

## **BEE POLLEN** IS A SUPERFOOD. YES JUST LIKE THE BLUEBERRIES, THE BLACKBERRIES AND ALL THE GREENS



By Dr. Patrick Fratellone, MD RH (AHG) FIM  
FACC, check out his blog at

<http://www.fratellonemedical.com/blog/>

**I always knew it was a power house of protein, amino acids, vitamins, and minerals. There are great books on Honey, Propolis, Pollen and Royal Jelly.**

It is not easy work for the honeybee to gather pollen. Honeybees do double duty. They are programmed to gather pollen and carry it back to the hive as food for the colony. However, even more important as far as humans are concerned, they are also responsible for the pollination of more than 80 percent of green growing things. As bees buzz from blossom to blossom, microscopic pollen particles coat their stubby little bodies so densely that they sometimes look like little yellow fuzz balls. When they arrive at the next flower, a portion of the live golden dust is transferred to that blossom and pollination is accomplished.



There are many DIETS on the market. There must be at least 300 – including and not limited to Atkins, South Beach, God Makers Diet, etc, etc. Most are all derivatives of the Robert Atkins LOW CARB lifestyle, all different in the amount and source of fat and protein. But I found a diet that is NOT derived from Atkins, It is the **Bee Pollen Diet**. Why bee pollen?

*Pollen is considered an energy and nutritive tonic in Chinese medicine. Cultures throughout the world use it in a surprising number of applications: for improving endurance and vitality, extending longevity, aiding recovery from chronic illness, adding weight during convalescence, reducing cravings and addictions, regulating the intestines, building new blood, preventing infectious diseases such as the cold and the flu (it has antibiotic type properties), and helping to overcome retardation and other developmental problems in children. It is thought to protect against radiation and to have anti-cancer qualities.*

*Nutrient deficiencies and all the health problems they cause are recognized worldwide as a growing problem. Because bee pollen contains all the nutrients needed to sustain life, it is being used on an ever larger scale for human nourishment and health. Science teaches that bee pollen contains many substances that combine to make it a healthy, nutritious, complete food. There are numerous reports from medical experience that conclusively show that the benefits of bee pollen exceed that of a simple food item, and the bees do most of the work.*

***Bee-gathered pollens are rich in proteins, free amino acids, vitamins, including B-complex, and folic acid.***

This data was presented by **Antonio Couto** from Portugal- Apitherapist, Beekeeper, Researcher and Inventor at the 2014 American Apitherapy Society meeting in Chicago May 1- 4th. He started the lifestyle with initial blood testing based on research from the previous Soviet Union which is now Georgia from the Longevity Institute under Nicolai Vassileuch. The book he suggested can be useful but difficult to obtain is, "The Healing Powers of Pollen" by Patrice Percie du Sert published in 2006. Antonio used pollen from the *Cistus plant* ( **Rock rose**) which is easily accessible in that region of his country.

On a daily basis after some bulking, Antonio took the following:

1. 20 g of pollen
2. 1 tablespoon of honey
3. 1 tablespoon of bee bread
4. 10 drops of tincture of propolis
5. some odd fruit

There were no animal products

He added more pollen and propolis and honey through the months. He had to add more and more as he began to lose weight. He started with 100g of pollen at breakfast, 100 g at lunch and only 50 g at dinner for a total of 250 g. As he lost more weight, he had to add more to bulk up. At the conclusion of the study, he did lose weight, had lower cholesterol numbers and felt great.

This type of study needs to be done again with strict laboratory parameters, pre and post and with a subjective and an objective assessment. I admire Antonio Couto for his brilliance in developing strategies, new bee hardware, and also the atomizer for propolis.

More on bee pollen...

Sure you can create joy, but you have to overcome a lot of pain to get there. Many people just can't.

Despite the many obstacles I have had in my life, and some current health situations in the family, I always have to create joy in order to continue health and healing of myself and others.

**Bee pollen** contains vitamins, minerals, carbohydrates, lipids, and protein. It comes from the pollen that collects on the bodies of bees. Bee pollen may also include bee saliva. It's important to avoid confusing bee pollen with natural honey, honeycomb, bee venom, or royal jelly. These products do not contain bee pollen.

Bee pollen is available at many health food stores. You may find bee pollen in other natural dietary supplements as well as in skin softening products used for diaper rash or eczema.

You may also hear recommendations for using bee pollen for alcoholism, asthma, allergies, health maintenance, or gastrointestinal problems, as bloating, gas and indigestion. *Before you take any natural product for a health condition, check with your doctor.*

Bee pollen is also recommended by some herbalists to enhance athletic performance, reduce side effects of chemotherapy, and improve allergies and asthma.

Bee venom is used for many autoimmune diseases, especially multiple sclerosis.

At this point, medical research has not shown bee pollen to be effective for any of these health concerns. I feel more research needs to be done on bee pollen.

*Bee pollen appears to be safe, at least when taken for a short time, but if you have pollen allergies you may get more than you bargained for. Bee pollen can cause a serious allergic reaction like difficulty breathing. This can result in anaphylaxis where the throat completely closes.*