



By [Siofra Brennan For Mailonline](#)

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Move over Manuka! Rare Jarrah honey halts ageing by stimulating collagen production and boasts skin repairing properties (and it even TASTES sweeter)

- **Jarrah honey is a rare product harvested in remote parts of Western Australia**
- **Is available to buy in the UK for £24.99 for a jar with a TA rating of 20+**
- **Has more antibacterial properties and three times the antioxidants of Manuka**
- **Studies have shown it's more effective against Candida fungi than Manuka**

Manuka honey has been hailed as 'liquid gold' with the power to delay ageing and help with skin repair, coughs and colds -and even fight the bacteria that cause stomach ulcers.

But now it's got competition in the form of Jarrah honey, a rarer product harvested from a species of eucalyptus tree, which is found only in the most remote parts of Western Australia.

Research by the Australian government has found that its level of antibacterial activity is higher than that of Manuka honey, and that's it's effective against the bacteria *Staphylococcus aureus* - which causes bugs such as MRSA - as well as being a natural treatment for wounds, burns, sunburn and skin infections.

It has two to three times higher levels of antioxidants compared to Manuka, which makes it an ideal natural anti-ageing treatment for boosting collagen and elastin production and supporting cell renewal.

Other studies have shown the honey to be more effective against *Candida* fungi, which causes wound infections as well as oral and vaginal thrush, than Manuka.

Better still it tastes even sweeter as its naturally occurring hydrogen peroxide doesn't affect the taste.

By comparison, Manuka's active component methylglyoxal, gives it an earthy and more bitter flavour.

Despite the sweeter taste, the raw honey is high in fructose and low in glucose, and its low GI index means it doesn't spike the blood sugar.

'It's quite a unique honey compared to all other eucalypts,' Dr. Rob Manning told [Vogue](#).

The former researcher for Australia's Department of Agriculture and Food spent 30 years studying Jarrah honey and comparing its benefits with New Zealand Manuka honey.

HOW HONEY FIGHTS DISEASE

All honey has anti-bacterial properties because of the hydrogen peroxide it contains, and the fact its sugar molecules soak up water, which starves bacteria of the moisture they need to survive.

Unlike ordinary hydrogen peroxide, used as a disinfectant, the hydrogen peroxide in honey stays active over several days, killing bugs and preventing others growing.

It now costs around £22 a kilo because of high demand and limited quantities, but can be purchased in the UK from Amazon, some health food stores and Ocado. It costs £24.99 for a 240g jar with a Total Activity (TA) level of 20, which indicates its antimicrobial strength - a similar price to an equivalent jar of Manuka honey.



Read more: <http://www.dailymail.co.uk/femail/food/article-5226589/Australian-Jarrah-honey-effective-manuka.html#xzz5FIHWdZD>
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