

Detlef Mix

MANUKA HONEY

The all-round talent from
New Zealand for your health
and wellbeing



A USER'S GUIDE WITH TIPS,
CASE STUDIES AND RECIPES

360°medien

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LEGAL INFORMATION

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MANUKA HONEY
IN ACTION FOR
YOUR HEALTH

MANUKA HONEY IN ACTION FOR YOUR HEALTH



"An apple a day keeps the doctor away." In other words, healthy food can help you take less pharmaceuticals. Whoever coined this aphorism would undoubtedly be criticised and sued today for making unsubstantiated medical claims.

A similar fate would no doubt have awaited Hippocrates, the founder of modern medicine, who gave us the Hippocratic Oath that still forms the basis of modern healthcare. He said:

"Let food be your medicine and medicine your food."

I fully support this statement. With Manuka honey, you have a side-effect-free medicine that can be kept in the kitchen cupboard.

I've written some detailed books on this subject. So why am I now also producing this practical manual?

Firstly, there is a plethora of articles available on Manuka honey that seem randomly cobbled-together from the Internet and whose accuracy is often questionable. Some of these claim, for example, that the Maori have been using Manuka honey for centuries – despite the fact that honey bees have only existed in New Zealand since the middle of the nineteenth century.

The original settlers of New Zealand certainly used the Manuka plant (especially its leaves, roots, bark and wood), but it was not until the modern era that beekeeping became established there.

Secondly, there is a deluge of conflicting advice, talking Manuka honey up as a miracle cure on the one hand and telling us to use it only for minor cuts and bruises and to be aware of the ubiquitous counterfeit versions on the other hand.

In fact, Manuka honey can be used for treating larger and chronic wounds, as has been documented

countless times, not least thanks to its many years of use at the Klinik Havelhöhe in Berlin. No complications have so far been reported there.

My aim with this manual is to provide you with practical instructions and to help you get results. This manual deals with the wide range of internal and external uses of Manuka honey and how you can try them out for yourself. Tips on usage and case studies are also included, as are an A-Z of uses, how to test for quality and counterfeit versions, and a selection of recipes.

But first let us turn to Manuka honey's source of nectar, the Manuka bush itself.



Detlef Mix's standard work on Manuka honey (2nd. ed.)



A SPECIAL
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AN EXTRA-
ORDINARY
HONEY