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Herbs List

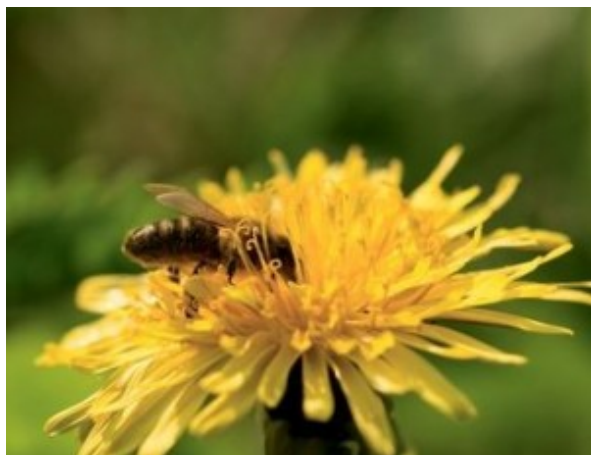
A Guide To Medicinal Herbs

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Bee Pollen

By [Herbs List](#) | Published: 06/05/2011



Bee Collecting Pollen

Bee Pollen Benefits

Bee pollen consists of 20% protein, 25% carbohydrates, 14% fiber, 4.5% fats and 3% minerals and trace vitamins. It has a very high nutritional value due to its vitamin and mineral profile.

It is easily digested and highly absorbable. It is said to be the most nutritious foods on Earth.

It's often used by athletes to increase energy before an event. Its high B-vitamin content helps combat stress and anxiety. It also contains a good source of vitamins A, D, and E, as well as lecithin, selenium and phytochemicals like bioflavonoids and carotenoids.

Bee pollen is loaded with potent antioxidants making it a great free radical fighter.

Over five thousand enzymes and co-enzymes are found in bee pollen. This is more than any other food contains. Ounce for ounce, pollen contains more protein than any animal source, and without all the saturated fats.

Many people take bee pollen for anti-aging. While there is no scientific evidence that bee pollen will make you live longer, there are some reasons why it might. Bee pollen is rich in the mineral selenium. This mineral has been proven to slow down the aging of cells. It also contains nucleic acid, which is important for cell regeneration.

Bee pollen is good for the prostate due to its amino acid content. It is also used to prevent impotence and sterility.

The pollen from bees is also a good stress buster due to its B-vitamin content. These and its amino acids are vital for the proper functioning of the nervous system and to produce endorphins that make us feel good.

Since it is such a great source of easily assimilated vitamins, minerals (such as calcium) and amino acids, it helps in the formation of strong bones. Many older people take it to reduce the risk of osteoporosis.

Bee pollen can also be taken to improve memory, concentration and increase attention. Many students take it while studying.

Bee pollen contains a good amount of rutin which help to strengthen the heart, blood vessels and the capillaries. It increases blood circulation and helps to balance cardiac rhythm. It reduces bad cholesterol, reducing arterial tension and reduces the risk of arteriosclerosis.

It has an anti-anemic action and helps maintain production of red blood cells and increases the formation of hemoglobin. It is wonderful for the circulatory system, enhancing blood circulation due to its high flavonoid content.

Bee pollen reduces inflammation in the digestive track by supporting beneficial flora in the intestines. It's good for the stomach and can reduce gas and help treat ulcers. It is helpful in cases of constipation and diarrhea due to its balancing action.

Though not proven by science, it may be useful in the treatment of stomach cancer. Not enough research has been performed to prove or disprove this claim.

Many use bee pollen to treat dry skin, eczema and acne. It also is beneficial for the hair, helping fight against hair loss. It improves the strength and appearance of the nails due to its high content of iron, zinc, sulphur and other nutrients.

If You Are Over 30

If you are over 30, you'll want to take some GF20 with this. Then you'll be able to run circles around people your own age. [What is GF20?](#)

Bee Pollen Uses

- Increase energy
- Promote weight loss
- Increase fertility
- Increase stamina
- Treat some allergies
- Improve physical and mental performance
- As an antibiotic
- Treat depression and fatigue
- As a powerful antioxidant
- Treat asthma
- Reduce cholesterol
- Treat Chronic fatigue
- Suppress the appetite
- Alleviate menstrual cramps
- Treat prostate cancer
- Speed wound healing
- Boost the immune system
- Relieve the symptoms of menopause
- Anti-aging and longevity
- Recovery from illness
- Treat migraine headaches
- Relief from constipation
- Treat digestive problems

Scientific Name

Entomophile pollen

Common Names

Honey bee pollen

Where It's Found

Bee pollen can be found on every continent, with the exception of Antarctica

Which Part Is Used

The pollen



Bee Pollen

How It Works

Bee pollen contains many vitamins, minerals, enzymes, amino acids and trace minerals. The powerful nutritional profile of this substance gives it its nutritional and healing benefits.

How It's Used

Bee pollen can be obtained in granules and eaten on cereal or put into other beverages or food. It can also be taken in capsules or tablets.

Precautions and Side Effects:

For people that are allergic to bees and their pollen, serious reactions can occur, including swelling, itching, dizziness, trouble breathing, dizziness, and even death. Never consume this food or supplement if you are allergic to bees. Never take any health supplement if you are pregnant or nursing without first talking to your doctor.

Description and History Of Bee pollen

Bee pollen is truly a miracle of nature. The female worker Bees visit flowering plants and collect the nectar and pollen, which sticks to the bees legs. This substance is then collected from these bees as they enter their hive.

After the bee re-enters the hive, she will put the collected pollen into the wax cells of the hive. There it is mixed with nectar and is then fed to the young bees for the first several days after being born. Bees also store pollen for the winter.

The pollen is collected by bee keepers by employing pollen traps. These traps scrape off some of the pollen from the bee as it re-enters the hive. Baskets catch it as it falls off of the bees. This process removes around a third of the pollen, leaving two thirds for the survival of the colony.

For thousands of years, people such as the ancient Romans, Greeks and Egyptians have consumed bee pollen as food and to improve their health. It is considered by many as a superfood and is often referred to as "Nature's perfect food" as it contains every nutrient needed to sustain life.

The bee is thought to have been around for 80 million years. The food produced by bees have been mentioned in ancient text, such as the Christian bible.

Editor's Comments

I take bee pollen capsules every day for the vitamins and trace minerals it contains.

Recommended Product

Click Picture For Price and Description



References

[*Drugs.com Bee Pollen research*](#)
[*Applied Health — Bee Pollen report*](#)

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doctor before taking any health supplements or starting on any exercise program.

The study did not measure for a direct increase in HGH.

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