



# SUPERHONEY CAN GIVE YOU MORE THAN A BUZZ!

Claims that a new type of honey treatment can work on antibiotic-resistant infections such as super-bug MRSA seem far-fetched. But The Clarion noticed that such reports were coming from fairly serious sources, so thought perhaps a little more investigation may be worthwhile. When our more serious British newspapers make statements like "a couple of teaspoons of special honey in a glass of water can knock out the worst possible hospital bugs" the subject just has to be looked at!

Honey was used on infections for centuries then the arrival of antibiotics took over but nature is, these days, making its mark and causing many modern medicines to be useless, as some bugs simply change, resist, and fight back. That is why thousands of people die each year in our hospitals - inevitably causing old remedies to be re-examined.



A company called Medihoney are now carrying out trials in the UK, Germany and South Africa following success in Australia with their new product 'Antibacterial Wound Gel' which is a mixture of the most potent of the several thousand types of honey available worldwide. It is enhanced with other

natural waxes and oils enabling it to be easy to apply and maintained on wounds. The honey, with its enzymes and hydrogen peroxide, kills germs while amino acids, nutrients and some unidentified plant-derived components speed up the growth of healthy tissue. Research at Reading University is showing that the correct blend of honey gives exciting results when dealing with burns by reducing the amount of pain and resultant scarring. It may, claim Medihoney, act as an anti-inflammatory to treat some eye diseases. Anthony Moloney, Chief Executive of the company, told the Clarion that he hoped that trials will prove their product, soon to be available to the NHS and through chemists in the UK, has even more benefits. He is confident that once an established approved medicine, as already in Australia, the product's therapeutic compounds, including antioxidants, will reduce the risk of various skin, mouth and throat infections and help with healing after surgery. Keeping open minds, the Clarion reporters hunted down Newcastle-under-Lyme beekeeper Phil Hulme who began producing honey as a hobby over three decades ago.

Now retired, both he and his colleague Dave still enjoy the pastime with 30 hives producing limited amounts of 'Staffordshire Honey', which is only available through selected retailers in Newcastle and The Potteries. Phil related a fascinating 'hive of information' - including the fact that up to 60,000 bees would be resident in just one hive, most of which can get pretty angry when the roof of their house is suddenly taken off to have the results of much hard work removed. Therefore, it is stressed, that under no circumstances should an occupied hive be approached by anyone not fully and correctly veiled and only then under the supervision of a professional beekeeper.

The average life of a worker bee is just six weeks- with the Queen being around for perhaps 2-3 years. The Drones, the Queen's reproductive partners (several hundred of them per hive) help to produce a remarkable one thousand

eggs per day- most of which incredibly hatch a new **bee!**



*Phil, unveiled and proud of the healthy result*

On being asked about reports of certain honey blends fighting infection and disease, Phil's reaction was cautious but he's aware that there ARE some remarkable ailment curing effects... for example in combating ulcers as members of the local medical profession have used Staffordshire Honey for self treatment.

Like all of us, Phil feels it would be fantastic if just some the claims of Medihoney prove to be true.

We hope so.

Meanwhile, the delightful taste and natural goodness obtained by using honey ... on your toast instead of butter, in tea and coffee instead of sugar, and replacing the vinegar in your mint sauce, just has to be a step in the right direction to staying healthy AND sweet!

Thanks and best wishes go to Phil Hulme of P&D Apiaries.



DM STIRLING OF  
CCC COMMENTS

*"It has been established for generations that **honey** is beneficial both internally and externally. I endorse this report."*