**Manuka honey could fight off this potentially-deadly infection, experts reveal**

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**By**[**Laura Mitchell**](http://www.dailystar.co.uk/journalists/laura-mitchell)/**Published 28th September 2016**

honey can prevent the spread of potentially-deadly infections

**THIS "miracle" honey could now be used in hospitals.**

Honey is usually spread on toast or dolloped on top of porridge, but manuka might soon be used in hospitals too.

This is because the sweet nectar actually helps fight and prevent potentially-deadly infections, according to new research.

Scientists at the University of Southampton found the honey, which is already known to heal cuts, boost immunity and improve skin conditions, could help keep internal devices such as urinary catheters disease-free.

Urinary catheters are silicone tubes, which are inserted into a patient's bladder via the urethra.

It allows patient's urine to drain freely from the bladder and up to one in four hospital patient's have to use them.

However, the procedure can sometimes cause infection in the urethra, bladder and in extreme cases the kidneys.

But new findings, published online in the Journal Of Clinical Pathology, claim manuka honey could prevent potentially deadly bacteria accumulating on surfaces by more than 75%.

Results showed the honey strongly inhibited the "stickiness" of the bacteria, and therefore the development of a biofilm that could cling to medical equipment.

Professor Bashir Lwaleed, associate professor of health sciences at the University of Southampton, said: “We have been able to demonstrate that diluted honey is potentially a useful agent for reducing biofilm formation on indwelling plastic devices such as urinary catheters.

"Catheter infection rates can account for a large proportion of hospital acquired infections. It is an area of clinical practice that needs addressing.

“We believe that patients might also benefit from honey’s anti-inflammatory properties, which are generally stronger in dark honeys, such as manuka, and that antibacterial resistance is unlikely to be a factor when honey is used.”

The medicinal honey produced exclusively from the nectar of the manuka tree can be found in Australia and New Zealand.

But there is some evidence to suggest that Australian manuka Honey is up to three times more potent than than the New Zealand produce.

This is because MGO (the active ingredient which makes manuka beneficial to our health) favours warmer climates.