

# About Bee Pollen

---

by Steve Schechter, N.D.

Bee pollen is the male seed of a flower blossom which has been gathered by the bees and to which special elements from the bees has been added. The honeybee collects pollen and mixes it with its own digestive enzymes. One pollen granule contains from one hundred thousand to five million pollen spores each capable of reproducing its entire species.

Bee pollen is often referred to as nature's most complete food. Human consumption of bee pollen is praised in the Bible, other religious books, and ancient Chinese and Egyptian texts. It has long been prescribed by traditional health practitioners-including the fathers of Western medicine Hippocrates, Pliny the Elder, and Pythagoras-for its healing properties.

More than 40 research studies document the therapeutic efficacy and safety of bee pollen. Clinical tests show that orally ingested bee pollen particles are rapidly and easily absorbed--they pass directly from the stomach into the blood stream. Within two hours after ingestion, bee pollen is found in the blood, in cerebral spinal fluids, and in the urine.

Bee pollen rejuvenates your body, stimulates organs and glands, enhances vitality, and brings about a longer life span. Bee pollen's ability to consistently and noticeably increase energy levels makes it a favorite substance among many world class athletes and those interested in sustaining and enhancing quality performance.

Bee pollen contains most of the known nutrients, including all of those necessary for human survival. When compared to any other food, it contains a higher percentage of all necessary nutrients. Bee pollen is approximately 25% complete protein containing at least 18 amino acids. In addition, bee pollen provides more than a dozen vitamins, 28 minerals, 11 enzymes or co-enzymes, 14 beneficial fatty acids, 11 carbohydrates, and is rich in minerals, the full spectrum of vitamins, and hormones. It is low in calories.

Several nutrients in bee pollen, such as proteins, beneficial fats, vitamins B, C, D, E, and beta-carotene, calcium, magnesium, selenium, nucleic acids, lecithin, and cysteine, are scientifically well documented for their ability to strengthen immunity, counteract the effects of radiation and chemical toxins (which are the two most severe stressors to your immune system), and generate optimal health and vitality.

Bee pollen provides anti-oxidants that scavenge free radicals caused by exposure to radiation, chemical pollutants, and other intense physical or

emotional stressors. Radiation and chemical pollutants are known as the two most severe stressors to your immune system. According to the Centers for Disease Control and the Environmental Protection Agency, the two premier health monitoring organizations in the world, this year you will be exposed to over 200 different forms of radioactive toxins and over 60,000 different chemical toxins.

Toxins by definition stress your immune system, harm other parts of your body, and cause a wide range of common health problems. All forms of radiation, and most chemical pollutants, also produce cumulative side-effects. Any substance that effectively protects your body from the side-effects of exposure to radiation or chemical pollutants is considered a strong immune stimulant and generator of health.

Exposure to radiation and/or chemical pollutants adversely decreases a number of vital body substances. These include antibodies and other white blood cells (your immune response), red blood cells, and nutrients in blood and mother's milk, such as protein and the antioxidant vitamins C and E.

Bee pollen is documented to counteract the effects that radiation and chemical pollutants have on these important barometers of health. Equally important, bee pollen has been proven clinically to generate health.1)

Bee pollen significantly reduced the usual side-effects of both radium and cobalt-60 radiotherapy in twenty-five women who had been treated for inoperable uterine cancer. 2)

The women who took the pollen were considerably healthier and had stronger immunological responses. These women registered beneficial increases in a number of areas, including red and white blood cell counts and serum protein levels. The women also reported feeling an improved sense of well-being. Bee pollen proved beneficial for nausea, poor appetite after radiation treatments, sleep disorders, urinary and rectal disorders, and for general decline and weakness after treatment. The dosage of bee pollen received by these women was twenty grams, which is about 70% of an ounce, or approximately two teaspoons, taken three times per day.

X-rays, radiation, and many environmental pollutants break down some of your body's proteins, thus producing histamine, which then causes several allergic responses. Various laboratory analyses, and the patients' subjective reports, confirmed that bee pollen counteracted these responses, including weakened immune system and sickness.3)

Researchers found that bee pollen strengthened the immune systems of mice, improved their resistance to x-rays, and has antibacterial and antiviral properties. Bee pollen prevented the development of cancerous tumors in mice.4 )

Bee pollen proves to be quite useful for activity enhancement and sports nutrition. It produces an accelerated rate of recovery, including a return to normal heart rate, breathing, and readiness for the next event. Bee pollen improves second and subsequent performances. Humans not receiving bee pollen show declining performances. It provides energy, stamina, and strength, and enhances performance levels.

