钱花得值得。在过去十年，全球对蜂蜜的需求倍增，导致蜂蜜的供应量不足。随着蜂蜜需求量增加，养蜂者也发现要保持蜂巢的最佳状态一年比一年更困难。

近期的调查报告显示，许多蜂蜜制造商在他们的蜂蜜里添加填充物或合成糖浆以增加产量。这纪录片已被收录在网飞系列《腐败》的第一集里。

身为消费者，我们有必要从可靠的来源购买蜂蜜，尽量选择不经加工处理的蜂蜜，以便能真正获取蜂蜜中的益处。

新生命纯天然生蜂蜜

新生命纯天然生蜂蜜原产自新西兰郁郁葱葱的草原和革木雨林里的蜂巢，四周围完全不喷杀虫剂和农药。

为什么选择新西兰的蜂蜜？

继中国后，新西兰是全球蜂蜜第二大出口国（以美元计）。视气候条件，新西兰每年平均可生产1.5至2万吨的蜂蜜。出口收入已超过3亿美元，而且仍持续增长。

有鉴于此，新西兰食品安全局对蜂蜜的采集、处理和供应管控非常谨慎慎重，以力求确保蜂蜜品质不受害虫和疾病影响。

除了纯天然生蜂蜜，新生命也提供其他优质的蜜蜂产品，如马努加蜂蜜、蜜蜂花粉及蜂胶。那它们又具有哪些健康效益呢？

马努加蜂蜜

马努加蜂蜜是其中最受欢迎的蜜蜂产品。稀罕珍贵的马努加蜂蜜是新西兰独有的特色蜂蜜。而且每年只在当地马努加植物盛开花朵的短短几周内引得成群蜜蜂采蜜才酿造成的。

每一种蜂蜜都具有抗菌特性，这是基于蜂蜜中过氧化氢形成而产生的特性。不过马努加蜂蜜与一般蜂蜜不一样。马努加蜂蜜所含的抗菌活性物（甲基乙二醛）无法在其他蜂蜜中找到。它的抗菌能力非常强大，且活性稳定。不像一般蜂蜜的抗菌成分进入人体后很快被热量及酶分解消失，从而使马努加蜂蜜的治疗特性比一般蜂蜜更卓越强大¹。



If you are having a sore throat, manuka honey may provide relief by reducing inflammation and attacking the harmful bacteria. A study² has found that after the consumption of manuka honey, there was a significant decrease in *Streptococcus mutans* (a type of bacteria responsible for sore throats) among two groups of people – normal, healthy people and patients suffering from head and neck cancer. This means that manuka honey is beneficial for everyone!

The antibacterial properties of manuka honey help to fight common stomach disorders. More than 90% of people with ulcers and gastritis (a painful inflammation of the stomach lining) and 50% of dyspepsia (indigestion) sufferers are infected with a bacteria known as *helicobacter pylori* (or *H. pylori*). *H. pylori* infection is also a strong risk factor for stomach cancer³. The good news is that manuka honey fights the bug effectively and naturally, without the side effects which antibiotics produce.

Besides that, it also works effectively as a cough suppressant. Research has shown that a 2.5ml dose of manuka honey before sleep has a more alleviating effect on coughs induced by upper respiratory infections compared to drugs such as dextromethorphan and diphenhydramine, which are widely used to treat coughs⁴.

Since ancient days, manuka honey has been highly valued for its healing properties on wounds, burns, and skin ulcers. Multiple studies have shown that manuka honey can enhance wound healing, amplify the regeneration of tissue and even decrease pain in patients suffering from burns⁵. A study investigating the effects of applying a manuka honey dressing on 40 people with non-healing wounds resulted in 88% of the wounds decreasing in size because it created an acidic wound environment, which is crucial for wound healing⁶. Another study has found that manuka honey wound dressings effectively reduced healing time and disinfected diabetic wounds among diabetic patients⁷.

Other benefits of manuka honey:

- Promotes energy and healing
- Sugar substitute
- Promotes oral health



如果感到喉咙疼痛，马努加蜂蜜能有效舒缓喉咙不适、消炎杀菌。一项针对两组人（正常健康人士与头部和颈部的癌症患者）的研究²中发现，马努加蜂蜜让这两组人体内的变形链球菌（一种导致喉咙疼痛的细菌）量显著减少。这意味着马努加蜂蜜对每个人来说都有益！

马努加蜂蜜的抗菌特性可帮助对抗常见的胃部疾病。超过90%胃溃疡与胃炎（胃粘膜发炎）患者及50%消化不良患者都有感染幽门螺旋杆菌。幽门螺旋杆菌也是一个导致患胃癌³的高风险因素。马努加蜂蜜可有效和天然地对抗这病菌，可是却没有抗生素所产生的副作用。

除此之外，马努加蜂蜜能有效止咳。研究显示，在睡前摄取2.5毫升的马努加蜂蜜，比起广泛用于治疗咳嗽的美沙芬和苯海拉明等药物⁴，能更有效地纾缓因上呼吸道感染而引起的咳嗽。

