

### **One of Nature's Most Perfect Foods**

The amazing bee has provided us with a beneficial natural food supplement. Long ago the Greeks and Romans called natural bee pollen "the life-giving dust" or the secret "ambrosia" eaten to acquire eternal youth. Pollen was entombed with pharaohs, it was used by the American Indians, and for centuries by tribes in China. In our modern times, scientists, gerontologists and nutritionists have rediscovered these bee-prepared foods and confirmed that they are able to promote benefits in the form of healing and rejuvenation. Some nutritionists state that you could live adequately on bee pollen alone. Science shows that bee pollen, that wondrous yet mysterious nectar, has natural rejuvenating powers, aids beauty, boosts energy, extends life span, fights allergies (and possibly even cancer) and relieves digestive disorders. Bee pollen bursts with easily-assimilated protein and lecithin, which nourish the brain and nervous system.

#### **Food fit for the Queen!**

Beehive foods are superior food sources. Based on its research, the U.S. Department of Agriculture has stated that bee pollen is the most nutritious food we can eat. It contains every nutrient required to sustain and support life in a pure, raw and unaltered form. Bee products can provide support for almost any ailment or desired health enhancement. One of the real appealing characters of the hive, besides the bees themselves, is bee pollen. This miracle is considered to contain every chemical substance needed to maintain life, nourish, rejuvenate and heal, and nobody proves it better than the queen bee. How a single bee can reign totally supreme in a community of thousands? Being the sole female, responsible for laying 2,000 eggs daily and living forty times longer than the worker bees, the queen bee is by far the most amazing testament to bee pollen. No wonder it is considered a complete food, a great supplement to build the immune system and provide energy for the entire body!

Dr. S.Seradj, D.O.M.,

Bee pollen is known to be an accelerator of human growth. It regulates the action of the intestinal functions, especially in cases of chronic constipation or diarrhea, which have been resistant to antibiotic treatment. Pollen self-digests and aids the digestion of other foods. A natural occurrence with bee pollen is weight control. Taken into your digestive system, there is a speedy combustion, which makes fats burn faster and increases the rate of burned calories.

#### **Detoxification and Immunity**

Bee pollen is used as an immune system builder, has the ability to correct body chemistry and eliminate unhealthy conditions. European physicians note that people with an alcohol problem, when treated with pollen, show great reduction in alcohol cravings. Young people who want to get off heavy drugs go through minimal or no withdrawal when treated with bee pollen. It also has the ability to throw off poisons and toxic materials from the body.

#### **Tests Show Improvements**

In France and Poland some doctors have added pollen to children's and adult's diets and observed that, after a few days, all the people felt better and their blood analysis showed an improvement, especially anemic children. Pollen has been used for curing some ailments of our nervous system. After a week, people who take it become less nervous, more optimistic, are more eager to work, and depression disappears. It has also been known to help relieve diabetic symptoms. Doctors have obtained good results. In one test, 32g of pollen daily taken for 2 weeks lowered the amount of sugar in 1 liter of urine by 41.8 g. Dr. Chauvia and Dr. Lenormand say that pollen also contains an antibiotic similar to penicillin and is able to inhibit the development of some microorganisms such as Salmonella.

#### **Help in Middle Age**

Doctors have made another discovery, but they are not able to explain it entirely. Men who start eating 15g (1 tbsp.) of pollen daily when they are around 40-45 years old do not have any problem with their prostate gland. Current prostate problems can often be eliminated using pollen

## Bee Pollen

(including patients scheduled for surgery). **Pollen for potency:** It helps with the ability to perform the sexual act and the procreative capacity in cases of barrenness and impotency. It is good for men over 40 and for menopausal women.

### **Help for Seniors**

Pollen is very effective with seniors who do not have the appetite to maintain a healthy diet. All minerals in bee pollen are present in a highly digestible and organic form necessary for the digestion of many foods, functioning of glands, organs and nerves, and the balancing of blood, lymph, and aqueous and general metabolism system. Pollen also contains active antibiotic substances, which destroy bacteria on contact. Bee pollen is useful in cases of stress and nervous endocrine system disorders due to its high content of natural B Vitamins. Bee pollen increases energy and mental alertness and is believed to slow down the aging process.

### **Fighting Disease**

By increasing the body's healing power, the body can help build resistance to disease. It has been successfully used with allergies, asthma, chronic rheumatism, colitis, arteriosclerosis, insomnia, depression, failing memory, hay fever, to normalize intestinal activity, to lower cholesterol levels and stimulate appetite, lower high blood pressure, offset the effects of drugs and pollutants, anaemic conditions and attention deficit. It is especially useful in times of pregnancy, lactation and intensive physical or mental work. It maintains the high levels of energy required to keep up with hectic schedules, deadlines or long hours. Pollen brings back vitality without the dangers of artificial stimulants like caffeine, ephedra or quarana and can be taken safely at any time. It is a natural product, admirably tolerated, and compatible with other therapies. Bee pollen is a powerful food supplement for children, growing teens, and adults of all ages. Bee pollen is the only natural food that contains almost all of the 22 elements of which the human body is composed. Today, more than ten thousand tons of bee pollen is consumed as food or medicine all over the world every year! ***Everyone can benefit from taking Bee pollen!***

### **How to take Bee Pollen**

**Adults:** Start with 1 tsp. in the morning (1/2 hour before breakfast) followed with some water, juice or milk. Increase your intake every day by a few grains until reaching 2 tsp. a day (10 ml). For normal daily intake you may take up to 1 tbsp. (15 ml) daily.

**Children:** Start from 3 grains, increasing by 2 grains every few days until reaching 1/2 tsp. a day. You may mix pollen with raw honey and eat it, or dilute it in a liquid at room temperature.