



## Manuka Honey's Benefits for Digestive Health!



When it comes to protecting and improving your Digestive System, Manuka honey excels with its unique healing properties and probiotic activity.

Manuka honey is created when bees forage for the nectar from the Manuka tree, which is native to New Zealand. For thousands of years, honey has been used for its [numerous health benefits](#), including its ability to help protect and treat gut health.

Let's take a deeper look into why Manuka honey is so beneficial for the digestive system, how it impacts certain conditions such as ulcers, IBS, acid reflux, and the research that supports these amazing benefits!



## **Why is Manuka Honey Beneficial for the Digestive System?**



In the 1980s, Dr. Peter Molan, a New Zealand Biochemist, and a team of scientists were researching the chemical compounds found in Manuka honey. Molan and his contemporaries were astonished by Manuka honey's incredible antimicrobial properties and other health benefits.

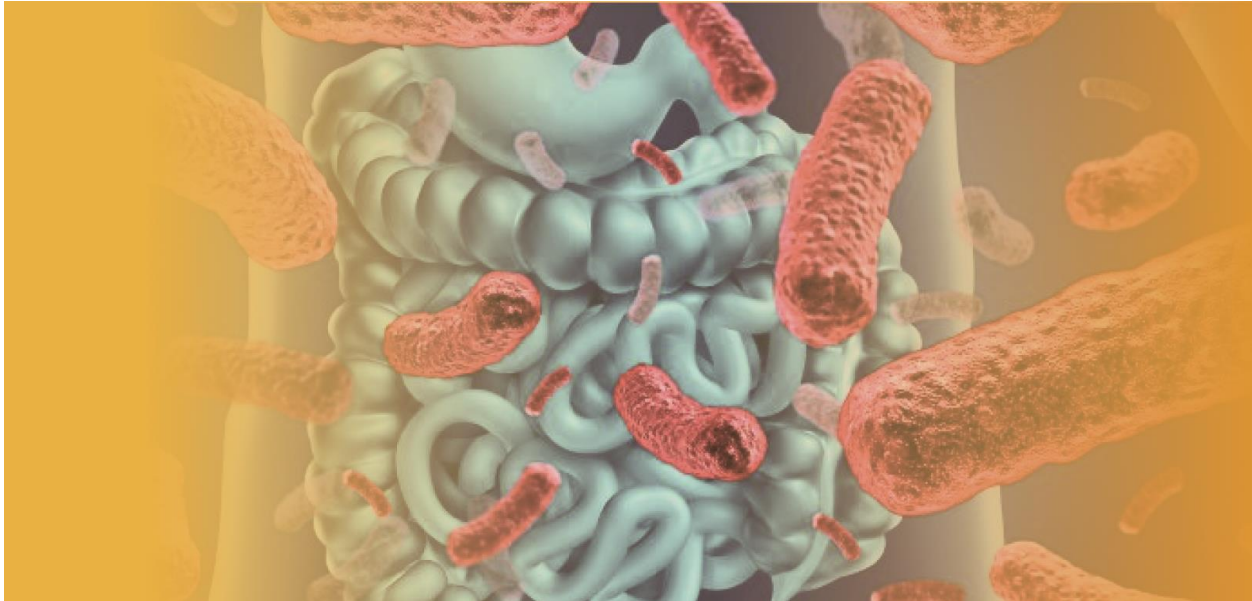
Their early work led a team later in Germany to isolate the naturally occurring chemical compound Methylglyoxal, (MG or MGO) as most directly correlating with these special properties.

MGO is produced from the intricate process honeybees use when they forage Manuka pollen and nectar to create delicious Manuka honey. Although other honeys contain their own health benefits, Manuka honey is much more notable for the potency of its antibacterial and antimicrobial activity, and its effectiveness in treating a wide range of bodily ailments.

Molan and his team coined the term "Unique Manuka Factor" (UMF) to use as a rating system to measure the potency of the amazing benefits of Manuka honey. A higher UMF, equates to a higher concentration of MG and greater healing capabilities.

Let's examine the range of health benefits of Manuka honey for the digestive system and gut microbiome to better understand why it might be the best honey for gut health.

## **Manuka Honey Promotes Healthy Gut Bacteria**



Our digestive system contains millions of different gut bacteria that keep our bodies healthy, balanced, and operating effectively.

These beneficial bacteria are called Probiotics, and they help the body by promoting good digestion, bolstering a strong immune system, maintaining energy levels, and more. Some research even suggests that your stomach's microbiome plays a role in regulating your emotions. This makes sense, if you've ever had a stomach ache, diarrhea, or any other unpleasant ailment, you're usually not in the best mood.

What it comes down to is this: A good gut biome keeps you feeling your best and helps protect you against disease. Thankfully, [research shows](#) that Manuka honey is extremely effective in promoting a healthy, balanced microbiome with each delicious spoonful.

### **Manuka Honey's Probiotic Support**

Manuka honey is known as a Prebiotic which is different from the probiotics we mentioned earlier.