自古以来，马努加蜂蜜一直被视为是治疗伤口、烧伤及皮肤溃疡的神奇用药。研究显示，马努加蜂蜜不但能促进伤口愈合，还可增强组织的再生，甚至减轻烧伤病患的痛苦⁵。一项针对40名伤口不愈合的患者，在他们伤口上敷上马努加蜂蜜后，88%的伤口面积缩小了，这是因为马努加蜂蜜在伤口中制造出一个酸性环境，这对伤口愈合非常重要⁶。另一项研究也发现，马努加蜂蜜可有效减少糖尿病患者伤口的愈合时间，并可进行消毒作用⁷。

马努加蜂蜜的其他健康效益包括：

- 增强耐力，提高能量和促进愈合作用
- 替代糖
- 促进口腔健康





BEE POLLEN

Another excellent bee product is bee pollen, a mixture of flower pollen, nectar, enzymes, honey, wax, and bee secretions. Bees collect pollen in their pollen basket and carry it back to the hive. An interesting fact to note is that only the worker honey bee is equipped to do this task. In the bee hive, pollen is used as an essential source of protein to raise the bee brood.

Bee pollen contains B-12, and a rich supply of minerals, trace elements, and enzymes and hormones which stimulate the sex glands.

Bee pollen also contains a wide range of antioxidants and protects your body from potentially harmful molecules known as free radicals. Free radicals cause damage to your body and are linked to chronic diseases such as cancer and Type 2 diabetes⁸. Studies have shown that antioxidants from bee pollen reduce chronic inflammation, eliminate harmful bacteria, fight infections, and combat the growth and spread of tumours⁹.

Besides that, bee pollen could boost liver function and protect your liver from toxic substances. Did you know that the liver is responsible for filtering toxins out of the body? Researchers found that in rats, bee pollen helps keep the liver healthy and can even help the healing process after liver damage¹⁰.

Several studies have proven that bee pollen has antibacterial properties. It was found that bee pollen kills potentially harmful bacteria such as E. coli, Salmonella, Pseudomonas aeruginosa, as well as those that cause staph infections¹¹.

A great news for women going through menopause: bee pollen also alleviates menopausal symptoms such as hot flashes, night sweats, mood changes, and sleep disturbances. Studies have found that more than 60% of women felt that their menopausal symptoms improved after consuming bee pollen¹².

Other benefits of bee pollen include:

- Lowers "bad" LDL cholesterol
- Aids wound healing
- Prevents infections
- Enhances absorption and utilization of nutrients

蜜蜂花粉

另一个优质的蜜蜂产品就是蜜蜂花粉，由植物花粉、花蜜、酶、蜂蜜、蜜蜡和蜜蜂分泌物混合酿造而成。蜜蜂采集了花粉后将它收集在花粉团中带回蜂巢。而且有趣的是只有工蜂才能完成这项任务。在蜂巢内，花粉是培育幼蜂的蛋白质来源。

蜜蜂花粉含有维生素B12和丰富的矿物质、微量元素、酶及刺激性腺体的荷尔蒙。

蜜蜂花粉也蕴含多种抗氧化剂，可保护身体免受有害分子，即自由基的侵害。自由基可损害身体，一般与慢性疾病如癌症和2型糖尿病息息相关⁸。研究显示，蜜蜂花粉中的抗氧化剂可减少慢性炎症、消灭有害细菌、抗感染及抑制肿瘤细胞增长和扩散⁹。

此外，蜜蜂花粉可提高肝脏功能和保护肝脏免受毒素伤害。您知道肝脏是人体负责过滤和排除毒素的主要器官吗？研究人员在实验老鼠身上发现，蜜蜂花粉有助保护其肝脏健康，甚至可帮助促进肝脏受损后的愈合过程¹⁰。

多项研究已经证实，蜜蜂花粉具有抗菌的功效。蜜蜂花粉能有效杀灭有害细菌，如大肠杆菌、沙门氏菌、绿脓杆菌及那些引发葡萄菌感染的球菌¹¹。

另外，蜜蜂花粉是经历更年期的妇女的恩物。蜜蜂花粉可减轻更年期症状如潮热、盗汗、情绪波动及睡眠障碍等。研究发现，超过60%的女性认为她们服用了蜜蜂花粉后大大改善了更年期的症状¹²。

蜜蜂花粉的其他功效包括：

- 降低“坏”的低密度脂蛋白胆固醇
- 帮助伤口愈合
- 防止感染
- 提高身体对营养物质的吸收和利用

BEE PROPOLIS

Moving on, bees also make a compound called propolis from the sap on needle-leaved trees or evergreens. When they combine the sap with their own discharges and beeswax, they create a sticky, greenish-brown product used as a coating to build their hives. In other words, bee propolis is the “glue” that keeps everything together. This “glue” is used by some species of honey bees that nest in tree cavities to seal cracks in the hive. Dwarf honey bees use propolis to defend against ants by coating the branch from which their nest is suspended to create a sticky moat.

