



Bee Propolis: The Ultimate Preventive "Medicine?"

Visit our internet store at: www.shaffervitamins.com We feature over 700 Brand Names Featuring over 14,000 Products! **SAVE at least 30%-40% on Every Order! NO COMPUTER - NO PROBLEM!** Call (484) 695-9496 if you need assistance or if you would like us to place the order for you! We are listed at <http://www.fairgroundfarmersmkt.com> listed under Merchants — Specialty Shops. Check out our in store monthly specials!

Nearly a century ago, doctors dismissed quinine (tree bark) as mere folk superstition. More recently, they ridiculed the idea that a simple mold growing on moist, non-living matter would ever become the wonder medicine of the century — penicillin.

Now the medical world is faced with how to react to bee propolis. This natural food supplement, with its antibiotic properties, has astonished doctors.

Just what are the raw qualities of propolis?

What does it contain? It contains resin, vitamins, amino acids, minerals and is rich in a natural selection of bioflavonoids. It also possesses a whole natural selection of microelements in trace amounts.

Doctors and scientists in Europe and Russia have already acclaimed propolis. One study alone, *The Heating Properties of Propolis*, by Russian doctors A.I. Tichonov and D.P. Salo focuses on the successful use of propolis in over 70 different studies during the last 17 years in the USSR.

Propolis has proven effective in helping to deal with a variety of infections and illnesses, including ulcers, colds, stress, hypertension, pharyngitis and periodontal problems.

There has been no general reaction among doctors in the United States as yet to this natural antibiotic, but at least one recognized medical authority has reported his findings.

Dr. John Diamond, President of the International Academy of Preventive Medicine in his book *BK -- Behavioral Kinesiology* (Harper and Row, Publishers) reveals how propolis helps to maintain the body's general health.

"Our Life Energy," he says "is the source of our physical and mental wellbeing, of glowing health, of the joy of liv-

ing ...unfortunately 95 percent of the general population tests low on the Life Energy scale." He points out that the activity of the thymus gland helps control one's Life Energy. "I have never," he continues, "seen a patient with a chronic degenerative illness who did not have an under active thymus gland ... I believe it to be a thymus weakness, or under activity, that is the original cause of the illness." Dr. Diamond emphasizes that "all illnesses start with a diminution of that Life Energy:

"... of all the natural supplements I have tested, the one that seems to be the most strengthening to the thymus and hence the Life Energy is bee resin, or bee propolis, a resin secreted by trees and then metabolized by the bees...."

By activating the thymus gland, propolis can help to keep a body in good health. It helps to build up the body's resistance to disease.

This point is underlined by the Russian document mentioned previously: "... when propolis is taken internally, the rate of metabolism is increased and the resistance of the organism to the influence of unfavorable factors from the outside world is raised ... it follows that the mechanism for healing in propolis is based not only on its antibacterial propensity and the detoxifying effect, but also on the influence on defensive reactions of the organism. And propolis -- in contrast with antibiotics -- intensifies the whole immunological reactive capability of the macro-organism."

Essentially, the Russian doctors



are saying that propolis acts to stimulate the immune system of the body. This same point was made recently by Dr. Remy Chauvin, the world's leading authority on bee therapy, who has done most of his research at the Sorbonne in Paris. Dr. Chauvin was interviewed in Paris recently.

"Today," he said, "with the overuse of antibiotics, bacteria are developing a marked resistance to their purported benefits.

Infections are on the increase and some diseases —formerly not contagious — are becoming highly transmittable.

"Scientists believe that nature has a cure for every disease. It's just a matter of finding it. With the introduction of propolis, it is possible that we can one day abolish most drug-related chemicals. Also, remember that keeping the body free from disease through natural healing can actually slow down the aging process and add years to the lifespan.

"The antibacterial and antiviral properties of propolis work to retain the body's natural resistance to disease by internally stimulating one's own immune system. In doing this, propolis also supplies added amounts of Vitamin H1,H3,C and E, all essentials minerals, including iron, calcium, manganese, and silicon." This last point is very important,

Dr. Chauvin points out, because other normal antibiotics do the opposite -- they "can kill the friendly bacteria in the system which the body uses to synthesize Vitamins B and K. This can cause a severe deficiency of these important vitamins..."

From the European and Russian point of view, there seems to be little doubt that



propolis could be the natural daily supplement food which is the ultimate preventive "medicine."

How old is propolis?

Propolis is old as bees themselves, which makes it about 40 to 55 million years old.

The first recorded use of propolis was by the Greeks who named the substance by combining the words "pro" (before) and "polis" (city). The Greeks suspected that the bees used propolis to defend their "city" against bacterial and other harmful intruders.

Hippocrates (460-377 B.C.), the father of medicine, used propolis to heal ulcers and externally as a salve, to treat wounds and sores.

The famous Roman naturalist, Pliny (23 -79 A.D.) wrote in his *Historic Naturalis*, that propolis "disposed tumors, moderated nerve illnesses, and healed ulcers..."

