

## **Bee Products - Bee Pollen**

Bee pollen is another of those fantastic foods made for us by our friends the bees. It is well known for its nearly complete nutrient content and its remarkable ability to provide energy. It has been used as a food for many centuries. References to it have been found in medical information from 2735 BC.

Bee pollen contains nearly all of the B complex vitamins, vitamins C, A, E, folic acid, and carotenoids. It contains a wide variety of minerals and trace elements, along with essential fatty acids. It is also extremely rich in rutin (vitamin P), vital to strengthening capillaries and blood cell walls. Bee pollen targets the entire body, but is a special boost to the reproductive, immune, and nervous systems. It is antibiotic, astringent, relaxant, tonic, and nutritive. It helps to correct and stabilize our body chemistry. European studies have proven that one can live on nothing more than water and bee pollen. It contains every substance required to sustain life, plus a few the bees add themselves.

Bee pollen speeds healing, revitalizes the body's many systems, and helps protect the cells in our body from free radical damage - a major cause of cancer. It helps those who bruise easily, due to its rutin content, helps strengthen the heart, helps fight anemia, and helps to regulate high blood pressure by regulating blood flow. It is often used by athletes to increase endurance and strength. Taking bee pollen can actually help those with allergies overcome them.

Bee pollen helps to break down fats, and can help reduce or eliminate food cravings to help control weight. It is also beneficial to any suffering from intestinal inflammations and infections of all kinds, as well as help to prevent indigestion, constipation, and gas. It also acts as a bacterial inhibitor throughout the body. Many people who use bee pollen regularly, especially the elderly, claim to have better physical and mental health, suggesting that it may be a very effective tonic for aging systems.

Bee pollen has been used to boost the active compounds in many herbs, such as gotu kola, ginseng, and schizandra. It is also used in compounds to treat burns, anti-aging formulas, allergies, anemia, chronic fatigue, impotence, infertility, kidney problems, menopause, and prostate troubles.

American science is far behind their European counterparts in studying this fascinating food and nutrient source. Considering the wide variety of nutritive values in bee pollen, it would make a great daily addition for everyone of any age.