



## The modern day uses of UMF<sup>®</sup> Active Manuka Honey



### A VERY LIMITED RESOURCE

Manuka Honey comes from the flowers of the Manuka bush, which is a native plant of New Zealand and grows wild on undeveloped and unspoilt land all over much of the country. Active Manuka Honey with the UMF<sup>®</sup> property is gathered from Manuka bushes, which are found in only a few areas in New Zealand. It is not as yet known why only some Manuka honey has the unique UMF<sup>®</sup> antibacterial property. The presence of this property can be detected only by laboratory testing and samples of every batch of honey are sent to the Honey Research Unit at the University of Waikato in New Zealand. The UMF<sup>®</sup> level indicates the antibacterial strength of UMF<sup>®</sup> rated Active Manuka Honey. UMF<sup>®</sup> rated Active Manuka Honey with a UMF<sup>®</sup> level of 10 or more is considered to have special uses.

### THE UMF<sup>®</sup> STANDARD

The UMF<sup>®</sup> standard is to distinguish between ordinary Manuka honey and the unique Active Manuka Honey. Ordinary Manuka honey has only the hydrogen peroxide anti-bacterial property which is common to most honeys. Active Manuka Honey has both the hydrogen peroxide antibacterial property and its own natural antibacterial property, which many doctors now believe gives it unique therapeutic uses. The Active Manuka Honey Industry has named the natural non-peroxide property UMF<sup>®</sup> (Unique Manuka Factor), which is their seal and trademark.

### ANTIOXIDANTS – SYSTEMIC USES

Researchers are now considering the possible benefits of combining external application of UMF<sup>®</sup> Active Manuka Honey with internal consumption application. There may be added value to be gained from applying UMF<sup>®</sup> Active Manuka Honey to external skin areas in conjunction with eating the honey for its internal antioxidant and systemic qualities.

Research has found that New Zealand honeys have useful levels of antioxidants, with UMF<sup>®</sup> Active Manuka Honey having the highest of all. UMF<sup>®</sup> 16+ Active Manuka Honey stimulates the immune system and helps the body deal with infections.

Research continues in the United Kingdom, New Zealand and many other countries into what makes UMF<sup>®</sup> Active Manuka Honey so markedly different to ordinary honey. Honey's traditional use in folk medicine in numerous cultures throughout history is being rekindled in a modern world by the discovery of the unique properties and applications of UMF<sup>®</sup> Active Manuka Honey.

### HONEY EFFECTIVE AGAINST MRSA IN LABORATORY TESTS

The antibacterial properties of UMF<sup>®</sup> Active Manuka Honey have been observed in the laboratory to be effective in inhibiting the growth of MRSA (staphylococcus aureus) strains of bacteria, which are notoriously resistant to antibiotics and are responsible for thousands of deaths in hospitals in the UK every year. UMF<sup>®</sup> Active Manuka Honey has also been observed in the laboratory to be effective in killing the Helicobacter Pylori bug, a damaging bacteria that is commonly found in the intestine.

Honey may offer an interesting health alternative against modern day issues.

### INTERNAL USE OF UMF<sup>®</sup>16 ACTIVE MANUKA HONEY (500G JAR)



If you intend to use the honey internally then we sell the honey in a jar for consumption. **NATURE'S NECTAR UMF<sup>®</sup>16+** is the highest grade Active Manuka Honey on the market and is available in 500g jars. The shelf life of Active Manuka Honey is at least 4 years; in fact, the UMF<sup>®</sup> grade increases in strength year by year!

- Put a teaspoonful of UMF<sup>®</sup> Active Manuka Honey on a piece of bread three or four times a day. Take no fluids or food half an hour before to half an hour after, so as not to dilute the honey. The bread gives the honey longer dwell time in the stomach.
- Frequency and amount may be adjusted at your discretion. Some people have reported that they had good results when they had the honey straight from the spoon.
- Active Manuka Honey must not be used in hot drinks, as heating will destroy many of its unique properties.

## UMF®16+ ACTIVE MANUKA HONEY CAPSULES

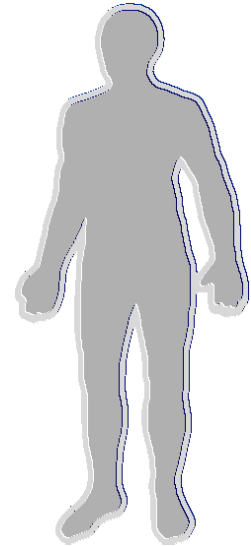
If you do not like the taste of honey then you can still enjoy the benefits of it by taking these capsules. UMF®16+ Active Manuka Honey Capsules have all the benefits of pure UMF16+ Active Manuka Honey – but with added benefits:

- Ease of use and no taste - for those who are not honey lovers!
- Longer stomach dwell time.
- Convenient and non-messy.

