

Bee Pollen Notes

Bee pollen benefits have been used for improving health and wellness since ancient times and were well known to the Egyptians, Romans, and Greeks! For centuries bee pollen has been consumed by many cultures not only for its numerous therapeutic properties in treating disease but as a significant source of nourishment. It's highly nutritious whole-food nature has earned it a 'super-food' status along with titles like "Food of the gods".

Bee pollen is one of the most nutritious foods on the planet!

It is a highly concentrated package of all the essential nutritional components that you need to live!

Bee pollen is created by bees from the pollen of the male stamen of flowers. Worker bees collect and transport the pollen granules back to their nest within specially arranged hairs on their hind legs called 'pollen baskets'.

Since bee pollen derives from plant origin its chemical composition will vary somewhat depending on plant source, season and geographic location. Approximately 50% of its structure comprises polysaccharides (carbohydrates), followed by 35% amino acids and proteins, 2% fatty acids and 3% minerals and vitamins.

Pollen contains over 5,000 enzymes and co-enzymes, far more than is naturally present in any other food!

Bee pollen is denser in protein than any source from animals. This can provide a much safer source of protein without the worry of high intakes of saturated fats (not to mention the numerous established links between animal proteins and cancer). Bee pollen is a concentrated source of the B vitamin complex – this provides energy. This is why bee pollen products are usually marketed as energy supplements or 'energizers'.

The vitamin B complex, along with vitamins A, C, D, E, selenium, lecithin and powerful phytochemicals (carotenoids and bioflavonoids) make bee pollen a potent source of antioxidants

The various therapeutic health benefits of bee pollen are believed to largely stem from the antioxidant and disease preventing/curing properties of bioflavonoids and carotenoids.

Bee pollen is similar to a number of unique medicinal herbs and herbal extracts in that it **offers multiple health benefits** which have been thoroughly documented over many years. The most common of these benefits are:

- energy
- weight loss / appetite suppressant
- stamina
- allergies
- antibiotic
- sexual function / impotence / infertility
- asthma
- chronic fatigue
- immune system booster
- prostate diseases
- menopause
- anti aging / longevity
- recovery from chronic illness

Apitherapy, a recognized form of complementary and alternative medicine, involves the use of bee products to prevent or heal medical conditions. Apitherapy recognizes all bee pollen benefits and is used in the treatment and cure of over 500 diseases and illnesses!

Chinese medicine has also recognized bee pollen benefits for thousands of years.

Practitioners, especially those in Europe, also prescribe bee pollen for hay fever or allergic rhinitis as well as mouth sores, rheumatism, painful urination, prostate conditions and radiation sickness.

Besides being most well known as a natural **energy booster**, bee pollen supplements are also popular as weight loss products.

The **pollen acts on the hypothalamus in the brain which controls dietary drive and this leads to a feeling of fullness**. Appetite is naturally suppressed! Additionally, bee pollen contains lecithin which both stimulates and normalizes poor metabolism, and aids in dissolution of body fats.

Bee pollen is popular with athletes because it is believed to positively impact on endurance, strength, and speed. A common belief is that bee pollen enhances recovery from a training load and improves endurance for repeat exertion.

Unfortunately there has been little clinical research to support this. Study at Louisiana State University revealed no significant improvement in either training or performance. Despite the lack of scientific back-up to support bee pollen benefits for enhanced sporting performance, it is nonetheless in widespread use by many high performance athletes and those interested in sustaining and enhancing performance.

And so the list of bee pollen benefits goes on. Bee pollen has been shown to be effective in **lowering cholesterol** levels in many people! Since a large percentage of the adult population have dangerously high cholesterol levels, this bee pollen benefit is appealing to many.

Consumer reports from satisfied users most commonly refer to bee pollen benefits such as improved night vision, relief from chronic fatigue syndrome, better immune function, improved memory and alertness, reduction of chronic symptoms and allergies, relief of certain skin disorders, improved skin appearance, and of course more vitality and energy.

It seems fair to say that for many people bee pollen benefits extend into virtually every area of their health and well being.

From a preventative health care perspective there is an ever increasing upward trend in the use of bee pollen for nourishment and the enhancement of overall wellness. Since bee pollen **contains all the nutrients needed to sustain life**, health conscious

consumers have readily adopted its use as a functional and complete food.

Note: Bee pollen benefits, although substantial, should not be relied upon predominantly as a replacement for good dietary and health practices!

A dosage of from 15 to 20 grams (one-half ounce) will usually meet the Recommended Daily Allowance (RDA) for adults. Approximately 30 to 32 grams are necessary in order to anabolically strengthen and tone a person, whereas anywhere from 15 to 20 grams are essential for the proper maintenance of good health in active adults.