Like most bee products, bee propolis also has antibacterial and anti-inflammatory properties, making it great for wound healing. A study has found that bee propolis helps speed up the growth of new, healthy cells for people who have had traumatic burns¹³. Another study found that a topical cream with bee propolis reduced the amount of herpes virus present in a person's body and protected the body against future cold sore breakouts.

Bee propolis also has antioxidant properties. Researchers have identified more than 300 compounds in bee propolis, and majority of these compounds are forms of polyphenols, which are antioxidants that fight diseases and damages in the body¹⁴.

Bee propolis has also been suggested to have a role in treating cancer. A study has found that bee propolis helped to keep cancerous cells from multiplying and reduced the likelihood of the cells becoming cancerous¹⁵. Another study found that it caused the cancer cells to die by necrosis (the interruption of blood supply to cancer cells, causing local cancer cells to die but not healthy, living cells), which is different from chemotherapy that kills both healthy, living cells and cancerous cells¹⁶.

Other uses and effectiveness of bee propolis include:

- Canker sores
- Genital herpes
- Mouth sores and inflammation (oral mucositis)

NewLife™'s Propol-Plus contains 180mg of bee propolis and 20mg of bee pollen in every capsule, and offers health benefits to everyone in the family!

Resources 资源:

- ¹ <https://www.manukaonline.com/mgo-Manuka-Honey-benefits.html>
- ² <https://www.ncbi.nlm.nih.gov/pubmed/10784339>
- ³ <https://www.mayoclinic.org/diseases-conditions/h-pylori/symptoms-causes/syc-20356171>
- ⁴ <https://www.ncbi.nlm.nih.gov/pubmed/20618098>
- ⁵ <https://www.ncbi.nlm.nih.gov/pubmed/28901255>;
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3941901/>
- ⁶ <https://www.ncbi.nlm.nih.gov/pubmed/8121994>;
<https://www.woundsresearch.com/article/acidic-environment-and-wound-healing-review>
- ⁷ <https://www.ncbi.nlm.nih.gov/pubmed/25386217>
- ⁸ <https://www.ncbi.nlm.nih.gov/pubmed/19149749>
- ⁹ <https://www.ncbi.nlm.nih.gov/pubmed/25861358>
- ¹⁰ <https://www.ncbi.nlm.nih.gov/pubmed/24250716>
- ¹¹ <https://www.ncbi.nlm.nih.gov/pubmed/23305281>;
<https://www.ncbi.nlm.nih.gov/pubmed/24262487>
- ¹² <https://www.ncbi.nlm.nih.gov/pubmed/26171198>;
<https://www.ncbi.nlm.nih.gov/pubmed/16096172>
- ¹³ <https://burnstrauma.biomedcentral.com/articles/10.1186/s41038-015-0010-z>
- ¹⁴ <https://www.healthline.com/health/propolis-an-ancient-healer#research>
- ¹⁵ <https://www.healthline.com/health/propolis-an-ancient-healer#research>
- ¹⁶ <https://www.honeycolony.com/article/top-10-health-benefits-of-propolis/>

蜂胶

蜂胶是蜜蜂从针叶植物或常青树采集的树脂，混合了其分泌物与蜜蜡所形成的胶状物，用作为建造或修补蜂巢的表面涂层。换句话说，蜂胶发挥的是一个支撑团结的作用。这“胶状体”会被那些在树洞中筑巢的蜜蜂用来密封蜂巢的裂缝。矮蜜蜂则在悬挂蜂巢的树枝上涂抹蜂胶形成一个护城河以抵御蚂蚁的侵入。

与大多数蜜蜂产品一样，蜂胶也具有抗菌、抗炎的作用，对促进伤口愈合非常有效。研究显示，蜂胶可帮助创伤患者加速健康细胞增长速度¹³。另项研究也发现，含有蜂胶成分的外敷霜可减少身上疱疹病毒的数量，并保护身体避免感染疱疹。

蜂胶还具有抗氧化作用。研究人员证实蜂胶含有超过300种的化合物，而且大多数的化合物都是来自多酚类物质，是有效对抗疾病和修复身体的抗氧化剂¹⁴。

蜂胶还被视为具有治疗癌症的功效。研究显示，蜂胶有助抑制癌细胞的增殖和减少细胞变成癌细胞的可能性¹⁵。另一项研究显示，蜂胶可藉由中断对癌细胞的血液供应，导致癌细胞死亡，但却不影响健康的细胞。这点就有大大不同于连同健康和癌细胞一起杀尽的化疗¹⁶。

蜂胶的其他功效包括：

- 治愈口腔溃疡
- 治愈生殖器疱疹
- 治愈口腔溃疡和炎症（口腔黏膜炎）

新生命蜂胶每颗胶囊含有180毫克的蜂胶和20毫克的蜜蜂花粉，提供全家大小健康效益。

