

Bee Pollen

There is a way to obtain the benefits of the bees without making them your pets or endangering yourself. The benefits come from the male seeds of a flower blossom collected by the bees and mixed with the bee's digestive enzymes and is affectionately known as bee pollen.

What makes bee pollen so incredible is the fact that it is rich in protein, vitamins, minerals, beneficial fatty acids, carotenoids and bioflavonoids, which are anti-viral, antibacterial, and helpful in lowering cholesterol, stabilizing and strengthening capillaries. And for you vegetarians and vegans out there, bee pollen is the only plant source that contains vitamin B12.



If the pollen is fresh, it delivers at least 20 amino acids, which are the building blocks of protein needed to build all the cells in the body including blood, skin, organs and bones. In conjunction with the organic sulfur crystals, which also creates vitamin B12 in the body, your body will not believe the win-win situation it has been put into.

When knowing that the sulfur crystals reverse obesity, just about all degenerative diseases, which has been researched and verified by Dr. Stephanie Seneff, a three-time PhD from MIT, the addition of bee pollen to your eating regimen adds to the amazing results that your body benefits from.

We know that eating foods that contain enzymes helps the body prevent and fight diseases like cancer and arthritis, for starters, as it saves the body from having to make enzymes, which is a process that depletes energy.

Bee pollen aids in weight control because it is low in calories and contains natural phenylalanine which aids as an appetite suppressant and non-GMO lecithin that dissolves and flushes fat from the body.

But wait, there's more:

Because of the amazing nutrients contained, it becomes a natural energizer with the carbohydrates, protein and B vitamins keeping you going all day due to building stamina and fighting off fatigue.

As the sulfur crystals aid in skin irritations like eczema and psoriasis, bee pollen is used in topical products that treat inflammatory conditions and skin irritations. Then because of the amino acids and vitamins contained therein the bee pollen protects the skin and helps regenerate the cells.

Due to the high amounts of antioxidants, bee pollen helps the respiratory system because of its anti-inflammatory effect on the lung tissues.

Because histamine is guilty of helping allergies flourish, the bee pollen reduces histamine, thereby reducing and/or eliminating allergies.

Enzymes are also essential in making sure the body gets all the nutrients you need from the foods you eat. Because bee pollen contains so many enzymes in addition to all the healthful vitamins, minerals and proteins, your body will have fewer digestive problems.

Mentioned earlier was the fact that bee pollen, containing antibiotic properties, promotes good intestinal flora, builds and strengthens the immune system, protects the cells from free radicals' damage, making it so it helps the body not get the flu, as does the organic sulfur crystals.

Due to the fact that bee pollen contains phenylalanine, which suppresses cravings, it is also used to heal addictions.

Did you ever hear of Rutin? Rutin is an antioxidant bioflavonoid that helps to strengthen capillaries and blood vessels, and assists with circulatory problems, correcting cholesterol levels. Because of bee pollens anti-clotting ability it is helpful in preventing heart attacks and strokes.

For you guys that get up endlessly to pee during the night because of prostate problems, bee pollen helps reduce inflammation, which in turn can stop frequent urges to pee.

Men beware: bee pollen stimulates and restores ovarian function and is a great aphrodisiac and can be used in accelerating pregnancy. And for you ladies that are plagued by a limp noodle, the sulfur crystals reverse erectile dysfunction.

Are there negative effects or sensitivities you ask? Maybe if it is being taken for the first time there might be a slight reaction. That usually does not happen if you do not take too much too quickly,

There are two kinds of people: one with cast-iron guts, and one with sensitive guts.

So, how is it taken? If you've never taken any, go slowly and test your tolerance by gradually increasing the consumption. At first put a kernel or two under the tongue and let it absorb into the blood stream and see how you feel and increase from there.

In the beginning, follow this protocol:

Start slow and ingest a couple of granules at a time.

Take bee pollen after a meal.

If having never taken it, start in the winter or in low allergy times of the year when other pollens are not so prevalent.

Take daily.

Also, try to get the freshest bee pollen you can. The softer the better.

Me personally, I eat about one or two teaspoons full of bee pollen a day as well as two teaspoons full 12 hours apart of sulfur crystals, coconut oil and honey and cinnamon.

What do they have in common? They are all sulfur based and will keep you well. I'm afraid I'm hooked.

This pollen is produced locally in Honolulu and it melts in your mouth. It comes in a quantity of a bit over 1 pound 5 ounces. The store cost for this would be roughly \$48. My cost is \$30 or \$36 with postage. If you would like to order some please send me an email (heshgoldstein@gmail.com) with your name and mailing address and please put a check in the mail to Hesh Goldstein, 53 McLaren St, Red Bank, NJ 07701. I will send the pollen well before I receive your payment.

Aloha!