

QUICK REFERENCE SHEET

BEE POLLEN

Apis mellifera



Part Utilized:
Pollen



PROPERTIES:

General Tonic, Super Nutritious

SYSTEMS AFFECTED:

All of them

POSSIBLE USES:

allergies, asthma and other respiratory ailments, chronic and autoimmune disorders, convalescence and rebuilding programs, increasing stamina and endurance, increasing energy levels, prevent and reduce toxemia during pregnancy

INGREDIENT IN:

LCON, MS

GENERAL INFORMATION:

Bee Pollen is considered to be one of nature's most perfect foods. It contains more than 96 identified nutrients, including everything that is known to be necessary to sustain life and achieve health.

The nutrients in Bee Pollen include 22 amino acids, all of the identified vitamins, folic acid, polyunsaturated fatty acids, enzymes, and the trace minerals that have been identified as essential to the body. Some of these nutrients and trace minerals are very important and several of them are not manufactured in the body. Among the nutrients in Bee Pollen are all of the major antioxidants that have been identified by science so far. Bee Pollen is approximately 40% protein. These proteins are readily absorbed by the body without the need for a lot of further metabolizing.

Taking Bee Pollen regularly is said to reduce the risk of stroke, especially in people who are taking anti-inflammatory drugs or oral contraceptives that increase the risk of strokes. Bee Pollen makes an excellent supplement for pregnancy because it is so nutritious.

Scientists have tried to create a synthetic form of Bee Pollen. While the synthetic product seems to be identical in components and molecular structure to natural Bee Pollen, when it was fed to worker bees the bees died within a week. Synthetic nutrients do not nourish—ever— and are, in fact, often harmful in many ways.