Children from 3 to 5 years of age require 12 grams of pollen, while those from 6 to 12 years need 16 grams daily.

The daily dose can be increased up to 35 grams (1 ounce equals 28 grams), considering the differences in age, weight and overall state of health. This dosage will also provide greater preventative maintenance against a lack of essential amino acids.

Do not begin using bee pollen with a dose larger than 1 tablespoonful, twice a day. After one week, gradually increase the dosage from 1 tablespoonful up to 4 tablespoonfuls (1 tablespoonful equals approximately one-fourth ounce). One ounce of bee pollen (4 tablespoonfuls) is equivalent to three cooked meals in terms of nutrient content.

While this small dosage acts as a mild hypotensive, it also possesses stimulant properties and may upset your gastro-intestinal system if taken in large quantities during the initial stages (due to its powerful cleansing effects).

Pollen should be ingested preferably on an empty stomach, and there is no danger of toxicity from ingesting it (as it is an unadulterated product).

Pollen gathered for human consumption requires careful processing techniques, including drying, cleaning and sorting. Bee pollen should be selected for its quality and flavor, especially since the amount of flavor in any given food usually determines the levels of nutrient content. Proper processing requires meticulous handling, and poor quality pollens (that are inexpensively priced) should always be avoided. The overall taste of bee pollen ranges from bitter to sweet, depending upon the particular variety or species of flower from which it was obtained.

Pollen should be kept refrigerated or **stored in a cool, dry place** at all times in order to protect its vital qualities. Cooking is not advisable, due to the destruction of essential enzymes caused by excessive heat.

Bee pollen should be consumed in its pure form at least 30 minutes before meals, especially if it is being used for the purpose of losing excess weight. It can also be mixed with honey, thereby producing a candy substitute if made into cakes and dried under direct sunlight. Pollen also becomes a healthy substitute for mother's milk when combined with nut milks, such as almond milk.

It can also be blended into fruit or vegetable dressing, or you can dissolve pollen in your favorite herb tea, fruit or vegetable juice (e.g., pineapple and tomato juice blend well together). Pollen may also be sprinkled onto ice cream, granola, sandwiches or salads, or take a banana and dip it directly into the pollen. You may also wish to dissolve 1 teaspoonful of pollen and 1 teaspoonful of honey in a cup of hot water and drink before breakfast.

Pollen may be consumed in its natural pellet form, or it may be pulverized by the use of a blender or coffee grinder in order to incorporate it into butter, jam, or a mixture of butter and honey.

Bee Pollen should never be purchased in powder, tablet or capsule form, as any commercial pulverizing process of pollen is usually accompanied by a certain amount of adulteration.

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It seems fair to say that for many people bee pollen benefits extend into virtually every area of their health and well being. From a **preventative health care** perspective there is an ever increasing upward trend in the use of bee pollen for nourishment and the enhancement of overall wellness. Since bee pollen contains all the nutrients needed to sustain life, health conscious consumers have readily adopted its use as a **functional and complete food**.

"Honeybee pollen is the richest source of vitamins found in nature in a single food. Even if bee pollen had none of its other vital ingredients, its content of rutin alone would justify taking at least a teaspoon daily, if for no other reason than strengthening the capillaries. Pollen is extremely rich in rutin and may have the highest content of any source, plus it provides a high content of the nucleic RNA [ribonucleic acid] and DNA [deoxyribonucleic acid]."

POSSIBLE SIDE EFFECTS

Two minor side effects which can occur in people taking bee pollen are nausea or stomach upsets.

On a more serious note you should be aware that pollen from some plants may be responsible for severe allergic reactions.

If you are considering taking bee pollen for the first time you need to establish whether you are allergic to bees or any specific pollens.

How to Use Bee Pollen Granules

Bee pollen granules need to be **soaked for a period of 12 hours before ingesting** in order to crack the shells of the individual grains of pollen. Bee pollen granules before a soak are not readily digestible and therefore your body will only absorb 2 – 7%. Once the bee pollen granules are broken down in a soak of water or juice, it increases the absorption rate to nearly 90%! In that, you can appreciate the importance of pre-soaking the granules for maximum effect. Bee pollen granules may be mixed in with a glass of juice, or sprinkled on a salad. Many bee pollen granule users tend to sprinkle it over their morning cereal.

Bee Pollen - A Nutritional Powerhouse

Bee pollen is said to be an exceptionally nutritious food and is used as a holistic remedy throughout the world. Many claim that it can cure a multitude of health problems, and provide a natural boost of energy. So what is bee pollen and why is it renowned as such a nutritional powerhouse?

What is Bee Pollen?