Nicholas Culpepper's famous *Complete Herbal* states that propolis as an ointment "Is singularly good for all inflammations in many parts of the body and cools the heat of wounds ..." One of the most recognized uses of propolis in modern history was an ointment to treat wounds during the Boer War (1899-1902).

What is propolis?

Bees use propolis for their own health. Without some form of antibiotic protection, 60,000 bees crawling over one another in a densely crowded hive, would die of bacterial infections.

Bees discovered that certain trees exuded a bud sap, used by the trees themselves, to fight infection. Through the centuries, the bees have taken this sap back to the hive, added their own secretions to it, and distributed the metabolized "antibiotic" in every corner and comb in the hive. Some scientists believe that the inside of a hive is more sterile than a modern hospital!

The power of propolis to fight infection in the hive and keep the bees free from bacterial disease is amazing. For instance, if a mouse gets into the hive and is stung to death by the bees, it would normally decay causing serious bacterial problems. However, the bees cover the mouse with propolis and "mummify" it; the mouse then remains embalmed without decaying for as long as five years!

The International Beekeeping Technology and Economy Institute says that propolis has Anti-proteolytic, bactericidal, and bacteriostatic action that is

unparalleled among natural substances.

The uniqueness of propolis is dramatically described by an Australian scientist E.L. Ghisalberti, of the Department of Organic Chemistry at the University of Western Australia. One of his most important conclusions is that when it is administered along with penicillin or other antibiotics, propolis increases the latter's effectiveness as much as "10 to 100 fold." Such combinations can cut down on drug dosages, drug side effects and decrease the chances of developing immunity due to over-dependence on penicillin and the mycin drugs.

The Australian findings are confirmed by the research in Russia. Drs. Tichonov and Salo in their 17 year study have this to say about how propolis fortifies the activity of various antibiotics: "...propolis in a dense culture medium strengthens the bacteriostatic activity of tetracycline, neomycin and polymycin...and enhances the activity of streptomycin, penicillin, neomycin, polymycin and tetracycline ..."

The Russian doctors also reported on tests using propolis on its own against over 20 kinds of bacteria: "According to the opinion of the authors, the results (of the antibacterial tests) witness to the therapeutic activity of propolis in the organism. On the one hand, after the short-term influence of propolis, the bacteria stop multiplying in the organism; on the other, under the influence of propolis, the disease resistance of the organism is activated..."

Treatment of periodontal problems with diathermy and propolis: presented by Dr. L. Pissarev and Mika DiMitrova of Bulgaria

Treatment by means of diathermy with propolis has given good results in every case. The infection has been stopped, the mucus color has become normal, the gums hardened, and the loose teeth have become more firm ... The results obtained by this method -- both as to length of treatment and the number of cures were very good compared to other known techniques.

Concerning the hypotensive action of propolis: presented as another Bulgarian study

The objective of this test was to study the effect of propolis on hypertension. Forty-two patients were examined, 36 women and six men aged from 45 to 72 years with hypertension in the 2nd and 3rd state dating from four to 15 years. Conclusions:

1) propolis exercises a decisive benefit in most cases.

2) this benefit manifests itself in a lowering of blood pressure.

3) in about half the cases, there was also a lowering of cholesterol level. There were no secondary side effects.

Treatment of malignant tumors and ulcerations with propolis: presented by L. Leipus of the U.S.S.R.

In the Republican Hospital in Kaunas, propolis was used in the treatment of patients with malignant tumors (usually on the skin) who had been operated on and who had received radiology treatment. The preparation was administered two or three times a day. After applying the propolis, the pain was reduced, the ulcerations turned to a healthier color, fresh tissue appeared, and the patients recovered.

The work of the above Russian scientist is a typical example of the application of propolis in the U.S.S.R. where the Ministry of Health approves its use.

In another Russian study, Dr. P. A. Kravcuk tested propolis among 260 patients who had one form or another of pharyngitis (inflammation of the throat). All the patients, especially when eating or swallowing saliva, had throat pains, and most of them developed a dry, raw cough. Dr. Kravcuk reports that propolis helped in ninety percent of the cases and he feels "this proves the high therapeutic activity of propolis" for this kind of throat problem.

Propolis has also been used successfully against influenza, in Russia as well as in Yugoslavia. In the Yugoslavian town of Sarajevo, during a recent epidemic of flu, Professor Izet Osmanagic conducted a test among a group of students from a nursing college who had been exposed to patients with influenza. Eighty students took bee propolis, while 182 did not. Of those who didn't take propolis, sixty three percent became ill. Of those who took propolis, only seven percent became ill.

One Yugoslavian has written an amazing book about bee propolis. He is Mitja Vosnak, one time Yugoslavian Deputy Minister of Foreign Affairs and his country's ambassador to East Germany. He became fascinated with bees and gave up politics to study what he calls "these tiny miracles of nature."

Vosnak writes in his book *The Miracle of Propolis*: "For mankind, propolis is without a past, for we are only now starting to learn about it and in learning have become convinced that in propolis we have indeed discovered the medicine of the future."