

Strengthen The Immune System With Bee Pollen

Bee pollen is made up of the fine powder that is found in the male seed of a flower blossom. Bees transport this powder and mix it with nectar to create their own form of nourishment. The pollen grains are collected and eaten by the bees, but they are also used to pollinate the flowers. Since the beginning of time, bee pollen and honey have been recognized for their astounding healing benefits. Egyptian records going back thousands of years have references to honey and the potential for healing that it holds. Marathon runners of ancient Greece recognized the value that bee pollen held to increase their strength and endurance. Bee pollen was also revered by European nations and Asian countries for its medicinal value.

Bee pollen is considered to be a complete food due to the fact that it contains every chemical substance that is needed to maintain life. This makes it a great supplement to help build the immune system and provide the body with energy. Recent scientific research has found that bee pollen contains properties which are beneficial to healing, revitalizing, and protecting against radiation therapy. Bee pollen is also a rich source of protein and carbohydrates. This nutrient can not only be used as a food supplement, but also to correct body chemistry and normalize weight.

Scientists at the Institute of Bee Culture in Buressur-Yvette near Paris, in addition to other researchers throughout Europe, have studied the effects of honeybee pollen consumption on human beings. The study concluded that there are exceptional antibiotic properties in bee pollen. It was also found that bee pollen is helpful in treating conditions like chronic fatigue, hay fever, allergies, bronchitis, sinusitis, asthma, colds, balancing the endocrine system, and menopausal symptoms. Additionally, bee pollen can be helpful in treating other conditions such as prostate problems including prostates, infertility, indigestion, constipation, colitis, anemia, high blood pressure, premature aging, depression, and hair loss.

Bee pollen has also been shown to improve one's concentration and mental function. A study found that a group of students' mental performance improved drastically when supplementing with bee pollen. This nutrient also reduces cholesterol and triglyceride levels. It does this by preventing plaque buildup in the arteries. This supplement is often used by athletes to increase strength, endurance, and speed.

The pollen of bees is used to provide both alterative and nutritive properties. The primary nutrients found in bee pollen are twenty-one amino acids, enzymes, essential fatty acids, and variable vitamins and minerals. These vitamins and minerals depend on the region that the bee pollen is harvested in. Primarily, bee pollen is extremely beneficial in dealing with aging, allergies, hay fever, loss of appetite, lack of endurance, exhaustion, fatigue, a weak immune system, infection, multiple sclerosis, and pregnancy problems.

Additionally, bee pollen can be extremely helpful in treating asthma, high blood pressure, cancer, depression, hypoglycemia, indigestion, liver diseases, prostate disorders, and radiation. Bee pollen is available in capsules, tablets, and bulk powder forms for easy consumption. Always look for name brands to ensure quality and purity of the bee pollen product you purchase. For more information on the many beneficial effects provided by bee pollen, please contact a representative from your local health food store.

About the Author

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

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