

Bee Pollen

The literature on the virtues of bee pollen goes back to ancient times. Today, so many leading authorities in nutrition continue to sing the praises of bee pollen that there is no question as to its supreme health-giving properties. Many claim that there is no more perfect food in Nature.

Pollen is the powdery male germinating cells of the flower. As bees go about collecting flower nectar, which they turn into honey, they also collect pollen. The ultrafine pollen grains are formed by bees into granules which they carry back to the hive. They deposit these granules into the honeycomb as food for young bees, but a certain amount of it falls away, that is collected by beekeepers. Within these pollen granules are millions of pollen grains, containing the entire life force of plants. Bee pollen contains everything necessary for creating new life, and is said to contain everything necessary for sustaining human life.

All the known vitamins, minerals, including trace minerals, are found in bee pollen, as well as thousands of enzymes, coenzymes, proteins, amino acids, carbohydrates, fats, oils, globulins, lecithin, growth factors, RNA and DNA. Bee pollen is approximately 24% protein, and bee pollen contains all the essential amino acids in readily assimilable form. It is also particularly rich in vitamin B12 and vitamin E. Bee pollen provides a general energy boost for the body as it contains glucosides (natural sugars). Athletes have used it as an endurance food. Chinese medicine considers bee pollen to be both an energetic and nutritive tonic. It contains antibiotic factors which help regulate the intestinal tract and detoxify the body, thereby helping to improve blood quality. The flavonoid rutin found in bee pollen helps increase the resistance of our capillaries to toxins, and helps to stabilize metabolism, beneficial for both respiration and heart rhythm. Pollen has also been known to accelerate the healing process. All of the rich nutritional value of pollen goes then to help strengthen the immune system and build resistance to disease. In summary, bee pollen has traditionally been known as a "natural medicine," some even calling it a "miracle food," and is a great daily source of energy.

The hives of our wild-crafted Arizona Sonoran desert pollen are moved from season to season, with color of pollen determined by location. The Sonoran desert is a very rich flowering area with a year-round variety of flowering pollen. From the lower desert are fruit flowers of orange, grapefruit, and lemon, as well as flowers of chaparral and yucca; the high desert locations include mesquite, saguaro cactus, and buckthorn.

Available in 1lb bulk