

Royal Jelly

Royal jelly is a milky secretion produced by worker honey bees. It typically contains about 60% to 70% water, 12% to 15% proteins, 10% to 16% sugar, 3% to 6% fats, and 2% to 3% vitamins, salts, and amino acids. Its composition varies depending on geography and climate. This product gets its name from the fact that bees use it for the development and nurturing of queen bees.

Royal jelly is used for asthma, hay fever, liver disease, pancreatitis, sleep troubles (insomnia), premenstrual syndrome (PMS), stomach ulcers, kidney disease, bone fractures, menopausal symptoms, skin disorders, and high cholesterol. It is also used as a general health tonic, for fighting the effects of aging, and for boosting the immune system.

Boosts Immune System and Counters Allergic Reactions:

According to a 2001 study published in the journal *International Immunopharmacology*, royal jelly can help boost the immune system. In the study, histamine response to allergens was immediately suppressed, showing that it may help relieve seasonal allergy symptoms. (2) However, more research is still needed to completely validate its allergen-suppressing abilities.

Helps Alzheimer's Patients:

Recent research indicates royal jelly may improve short-term memory because it's demonstrated to have a beneficial role on neural functions. We know that Alzheimer's disease is associated with impairments of learning and memory, which is why this study published in *Advanced Biomedical Research* was designed to examine the effect of royal jelly on spatial learning and memory.

Because the brain tissue contains a lot of unsaturated fatty acids that are especially vulnerable for free radical attacks, the antioxidant substances found in royal jelly can play an important role in prevention and cure of neurodegenerative diseases. That includes working as a potential Alzheimer's natural treatment.

Contains Beneficial Probiotics:

Royal honey appears to have a valuable effect as a source of bifidobacteria, which is the beneficial bacteria that supports the health of the gastrointestinal tract, making it a useful probiotic. Clinical studies have associated other beneficial effects, such as immune enhancement and anti-carcinogenicity, with the presence of bifidobacteria in the GI tract. The unique composition of honey suggests that it could enhance the growth, activity and viability of bifidobacteria in fermented dairy products.

Eases Menopausal and Postmenopausal Symptoms:

Research shows that taking royal jelly can help reduce menopausal symptoms and improve feelings of well-being in menopausal women. The combination of royal jelly, evening primrose oil, damiana and ginseng may also decrease menopausal symptoms.

Improves Collagen Levels for Great Skin:

A study conducted by the Department of East-West Medical Science at Kyung Hee University in Korea reports that royal jelly regulates skin photoaging following exposure to ultraviolet-B radiation. The anti-aging effects on the skin were assessed by determining the collagen content and epidermal thickness of skin tissue.

The level of procollagen type I protein was increased in the subjects that were fed with a dietary supplement containing 1 percent royal jelly extract. These findings indicate that royal jelly may protect against skin aging by enhancing collagen production.

Treats Osteoporosis and Inflammation:

The Department of Orthopedics and Traumatology, Medical Faculty of Erciyes University in Turkey aimed to investigate whether royal jelly and bee pollen reduce the bone loss due to osteoporosis.

There were significant differences found that showed positive bone health in the lumbar spine and proximal femur in the royal jelly and bee pollen groups. Bone tissue calcium and phosphate levels were higher, as well, indicating that royal jelly and bee pollen may decrease bone loss due to osteoporosis. Royal jelly is very well established as an immune modulator so it comes as no surprise that it was effective in another autoimmune condition such as arthritis. Royal Jelly might be helpful in a condition such as rheumatoid arthritis because it interrupts these signals continually asking for more inflammation, which over the long term leads to damage of the joint, pain and disability.

Aids in Healing Wounds:

Honey has long been known as an aid in wound healing. Studies reveal that royal jelly has significant benefits in wound healing as well. In a 2010 study, a wound was promptly treated with royal jelly at varying concentrations for up to 48 hours, and migration was analyzed by evaluating closure of the wound margins. Furthermore, altered levels of lipids, which were recently reported to participate in the wound-healing process, were analyzed. Ultimately, the research demonstrated that royal jelly enhances the migration of fibroblasts, a cell in connective tissue that produces collagen and other fibers, and alters the levels of various lipids involved in the wound-healing process.

Improves Male Infertility:

Research published in the *Avicenna Journal of Phytomedicine* evaluated the protective effect of royal jelly on sperm parameters, testosterone levels and malondialdehyde production in mice. Sperm count, sperm motility, viability, maturity and DNA integrity were analyzed in the study. The findings suggest royal jelly treatments can improve male fertility.