Prebiotics are foods that we can eat to help our natural probiotics flourish. If you imagine your stomach as a garden, prebiotics are the nutrient-rich soil that helps your flowers bloom. Manuka honey produces prebiotics called fructo-oligosaccharides which help to keep important stomach probiotics healthy and effective.

So when it comes to helping your gut biome maintain a healthy balance, high-activity Manuka honey can be very beneficial.

## **Manuka Honey Kills Bad Bacteria**



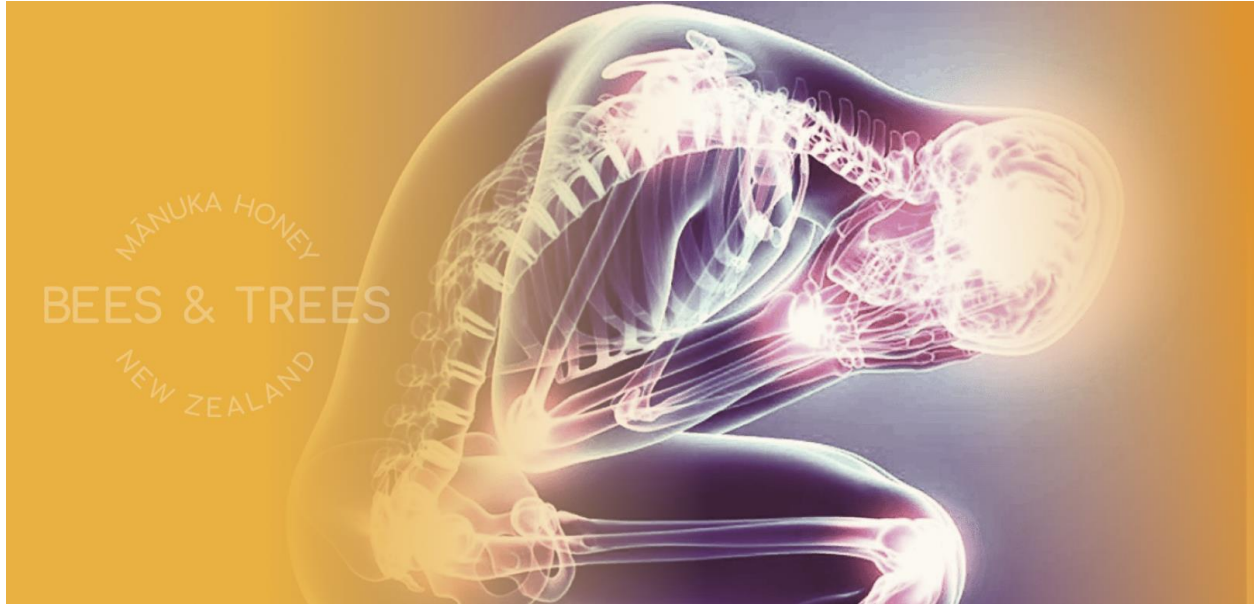
One of the most notable and interesting aspects of Manuka honey is that it promotes the growth of good probiotic bacteria, while simultaneously eradicating harmful bacteria and viruses that invade our digestive system.

[Recent research](#) evidences that Manuka honey is effective at killing over 50 species of harmful bacteria. Many of these specifically attack our digestive system:

- *Helicobacter pylori* (H. pylori)
- *Clostridium difficile* (C. diff)
- *Escherichia coli* (E. coli)
- *Salmonella enteritidis*
- *Salmonella typhimurium*
- *Staphylococcus aureus* (staph)

These bacteria can cause issues like stomach ulcers, colitis and even contribute to improper digestion. However, ingesting Manuka honey as part of your diet gives you a great natural remedy to treat these issues.

### **Manuka honey is an Anti-inflammatory**



Another reason why Manuka honey is so helpful to the digestive system is that it reduces inflammation. Inflammation can be an immune response triggered when foreign pathogens attack our bodies. It can occur in the stomach lining, intestines, and other parts of the digestive tract. This type of inflammation can be extremely painful and cause harm throughout the entire body.

Honey has been used as an anti-inflammatory for centuries. Moreover, Manuka honey's high concentration of Methylglyoxal contributes an even greater effect on reducing inflammation and eliminating the bacteria that caused it.

[Research backs this up](#), revealing how Manuka honey can be used as an effective medication for treating inflammation.

## **Manuka Honey for Stomach Ulcers (Ulcerative Colitis)**



One of the best ways Manuka honey shows off its antibacterial and anti-inflammatory effectiveness is in the treatment of stomach ulcers.

### **What Causes Stomach Ulcers?**

A stomach ulcer is a sore on the internal lining of the stomach. These ulcers appear when damage occurs to the lining, usually caused by hydrochloric acid present in stomach acid. Ulcers can also be caused by a bacteria called H. Pylori.

### **Manuka Honey's Effect on Stomach Ulcers Symptoms**

Research shows that Manuka honey is effective at eradicating H. Pylori, and helps to reduce the inflammation caused by these stomach ulcers.

