

CONTENTS

Manuka honey in action for your health	6
---	----------

A special plant, an extraordinary honey	12
--	-----------

Manuka honey – for eating and treating	18
---	-----------

Getting the best out of Manuka	21
--------------------------------------	----

Don't hold back, honey.....	25
-----------------------------	----

Taking Manuka - the honey on everyone's lips	26
---	-----------

Mouth.....	28
------------	----

Nose and sinuses	30
------------------------	----

Inhalation	35
------------------	----

Throat and respiratory tract.....	37
-----------------------------------	----

Oesophagus	39
------------------	----

Stomach... ..	41
---------------	----

... and gut	44
-------------------	----

Internal organs	46
-----------------------	----

Liver	46
-------------	----

Kidneys, bladder, prostate	48
----------------------------------	----

Applying Manuka – the honey as treatment	50
---	-----------

Our skin	52
----------------	----

Wounds.....	53
-------------	----

How does Manuka honey work on wounds?	54
Burns	59
Inflammatory skin conditions.....	61
Oral herpes	64
Eye inflammations.....	65
Fungal infections	66
Manuka honey for pets	68
Manuka oil.....	70
Manuka pioneers in Germany	72
A to Z of uses	78
Recipes.....	104
Eating healthily with Manuka.....	106
Last but not least	118
Manuka honey – the real deal	118
Conclusion.....	123
Index.....	124