

## Health Comes From The Honey bee

The substances found in the beehive have held a treasured place in history among the ancient cultures of Egypt, Greece, Rome, China, Middle East, and the Slavic and Native American peoples. Experts have long theorized that bees came into being when flowering plants first began blossoming in abundance. The fossilized remains of pollen, leaves, and even flowers have been dated back to when dinosaurs roamed the land back when time began.

Bees collect pollen from flowers and mix it with their nectar, which transforms it into a nutrient-dense super food with bioactive ingredients numbering in the thousands including enzymes, bioflavonoids, essential fatty acids, free amino acids, natural chelated minerals, and whole vitamin complexes. Ancient Egyptians, Orientals, Hebrews, and South American natives often applied a combination of honey mixed with bee pollen to wounds, burns, and boils, while Orientals used honey and bee pollen mixed with fruit or vegetable juice as a health drink. Norse mythology even states that honey and bee pollen were the secret to the eternal life of their gods.

Whether bee pollen is the secret to eternal life or not, there have been many studies done which show the connection between its consumption and healthy longevity. Bee pollen is seen as an immune system enhancer due to its ability to strengthen the body against viral infections. It is also effective in relieving fatigue, improving concentration, the treatment of asthma and of allergies, and in confronting skin problems and inhibiting wrinkles.

Bee pollen has also helped many women with painful menstrual cramps or hot flashes. It can also relieve headaches and heart palpitations as well as increase sexual potency, fertility, and benefit the prostate. Bee pollen can be used to regulate colon problems and as a diuretic for the kidney and bladder. Evidence has even been found for bee pollen's effectiveness on children with ADD.

Bee pollen is packed with many different nutrients including amino acids, antibiotic factors, DNA/RNA, enzymes, glucosides, hormones, minerals, vitamins, and other ingredients that have not yet been determined. There are a total of 22 amino acids in bee pollen, including all of the essential ones, which makes it an extremely usable and complete source of protein. It is higher in protein than steak, eggs or cheese weight for weight, without large amounts of fat.

Bee pollen is rich in phytochemicals such as flavonoids, carotenes, and phytosterols, which allows it to provide important antioxidants including lycopene, selenium, quercetin, and beta carotene. Bee pollen also has the ability to regulate intestinal bacterial, which neutralizes toxic waste and improves blood health. Bee pollen contains 18 different enzymes including amylase, diastase, phosphatase, pepsin, and trypsin. Because bee pollen is such a rich source of enzymes, it greatly assists the body since they are required for all bodily functions.

Glucosides, which are natural sugars, are involved in the creation of energy within the body, can be found in bee pollen, as they promote better healing and coagulation and also control hypertension by regulating blood flow. Bee pollen contains plant hormones which activate and assist the body's own endocrine glands, allowing them to function better, which can lead to an increased sperm count for men.

Twenty-seven different kinds of minerals can be found in bee pollen including calcium, magnesium, iron, potassium, boron, chlorine, copper, iodine, molybdenum, phosphorus, selenium, silicon, sodium, sulfur, titanium, and zinc. All known vitamins, from A through K, are found in concentrated amounts in bee pollen. With all of these nutrients present, bee pollen is an excellent addition to the diet which will ensure healthy functioning of all your body's processes.

## About the Author

More information on [bee pollen supplements](http://vitanetonline.com/) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.healtharticlesdirectory.com>