



# Bee Natural, LLC

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## Bee Pollen

Bee pollen is nature's most complete food containing more than 96 different nutrients, including every single nutrient that is needed to sustain human life. It is rich in vitamins, minerals, amino acids and a complete source of protein. It can give us that extra edge to stay healthy. An all-around nutritional supplement, bee pollen is ideal for daily use.

Various foods have been hailed as "perfect". One that deserves this distinction but is rarely mentioned is bee pollen. Studies from all over the world indicate that the pollen collected by bees from the stamen of flowers is worth its weight in gold. Bee pollen contains 22 amino acids \*and higher amounts of the eight essential ones that most high-protein foods), 27 mineral salts, the full range of vitamins, hormones, carbohydrates, and more than 5000 enzymes and coenzymes necessary for digestion and healing. A little known fact is that bee pollen is also rich in the bioflavonoid rutin, important for capillary strength, and in Vitamin B12. It is, in fact, one of the few vegetable sources of this vitamin. Preliminary observation indicates that bee pollen may prevent cancer. The Sloan-Kettering Institute for cancer Research in New York City has been studying effects of bee pollen, royal jelly and bee venom on cancer.

Scientists have tried to create synthetic bee pollen to no avail. While the synthetic bee pollen seems to be identical in makeup to natural bee pollen, when scientists try feeding it to worker bees, the bees die within a week.

Hippocrates, the Father of Medicine, believed that bee pollen contributed to long life. Russian researcher Prof Nicolai Vasilievich Tsitsin, a biologist and experimental botanist at the Longevity Institute, tried to discover why so many natives of Georgia, formerly of the Soviet Union, reportedly lived to upwards of 125 years old. Most of these modern Methuselahs who live in dry, desert-like climates, are beekeepers, who every day eat raw, unprocessed honey with bee pollen." All of the 200 or more people past 125 years of age in Georgia, without exception, state that their principal food is pollen and honey – mostly pollen " said Prof Tsitsin. Naum Petrovich Joirich, MD, chief scientist at the Longevity Academy in Vladivostak, said that "long lives are attained by bee pollen user. Bee pollen is one of the original treasure houses of nutrition and medicine. Each grain contains every important substance necessary to life."

Bee pollen reportedly can keep the skin youthful looking. Lars Erik Essen, MD, a dermatologist in Halsingborg, Sweden, said that pollen exerts a powerful biological influence in preventing premature aging of cells and in stimulating growth of new skin tissue. Dr Essen said that bee pollen can help deliver more blood to the skin cells, guard against dehydration and smooth away shallow wrinkles.

Experiments reveal that bee pollen is an amazing biological stimulant with healing properties. In his book Sexual Nutrition, Morton Walker described the effects of bee pollen on both animals and humans with a variety of medical disorders. Treatment with bee pollen improved energy levels, relieved constipation and diarrhea and acted as a tranquilizer for hyperactive patients. Other effects were increased blood hemoglobin (the part of the red blood cell) and stress reduction at the cellular level. Bee pollen may also protect against wind-borne allergens that cause hay fever and even asthma. Ullrich Wahn, MD, a researcher at Heidelberg university children's clinic in Germany, studied 70 children with hay fever and allergy-related asthma. He fed them a solution of bee pollen and honey daily during the annual hay fever period and three days a weekly during the winter. Most of the children presented fewer symptoms after following this regimen.

Bee pollen has helped manage menstrual pain and irregularities, as shown by double-blind study of Bogdan Tekavcic, MD, chief of the Ljubljana Center of Gynecology in Yugoslavia. For two months, half of the women in the study were given a mixture of bee pollen and royal jelly, and the other half a placebo. Almost all the women taking bee products demonstrated vast improvement or total disappearance of menstrual pain. The placebo group showed little or no change.

A number of Olympic athletes and prominent professional boxers have attributed their improved energy and stamina to a regular intake of bee pollen.

The bee pollen granules can be sprinkled over salad or cereal, added to liquids or eaten as is. Bee pollen should be avoided by those that have an allergy or sensitivity to bee venom. Other than a worsening of allergic symptoms in those who are already allergic, there are few bee pollen side effects.