Similarly, [in 2016, researchers](#) were able to discover that Manuka honey helped protect the gastric tissue from developing ulcers and promoted the healing of lesions when they occurred. As you can see, Manuka honey bolsters the physical health of your stomach while also effectively killing harmful bacteria that may try to invade.

## **Manuka Honey for IBS/IBD**



Another example of Manuka honey's incredible anti-inflammatory ability is in its treatment of symptoms caused by Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD).

### **What are IBS and IBD?**

As the name suggests, IBS and IBD are both triggered when inflammation occurs throughout the bowels and intestines. This is a common issue, as nearly 1 in 7 adults deal with the painful symptoms of IBS.

IBS can cause symptoms like abdominal pain, constipation, diarrhea, vomiting, GERD symptoms, and pretty much anything you can think of relating to a bad stomach ache.

### **Manuka Honey's Anti-Inflammatory Power**

Thankfully, Manuka Honey's awesome anti-inflammatory properties make it a fantastic natural option for treating IBS and IBD symptoms.

[Research conducted in 2008](#) concluded that there was a significant reduction in colonic inflammation when treated with Manuka honey, especially when consumed at higher levels. People who deal with these issues usually have to make changes to their diet to minimize their symptoms. Including a healthy amount of high-activity, Manuka honey can really make a difference in managing the symptoms of IBS and IBD.

## **Manuka Honey for Acid Reflux**



Acid reflux is another very common occurrence among adults dealing with stomach pains and other digestive issues.

### **Effects of Acid Reflux on the Body**

Acid reflux causes heartburn, sore throat, chest pain, and sometimes can induce vomiting. It's very painful and can be an issue that people deal with throughout their whole lives. Harm caused by acid reflux can actually cause damage to the esophagus over time. This is due to the erosion of this delicate organ caused by the harsh stomach acids.

### **Manuka Honey for Acid Reflux Relief**

Thankfully, [research shows](#) Manuka honey is efficient at helping treat these symptoms through a variety of ways.

Manuka honey's anti-inflammatory capabilities help to soothe the throat and delicate tissues along your digestive tract. It also helps to protect the thin mucosal layer covering our esophagus, allowing for a strong barrier to develop. This stronger lining protects the esophageal cells and prevents opportunistic bacteria from causing infection.

Finally, Manuka honey has impressive antioxidant abilities. Oxidants can cause issues in the digestive tract relating to increased inflammation. This combination of effective healing helps to reduce symptoms of acid reflux and can reduce its occurrence.





## **Manuka Honey for Food Poisoning**



### **What Causes Food Poisoning**

Food poisoning can be caused by many different issues stemming from allergies, diet, and especially bacteria. One of the most common bacteria that affects the digestive system and can cause food poisoning is called Clostridium Difficile. Manuka honey's strong antibacterial activity is effective at killing this harmful bacteria in the digestive tract.

### **Manuka Honey for Food Poisoning Symptom Relief**

[Research](#), conducted in 2013, surmises that Manuka honey's antimicrobial effectiveness is a serious means to treat the painful symptoms of food poisoning, and to boost the body's defenses in order to protect against future infections.

Higher concentrations of Manuka honey were found to be increasingly effective against C. Difficile infections, so it's important to note that high-grade Manuka honey is the best option when dealing with these symptoms.

### **How to Take Manuka Honey for Digestive Problems**

If you're looking to treat any of these issues, we recommend eating 1-2 teaspoons of high-activity Manuka honey daily. Manuka honey works as it is digested and moved through the digestive tract. A consistent daily intake of Manuka honey may help you in the long run.

Try [our 550+ MG high activity](#) option today to experience digestive health benefits.



## **Conclusion**

Thanks to Manuka honey's vast array of different digestive benefits, it has become a very go-to all-natural home remedy for those dealing with gut health issues.

Whether it's killing the harmful bacteria that cause these conditions, promoting the healthy probiotics that bolster our digestive system's overall health, reducing inflammation, or improving antioxidant capability, Manuka honey is a strong choice for those seeking fast, effective, and natural relief.

We hope that you found this article helpful and that your symptoms can be managed through the natural healing power of Manuka honey!

## **Frequently Asked Questions**

### **1. Is honey good for gut health?**

Yes, honey, particularly Manuka honey, is beneficial for gut health due to its antimicrobial and anti-inflammatory properties that support a healthy gut microbiome. In addition, it also has prebiotic properties, which support the growth of good bacteria in the gut.

### **2. What is the best Manuka honey for digestive problems?**

The best Manuka honey for digestive problems is one with a high MG content. We recommend our [550+ MG high activity](#), or our 830+ options for maximum results.

### **3. Does honey kill good gut bacteria?**

No. Manuka honey, in particular, offers probiotic support and helps nourish and support the growth of beneficial gut bacteria.

### **4. What are the benefits of Manuka honey for stomach ulcer care?**

Manuka honey has antibacterial properties that help inhibit the development of the *H. pylori* bacteria, a common cause of ulcers.

Disclaimer - Bees & Trees frequently shares publicly available scientific and medical research regarding Manuka Honey. We are not medical professionals and the content of our emails, articles, or website postings should not be construed as medical advice.

## **Research**

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