



HEALTH



A passport to purity... sounds great, doesn't it? And it's not that far away either! There are many wholly natural foods/products that can transport us to healthier times when we just open our eyes to what's around us.

Natural goodies work with the body and offer great benefits to your overall health. So, in order to get a better return on your health, it's worth your while to do a bit of research and make the most out of what nature has on offer. Natural foods and products support you from the inside out. Here's a look at one particular golden wonder that can do just that!

Manuka Honey

Honey has been used for centuries for health, wellness, beauty, and healing. In fact, in ancient times it was the go-to remedy for wound healing.

Manuka Honey takes things up a few notches from regular honey as one of nature's unique wonders. It's great for you both as a food and as a product for healthy, radiant looking skin. Why so?

Manuka Honey is powerful and potent, and the purer, the better. It is a specific type of honey that originates from New Zealand where bees pollinate the Manuka bush, also known as the flower *Leptospermum scoparium*. The high concentration of methylglyoxal occurs when bees pollinate this flower, and this is what makes Manuka Honey that much more potent than standard honey.

Manuka Honey is extremely high in anti-bacterial and antimicrobial properties; it is also a supreme anti-inflammatory, anti-viral, and anti-oxidant honey.

Manuka Honey's anti-inflammatory properties can aid in better digestion and immune function and its anti-bacterial properties can assist in healing wounds and preventing infection- all this as well as being a powerful regenerative food! Here are some ways you can use the purity of Manuka for health and radiance.

GET IT HERE!



- **Manuka Honey can be added to natural and homemade beauty treatments and face masks. It can potentially calm down acne or inflamed skin (such as eczema) through its anti-inflammatory properties. Try applying a thin layer of Manuka Honey on your skin and leave for 10-15 minutes before gently rinsing off.**
- **It can be applied to wounds, and even mild burns or scalds to promote healing. It helps to protect and disinfect a wound through its anti-bacterial and antimicrobial effects.**
- **It can boost your immune system, help to soothe your throat and potentially help you recover more quickly from a cold as it's so high in anti-oxidant value. Try adding a tsp or tbsp to your favorite smoothie, spread on your toast, blend into a probiotic yogurt or add it to a herbal tea infusion!**

Manuka Honey is valued for its potency according to its UMF rating (Unique Manuka Factor). Ratings of above 16+ are considered high-grade Manuka Honey. It's important to note that Manuka Honey is not suitable for very young children of one year or under.

As a pure source of goodness with many health benefits- and by far many more than we have listed above, Manuka Honey should definitely be utilized! Pacific Resources International understands the benefits of Manuka and aims to bring them to you!

A Passport to Purity

Pacific Resources International offers you a passport to purity! For 30 years they have been delivering New Zealand's finest Manuka honey, Pacific sea salts, Manuka honey soaps & other nature-blessed New Zealand products to the U.S.

Pacific Resources International was the first company to introduce Americans to Manuka honey and is committed to sharing New Zealand's wonders with the world.

They are a leading importer of Clean Pacific Sea Salt, Manuka Honey, and Sea Salt Soap. Alongside these, they have numerous other premium-quality health and culinary products that are all brought here directly from the pristine bastion of natural splendor that is New Zealand.

The Magic of Manuka for Healing

In her BBC News article, "Harnessing Honey's Healing Power," Angie Knox quotes biochemist Professor Peter Molan about Manuka Honey: "It works on bacteria, fungi, protozoa. We haven't found anything it doesn't work on among infectious organisms." True to Professor Molan's words, Manuka Honey is widely believed to not only treat minor wounds and burns but also to help with digestive issues and help relieve the symptoms of a cold.

Hydrogen peroxide is a component of raw honey and is responsible for its antibiotic benefits. Most types of honey also have components with antibacterial qualities, but ONLY Manuka Honey contains methylglyoxal (MG) in high concentrations. Indeed, the higher the concentration of MG, the more powerful the antibiotic effect, which is one reason honey producers have developed a scale for rating the potency of Manuka Honey.

Pacific Resources Manuka Honey starts at 5+ which is guaranteed to have an MG rating over 60+ mg/kg. Their Manuka Honey is independently tested and cool processed.

The Beauty of Manuka – Award-Winning Manuka & New Zealand Pacific Sea Salt

Manuka honey has long been used as a beautifying, cleansing and moisturizing agent to give one's skin that extra glow.

PRI's Manuka Honey & Pacific Sea Salt Soap recently won the prestigious Better Nutrition Best of Natural Beauty Award. PRI has stood by its product authenticity for over 30 years. In fact, every PRI jar of Manuka Honey has a New Zealand Certificate of Analysis (COA) for purity and strength.

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Pacific Resources Sea Salt Soap

This handcrafted, moisturizing soap brings together the healing power of Manuka Honey, nourishing Botanical Oils and all-natural New Zealand Pacific Sea Salt to bring out the best in your skin.

Ingredients: Sodium Hydroxide (Lye), Distilled Water, Non-GMO Olive Oil, Unrefined Organic Shea Butter, Organic Cocoa Butter, Non-GMO Sweet Almond Oil, Goat Milk, Raw Manuka Honey, New Zealand Pacific Sea Salt

PRI has an amazing line-up of Natural Body Care products made with New Zealand Manuka Honey- these include Manuka Honey lip balm and hand cream.

Gold Standard Honey- Only the Best!

New Zealand is one of the last bastions of purity as an environmentally protected and GMO-Free region with the cleanest oceans on the globe.

“Manuka is the gold standard for honey and it is produced exclusively in New Zealand from bees and flowers that are environmentally protected. All of our Manuka honey is genuine and is independently tested for potency and purity. We work directly with the beekeepers in New Zealand and Australia who harvest the honey for PRI. Enjoy these safe and soothing products every day and feel great using them! Discover for yourself the unique and wondrous properties of Manuka Honey.”- Pacific Resources International