

## BEE BREAD AS OUR DAILY BREAD

**Those allergic to pollen have now a better solution – a sweet and sour tasting bee bread!**

The word pollen comes to us from Greek language as well as palynology – the scientific study of pollens.

Bees do not only pollinate and thus enable majority of plants to multiply, but they also use pollen grains as their daily food. And what a food? It has been found out that pollen consists of glucides(35%) proteins (20%\_) – all the essential amino acids are here, the whole vitamin B group, potassium, vitamin C, D, and E, minerals, enzymes, growth hormone, active antibiotic substances and although pollen does not carry vitamin A, several types of carotenes are converted at the intestinal level to vitamin A.

Each plant gives its pollen specific characteristics: sunflower pollen is diuretic; chestnut-tree pollen helps circulation, linden pollen is soothing and sedative, sage pollen can help with irregular periods, while thyme pollen is stimulating.

Pollen is not a miracle food but a potent, natural food that can help alleviate nutritional deficiencies especially during pregnancy, nursing, strong physical activity and increase mental performance. Pollen can also play a significant part in balancing intestinal flora.

A regular consumption of pollen enables overweight people to eat rationally and the slim ones to gain some weight. It can be called “**functional nourishment.**”

Pollen is also powerful source selenium, along with Brazil nuts, which has the power to prevent cardio-vascular and inflammatory diseases while allowing detoxification from heavy metals.

And for those allergic to pollen, there is even a better solution – bee bread- or fermented pollen, which is the pollen prepared by bees for their own use, pollen which underwent the process of lactic fermentation.

Bee bread has the same nutritional value as ordinary pollen, while offering a higher content of vitamin K. No adverse reaction is known to this beehive product.

Dana Sumar  
The Propolis People