



Article Side

Manuka Honey and Coconut Water: Discover Health Benefits by [Julia Roger](#)

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Honey is the collection of nectar from various flowers by the bees. This is natural honey which is a mixture gathered from various flowers and stored in beehives. Honey is also manufactured by human beings and the manuka honey is one such product extracted from the nectar of Manuka tree which are prolific in New Zealand and Australia.

Manuka honey is known for its medicinal properties, specifically the in-vitro antibacterial properties it exhibits. Manuka honey is identified by the presence of 70% pollen of Manuka flowers in it and the strong smell it exhibits. The honey is found to be helpful in healing superficial burns and has a better effect than the regular dressing. The presence of Methylglyoxal or Pyruvic acid gives it the antibacterial effect. Just like Manuka honey, there is another excellent natural product which has many beneficial effects that is coconut water. The water content present in the tender coconut is supposed to have many curative properties. Though it is best in its natural form, there is packaged coconut water available. It is also promoted as an energy drink and recommended for sports personnel and hard working people especially in summer. The high mineral and potassium content gets it the status of energy drink. Since it comes in a natural packing, it is sterilized and infection free and hence in emergency cases it is used as an intravenous fluid for hydrating the patient faster. Coconut water is high in potassium and has antioxidant qualities and because of its high potassium content, it is sometimes not advisable for patients who have kidney problems.

The natural products like Manuka honey and tender coconut water have their own health benefits and more research and enlightenment is required into the subject to make them more useful. They are also cost effective and have many good effects.

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