

Bee Pollen as a Superfood

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Monday, July 12, 2004

Looking to tap into your youthful vigor? Want to rekindle the energy of your teens? Well, if you're on a quest for youthful appearance and endurance, look no further. Beekeepers across the globe are harvesting one of the most complete foods available to man – bee pollen.

The insect that stings is producing a food that is changing the face of nutrition in every part of the world. It takes one bee working eight hours a day for a month to gather 1 teaspoon of bee pollen pellets, which contain over 2.5 billion grains of flower pollen loaded with micronutrients, trace elements, minerals and antioxidants.

Complete Nutrition

Bee pollen, the food for young bees, is nearly 40 percent protein. Almost half of its protein is in the form of free amino acids, which means easy assimilation at the cellular level. This highly available protein can contribute significantly to the body's demand for protein.

Pollen also is made up of all the essential components of life. With 96 known nutrients, it is a rich dietary source of zinc, calcium, magnesium and iron. This is evident as it energizes its consumer, providing a concrete sense of well-being and increased intellectual capacity.

When used properly, bee pollen closes all nutritional gaps in the human diet; its health-sparking elements are becoming essential in this day of nutrient-deficient foods.

According to researchers at the institute of Apiculture, Taranov, Russia:

“Honeybee pollen is the richest source of vitamins found in Nature in a single food. Even if bee pollen had none of its other vital ingredients, it's content of rutin alone would justify taking at least a teaspoon daily, if for no other reason than strengthening the capillaries. Pollen is extremely rich in rutin and may have the highest content of any source, plus it provides a high content of the nucleic acids RNA [ribonucleic acid] and DNA [deoxyribonucleic acid].”

Bee pollen exceeds all animal sources in the amount of protein it provides. With more amino acids than beef, eggs or cheese of equal weight, even body builders and fitness trainers such as myself are responding to the buzz.

Many cultures around the world use this dynamite food of the bee kingdom for a number of applications: for extending life, increasing longevity, improving endurance, fortifying intestinal strength, building new blood, and even helping overcome retardation and other developmental problems with children. If that doesn't convince you, there's more ...

The Miracles of Bee Pollen

“Delay in the Appearance of Palpable Mammary Tumors in C3H Mice Following the Ingestion of Pollenized Food” is among the most important articles published on bee pollen.

Five decades ago, William Robinson of the U.S. Bureau of Entomology, Agricultural Research Administration started his research with mice that had been specially bred to develop and consequently die from tumors. He explains in the article: “The age at which mice of this strain developed tumors ranged from 18-57 weeks, with an average of 33 weeks. Tumor incidence was 100 percent.”

The Division of Bee Culture supplied “bee-gathered type” pollen, with one group of mice being fed with mice chow alone and another group with mice chow and the addition of bee pollen at a ratio of 1 part bee pollen and 10,000 parts food. Dr. Robinson states that “particular attention was given to the weight of treated animals, since underweight can in itself bring about delay in tumor development. No decrease in weight occurred in animals receiving the pollenized food. Instead, a slight but uniform increase was noted, possibly due to a nutritional factor in the bee pollen.”

In Dr. Robinson’s summary, dramatic results were revealed:

“In the untreated mice [the mice not given bee pollen], mammary tumors appeared as expected at an average of 31.3 weeks. Tumor incidence was 100 percent. In the postponement series, [the mice given bee pollen] the average [onset of tumors] was 41.1 weeks, a delay of 9.8 weeks. Seven mice in this series were still tumor free at 56-62 weeks of age, when the tests were terminated. I would like to emphasize that these mice were specially bred to die from cancerous tumors. Without the protection of bee pollen in their food, the mice developed tumors and died right on schedule.”

What a sizzling article – and with heart disease and cancer as the No. 1 killers in the United States, hopefully that information will heat up the urgency to act on the buzz of the bees.

The Buzz of Weight Control

OK, I know many lack faith when it comes to miracles, but Americans have bought into many of the fads and trends of weight loss phenomena. So it’s only right that we move to probably the most elite subject in health “weight control.” There are not many foods that stabilize your body weight. However, the gem of the bee kingdom corrects the possibilities of chemical imbalance.

In other words, whether you’re overweight or underweight, bee pollen will regulate your weight at its normal level. Bee pollen quickens metabolic responses. It accelerates thermogenesis (calorie-burning activity) by heating up the metabolic fires. It’s no wonder why this is becoming recognized as nature’s true weight-loss superfood.

Bee pollen is a low-calorie food, with only 90 calories per ounce (two heaping tablespoons). It offers 15 percent lecithin by volume. Lecithin is a nutrient that assists the metabolism in dissolving and flushing fat from the body's most vital internal organs.

Its natural phenylalanine content serves as an appetite suppressant. Phenylalanine is one of the essential amino acids required by the body and the element in bee pollen that eliminates cravings to eat. Phenylalanine acts on your appetat, the control center that signals fullness or hunger.

The mystery about this amino acid found in pollen is its regulatory properties. If the body needs more weight, phenylalanine will call for hunger, reversing the appetite suppressant.

The Skin Rejuvenator

Many say that beauty is realized by the glow that is produced from good health. Well, pollen is making people of all ages shine from within. If you want a natural, pure and radiant complexion, rid yourself of the cosmetics and stock your fridge with the bee stuff.

Studies have proven that unhealthy or aging skin can be improved dramatically with the superfood of honeybee pollen. Consume these granules every day and you will begin to see rejuvenation of every inch of your outside structure.

Dr. Lars-Erik Essen, a dermatologist in Halsinborg, Sweden, pioneered the use of bee products for skin conditions. He treated many of his patients successfully for acne.

The doc says: "Through transcutaneous nutrition, bee pollen exerts a profound biological effect. It seems to prevent premature aging of the cells and stimulates growth of new human tissues. It offers protection against dehydration and injects new life into dry cells. The skin becomes younger looking, less vulnerable to wrinkles, smoother, and healthier with the use of honeybee pollen."

He expounds a little further: "Taken internally or used externally, bee pollen exercises a suppressive effect on facial acne. It is also an important skin rejuvenator, primarily because it contains a high concentration of the nucleic acids RNA and DNA of the natural antibiotic factor."

Catch the buzz and succumb to the sting of the health industry: Buy your bee pollen. A teaspoon a day keeps the sluggard away.

Things to note:

- Bee pollen is packed with live enzymes, just about every nutrient that has a name, plus some elements that science has not yet identified or labeled. Your digestion may not be accustomed to such intense food. If you're a beginner, introduce this food into your diet slowly, a granule or two at a time.

- Don't expose bee pollen granules to heat. This will destroy enzymes and reduce nutrient value. Always store in a refrigerator.
- Before taking a full dose of pollen, it is important to test for a possible extreme allergic reaction by ingesting just one pellet. Then build up gradually over the following weeks.
- An optimal dose of pollen is about one teaspoon per day.