Bee pollen should not be confused with the pollen that is blown by the wind and is a common cause of allergies. Allergy-causing pollen is called anemophiles; it is light and easily blown by the wind. Bee pollen is heavier and stickier, and is collected off of bees' legs by special devices placed at the entrance to hives. It is called entomophiles or "friends of the insects," and will rarely cause allergy symptoms.

Many people with allergies and hay fever safely and effectively ingest bee pollen. 73% of patients with hay fever averaged a 75% improvement when given bee pollen orally. 78% of asthma patients averaged a 75% improvement in taking bee pollen orally. 17.8% of hay fever patients and 33.3% of asthma patients showed a complete, 100%, improvement with oral bee pollen-usually the sooner bee pollen treatment began pre-seasonally the greater the rate of healing.<sup>5,6,7,8</sup>)

Quercetin in bee pollen inhibits the release of histamine in the body. It may be one of the contributing factors in decreasing allergic and hay fever responses.<sup>9,10,11,12</sup> )

Bee pollen improves fertility. It can reduce cholesterol levels. Bee pollen improved the condition of men with prostatitis. It produced therapeutic benefits in patients with glycohaemia (abnormal amount of blood sugar), low hemoglobin, and bleeding ulcers.

Bee pollen, royal jelly, and vitamin C were given to menopausal women for 30 days, after which 82% were symptom-free. Patients with kidney insufficiency were fed bee pollen and showed great improvement. Bee pollen promotes healing of a wide variety of other health problems.

Regarding safety, I have observed that a small percent of people who initially ingest large amounts may occasionally experience minor gastrointestinal irritation and a laxative effect or a rare allergic reaction.

One 1983 research study corroborates my clinical experience. It is unclear whether this effect is due to the person being very sensitive; or due to poor quality pollen such as gathered from commercially-sprayed flowers; or improperly cleaned, dried, or stored pollen which therefore may contain debris or mold-causing moisture. I have also clinically observed that large amounts of bee pollen may be contraindicated for some people with gout as it may elevate purine or uric acid levels.

For preventive purposes, a common initial adult dosage of bee pollen granules is initially 1/8 to 1/4 teaspoon once per day. The dosage is gradually increased to 1-2 teaspoons one to three times per day. Adults suffering from allergies are best advised to start off with one to three granules daily, and then to gradually increase to higher doses-usually over a period of one month or more. Pollen is also available in gelatin caps, tablets, mixed with other bee products, as a liquid, tincture, cream, and salve. For preventive purposes, the suggested amount is two 450-580 mg. capsules three to four times daily. A short term, therapeutic amount of bee pollen is about three times the preventive amount. Bee pollen should not be cooked.

- 1) E. Kvanta, *Acta Chemica Scandinavia*, 1968, vol. 22, no. 7, pp.216-265.
- 2) .P. Hermuss, et al., *Strahientherapie*, 1975, vol. 150, no. 5, pp. 500-506.
- 3) I. Osmanagic, M.D., Ph.D. Bee Pollen Protects Against Radiation Sickness Due to X-Ray Therapy, *Journal of the University Radiological Institute, Sarajevo, Yugoslavia*, 1973.
- 4) W. Robinson. Bee Pollen Arrests Cancerous Tumors in Mice, *Journal of the National Cancer Institute*, p.119-123, October 1948.
- 5) Maurer, Murray L. and Strauss, Margaret., "A New Oral Treatment for Ragweed Fever." *Journal of Allergy*, 32:343 (1961).
- 6) Sternberg, Louis, "Seasonal Somnolence, As Possible Pollen Allergy," *Journal of Allergy*, v.14, p. 89, 1942.
- 7) Black, J. H. *J Lab Chem Med*, Vol.8, p.709, May 1928.
- 8) *Ibid.* Vol. 12, p. 1156, 1927.
- 9) Stanley, R. G., H. F. Linskens. *Pollen Biology, Biochemistry and Management*, (New York: Springer-Verlag), 1974, pp. 230-235.
- 10) Hallet, F. P. & Parks, L. M. "A Note of the Isolation of Quercetin from *Euphorbia pilullfera* L.," *J Am Pharm Assn.* p.56, 1950.
- 11) Hope, W.C. et al., "Short Communications-In vitro inhibition of the biosynthesis of slow reacting substance of anaphylaxis (SRS-A) and lipoxigenase activity by quercetin," *Biochem Pharmacol*, 32(2): 367-371. 1983.
- 12) Middleton, C., Jr., et al. "Quercetin: an inhibitor of antigen-induced human basophil histamine release," *J Immunol* 127:546, 1981.

All information that appears here is reprinted in whole or in part from the World Wide Web or other sources as noted.