Honeybees fly around collecting hundreds, sometimes millions of pollen grains (called bee pollen) from flowers, and use it as part of the food supply for the young bee. Beekeepers then carefully and harmlessly collect the pollen using a small box fitted with a screen in the doorway of a hive. The collected granules are then packaged for your consumption. Only a small amount from each hive is collected so as not to deprive the bees from their food source.

What Are The Benefits of Bee Pollen?

Bee pollen is notorious for being great for everything from boosting your immune system, enhancing energy levels, slowing the aging process, curing infertility problems and preventing colds and the flu. It's loaded with protein, antioxidants, all 22 amino acids, vitamins, enzymes, calcium, zinc, iron and folic acid. It contains more amino acids than beef, eggs, or cheese of equal weight! However, in order to reap the full benefits, make sure the bee pollen is collected from fields that are free from pesticides and chemicals.

Immunity Booster - Bee pollen has antibiotic-type properties that can help protect the body from contracting viruses and bacterial infections. It's also rich in antioxidants that protect the cells from the damaging oxidation of free radicals.

Energy Booster - Since it's complete with B vitamins, carbohydrates and protein, it keeps you going all day by fighting off fatigue and enhancing stamina. It's a great natural energizer.

Cardiovascular Supporter - Bee Pollen is a great source of rutin, which is crucial in strengthening capillaries and blood vessels. It assists with circulatory problems and helps correct cholesterol levels, thus helping prevent heart attacks and strokes.

Allergy & Asthma Reliever - Bee pollen reduces the presence of histamine in the body, alleviating many seasonal allergies. It also contains a high quantity of antioxidants that have an anti-inflammatory effect on the tissues of the lungs, thus preventing the onset of asthma.

Digestion Supporter - The enzymes in bee pollen help aid in digestion, which in turn assists your body in getting all of the nutrients you need from the food that you eat.

Weight Manager - Bee pollen helps suppress impulses and crashes cravings. People have used it for healing addictions and inhibiting cravings when it comes to weight management and addictions.

Infertility Preventer - Bee pollen helps restore and stimulate ovarian function, therefore helping with accelerating pregnancy.

Skin Supporter - The amino acids and vitamins in bee pollen protect the skin and help regenerate cells. You often see it in topical products due to its effectiveness in slowing down the aging process, and helping with eczema and other skin irritations.

Bee Pollen is all natural and pure with no additives. It is collected from unsprayed and pesticide-free wildflower fields. Our Bee Pollen has never been heated or dried so all of its enzymes are kept intact, providing you with all the nutritional benefits your body needs.

What tastes one way to one person, might taste another way to someone else. We all have different taste buds and preferences. My personal taste of bee pollen is intense, powdery, floral, a bit chalky and slightly sweet.

How Do You Store Bee Pollen?

The best place to store your bee pollen is in the refrigerator or freezer. UV radiation (i.e. sunlight) and heat will diminish the nutritional value of pollen. Bee pollen stored in a cool, dark place can keep for about one to two years.

Note: *Bee pollen can cause severe allergic reactions in some people. Do not consume it if you are allergic to bees. We are not certified health professionals and are unqualified to offer medical advice. Talk to your doctor before introducing any new foods into your diet.*

Vitamins Mg Per. Oz.:

Vitamin A Alpha .31/Beta .122
Vitamin B1 .198
Vitamin B2 .459
Vitamin B3 2.551
Vitamin B6 .119
Vitamin B12 .00002
Vitamin C 1.304

Minerals:

Barium .136
Boron .604
Calcium 42.383
Chromium .010
Copper .221
Iodine 6.237 mcg
Iron 2.118
Magnesium 27.675
Manganese 1.395
Phosphorus 121.706
Potassium 158.675
Sodium 2.693
Strontium .094
Zinc 1.460

Miscellaneous:

Carbohydrates 5.15 grams
Fiber 1.02 grams
Reducing Sugars 8.25 grams
Ash .65 grams

Enzymes Units Per Gram:

Amylase 2.550
Lipase .085
Protease 64.400
Amino Acids Mgs Per Oz.:
Alanine 309.560
Arginine 292.520
Aspartic 542.440
Cystine 36.855
Glycine 267.520
Glutamic 585.040
Histidine 138.590
Isoleucine 230.040
Leucine 377.720
Lysine 366.360
Methionine 94.004
Phenylalanine 236.850
Proline 505.520
Serine 289.680
Threonine 236.856
Tryptophan 49.700
Tyrosine 139.440
Valine 280.592
Protein 7.1 Grams Per Oz.
Calories .90 Per Oz.
FattyAcids 2.807 Grams/Oz.
Cholesterol 0 Percent