## EXTERNAL USE OF UMF®16 ACTIVE MANUKA HONEY

**MELODERM (UMF®16+ IRRADIATED ACTIVE MANUKA HONEY). This is pure honey that has been irradiated making it suitable for application to external skin areas. This should be used as follows :**

- Clean the area with cooled boiled water or saline. Squeeze the Meloderm UMF®16+ Irradiated Active Manuka Honey onto a non-absorbant material, ensuring an even coverage of the intended area of application.
- Occlusive (waterproof) non-absorbent materials are recommended as they keep more of the honey in contact with the wound. Where surrounding skin is poor and occlusive materials can't be used, a non-absorbent material is recommended, i.e. Melolin. (Absorbent materials soak the honey away from the area). Adhesive tape or bandages can be used to hold the materials in place if an adhesive occlusive material is not used. Pressure bandaging is sometimes used over the honey material for certain applications.
- In some cases it is beneficial to coat the area with honey directly before applying the Melolin material to ensure full honey contact with areas that are more difficult to get to.
- The Melolin must be cut to a size so that it extends beyond the edges of the area to be covered as well as surrounding areas. Spread the honey onto the material rather than directly on to the area being attended. It is much easier to do and causes less discomfort.
- The amount of honey needed depends on the amount of fluid in the attended area – the benefits of the honey will be reduced if honey becomes too diluted : typically, 20 ml of honey is used on a 10 cm x 10 cm area of Melolin.
- Cover with absorbent secondary dressings to mop up excess honey which could ooze out. Change the material coverings twice a day if the honey is being diluted too much by fluid – otherwise change once a day.



### **For milder external applications we recommend MELODERM 40% OINTMENT**

This soothing and emollient skin Ointment contains **40% UMF®16+Active Manuka Honey** and may be used for all types of skin applications. Meloderm Ointment may be used on all parts of the body and has all the amazing benefits of Active Manuka Honey. It has the added benefit of not needing a material covering because it isn't very sticky.

Remember, to find out more about Active Manuka Honey or to view our complete product range, please visit our website :



### Caution

***If you have any concerns, please do consult your doctor.  
Diabetics should exercise caution if taking honey orally.  
If any adverse reaction is noted, then stop using the honey***

## WHAT OUR CUSTOMERS SAY ...

"I thought I must write to tell you how happy I have been since you introduced me to Active Manuka Honey. As you know, I had an ulcer form on the inside of my left ankle. The pain was so extreme that it brought tears to my eyes. I was unable to sleep at night.

Before using the honey, I had been treated by my doctor and his nurse but the treatment given did no good at all. I was treated with algenate (seaweed) dressings but these never took the pain away and the ulcer area never dried at all. I requested to see a specialist at the hospital and he said the pain was caused by bad circulation. I was then sent to another hospital for a scan.

I changed the [material covering] twice a day at first, reducing to once a day and then once a week. Although it has left a scar of about 2" across, the ulcer has completely healed. Thanks once again."

*Mr. M from London*

"I have found your UMF 16 Active Manuka Honey very successful...Thanks for your help. "

*Mr. A. from Derby*

"A few months ago, I ordered a jar of UMF16 Active Manuka Honey from you and have just realised I am now running out of this marvelous stuff!! I am enclosing my cheque for another jar in the hope that you can rush another one to me.

I had previously been attending the surgery to have my ulcer treated for 4 years!!! I am pleased to report the ulcer has almost healed over...and that's in about 16 weeks – so you will appreciate I don't want to be without my Manuka. Many thanks."

*Mrs. S. from Godalming, Surrey*

"I am 84 and contracted MRSA in a foot wound 4 months before I got my first jar of Active Manuka Honey. By this time, I was reduced to a wheelchair, in hospital, on intra-venous antibiotics and awaiting toe, if not foot, amputation and all the time my condition was worsening. As my doctor refused me permission to use the honey externally, I was only allowed to eat it, which I did three times a day. I am convinced the honey saved my foot and my life."

*Mrs. M from Middx*

"My mother is 91 years old and has suffered with leg ulcers for some 7 to 8 years. When Active Manuka Honey was featured in a BBC Watchdog HealthCheck programme in August 2000, my wife took note and we eventually tracked the honey down by contacting the BBC, who gave us the name of Nature's Nectar.

The medical team treating my mother had tried virtually everything in an effort to clear up the ulcers but nothing worked. Once the current course of treatment had been completed – unsuccessfully – they started [to use] ... Active Manuka Honey. My mother has told me that the results have been little short of miraculous...it has rekindled her interest in life.

She had almost become resigned to being confined to her chair, as it was too painful even to stand up on her own. In the few weeks since her ulcers have gone, she is moving around again and has recovered a lot of her old spirit. She is so very grateful that we found Active Manuka Honey."

*Mrs. W from Dartford, Kent  
(Written by her son Peter)*