

# The Healing Powers of MANUKA HONEY

## 马努加蜂蜜的 治疗功效



Honey is one of the most functional foods that nature has to offer and it is an essential in any home. While regular, raw honey is an excellent source of nutrients and one of the healthiest sweeteners available, did you know that manuka honey offers all of the same benefits but with additional healing and antibacterial powers?

Originating from New Zealand and made by bees that pollinate the native tea trees, manuka honey has been used for centuries to treat wounds and strengthen the body. In the 19<sup>th</sup> century, researchers discovered its natural antibacterial qualities and its ability to help the body repair tissue damage caused by infection.

What is in Manuka honey that gives it extra antibacterial properties? The answer is Methylglyoxal (MGO), a compound that naturally occurs in most honey—but is found in exceptionally high concentrations in the nectar of the Manuka flower. MGO is what gives manuka honey its antibacterial, medicinal powers. Another benefit of Manuka honey is that its antibacterial activity does not weaken over time. It is retained and remains effective as long as the honey is stored in ideal conditions.

Laboratory tests have found that Manuka honey is effective against a wide range of bacteria, which include:

- Helicobacter pylori—causes most stomach ulcers
- Staphylococcus aureus and Escherichia coli—the most common cause of infected wounds and Methicillin-resistant Staphylococcus aureus (MRSA)
- Streptococcus pyogenes—causes sore throats

Other benefits of Manuka honey include:

- Can be used topically to heal cuts and scrapes
- Improves digestion
- Provides energy
- Boosts the immune system
- Has anti-inflammatory properties that can help to ease pain and inflammation

Make sure to select a Manuka honey with an MGO rating to ensure that you are enjoying the true health benefits of Manuka honey!

蜂蜜是自然界提供的最具功能性的食物之一，是任何家庭的必需品。虽然普通的生蜂蜜有极佳的营养，也是最健康的甜味剂之一，但您知道马努加蜂蜜不仅提供了所有相同的好处，还提供额外的愈合和抗菌功效吗？

马努加蜂蜜源于新西兰，由蜜蜂为当地茶树授粉酿制成的。几个世纪以来，马努加蜂蜜一直用于治疗伤口和强身健体。在19世纪，研究人员发现它具有天然的抗菌特性，能够帮助身体修复因感染引起的组织损伤。

究竟是什么赋予马努加蜂蜜拥有这种独有的抗菌特质呢？那就是马努加蜂蜜内自然产生的甲基乙二醛（MGO）。虽然这种成分也存在于大多数种类的蜂蜜中，但在麦卢卡花的花蜜中含量尤其高。MGO是使马努加蜂蜜具有抗菌和药用价值的物质。马努加蜂蜜的另一个好处是它的抗菌活性不会随着时间的推移而减弱。只要在理想的条件下储存，马努加蜂蜜的抗菌活性就会被保留并保持有效。

实验室测试发现，马努加蜂蜜对多种细菌都有效，其中包括：

- 幽门螺旋杆菌—是造成大部分胃溃疡的常见细菌
- 金黄葡萄球菌和大肠杆菌，最常见的伤口感染原因，以及耐甲氧西林金黄葡萄球菌（MRSA）
- 引起喉咙痛的化脓性链球菌

马努加蜂蜜的其他好处包括：

- 可以局部治疗伤口和擦伤
- 改善消化
- 提供能量
- 增强免疫系统
- 具抗炎特性，可以帮助缓解疼痛和炎症

请务必选择有MGO评级的马努加蜂蜜，以确保您享受它宝贵的健康效益！





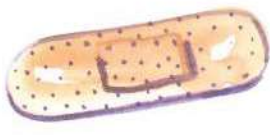
Here are some of our favourite ways to use Manuka honey:  
这里有一些我们最喜欢的使用马努加蜂蜜的方法:



Manuka Honegar—1 tsp Manuka honey and 1 tsp apple cider vinegar in a glass of water. Helpful for improving digestion and treating bacterial infections in the digestive system.



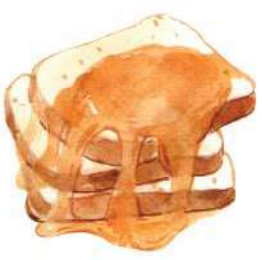
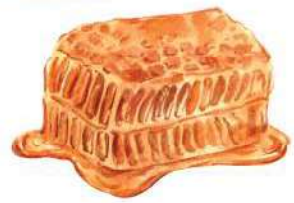
马努加蜂蜜醋—1茶匙马努加蜂蜜和1茶匙苹果醋放入一杯水中。有助于改善消化和治疗消化系统的细菌感染。



Applied on bandages to treat wounds, cuts, or burns.  
敷在绷带上治疗伤口、割伤或烧伤的。



Can be used to soothe skin conditions such as acne or eczema.  
可用于缓解皮肤状况，如青春痘或湿疹。



As a spread on toast, taken with yoghurt, or mixed in salad dressing. You can also add it to your herbal teas.

涂在吐司上，或与酸奶一起食用，也可做沙拉酱，或加入花草茶中调味。



When taken daily, the antibacterial, antiviral, and anti-inflammatory properties of Manuka honey not only help to treat a variety of ailments such as irritable bowel syndrome, gastric ulcers, and upper respiratory infections—they also benefit the overall health and well-being of the body.

每日服用，马努加蜂蜜的抗菌、抗病毒和抗炎特性不仅有助于治疗各种疾病，如肠易激综合症，胃溃疡和上呼吸道感染，也有利于促进整体健康。

Nourish your body with... | 滋养身体...

# NewLife™ Raw Manuka Honey 新生命马努加蜂蜜

- ✓ Unique flavour, texture and aroma.
- ✓ Produced from the native Manuka bush which grows in the beautiful Bay of Plenty region, New Zealand.
- ✓ An MGO rating of 100+
- ✓ 拥有独特的口味、质地及香气
- ✓ 源自于新西兰丰盛湾大区的马努加灌木
- ✓ MGO值100+



Make Manuka honey part of your daily health routine today!

从今天开始，让新生命马努加蜂蜜成为您日常养生保健的一部分！