

[IMAGE]

## How Bee Pollen Can Help You

Sometimes the most effective cures come straight from nature and are easy to find. One example is bee pollen. Bee pollen is a fine, powder-like substance produced by flowering plants. It functions as the male element in the fertilization of plants, and is often carried and collected by bees returning to their hives. The pollen is then harvested for commercial use. It contains carbohydrates, fats, proteins, and some vitamins and minerals.

Preliminary research from the Ukraine shows that pollen may help people with rheumatoid arthritis, and can treat disorders of the liver, gallbladder, stomach and intestines. Pollen extracts are sometimes used to help desensitize plants to which they are allergic. In addition, melbrosia, a mixture of fermented bee pollen, flower pollen and royal jelly, may treat menopausal symptoms in women, including headaches and urinary incontinence.

### How much bee pollen should you take?

The optimal dose of bee pollen is unknown. However, a generally recommended dose is 500 milligrams, taken two to three times per day.

Most non-cultivated flowering plants produce pollen. While it is not clear which plants produce the best pollen, some of the most common pollens used commercially come from timothy grass, corn, rye and pine. Bee pollen is usually harvested directly from bee hives.

Because bee pollen is not an essential nutrient, pollen deficiencies do not occur in humans. Many people have allergies to natural pollens that are inhaled; reactions to ingested pollen have also been reported, sometimes with serious consequences. Aside from the allergic reactions, no other significant side-effects have been reported.

Make sure to consult with a licensed health care provider before taking bee pollen or any other dietary supplement or herbal remedy.

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