

# THRIVE FROM THE HIVE



HOW TO INCREASE YOUR HEALTH  
WITH BEE PRODUCTS

By Dora Bona

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No tips or information in this document should be considered medical advice. Seek the help of a professional healthcare provider before making any decisions concerning your health.

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# ABOUT THE AUTHOR

Dora Bona is a freelance writer with a career spanning 25 years. In the world of marketing, there are very few topics that she hasn't covered across all media genres, both online and in mainstream media. In the 'real world' she has written radio advertising copy, newspaper columns, newsletters, press releases and marketing copy. In the electronic world, she writes website content, e-newsletters, blogs, and ghost-writes novels. For the past 13 years she has been heavily involved with the natural health industry and has researched and written literally millions of words on the subject of bee hive products and their benefits. In her spare time she teaches creative writing classes and practices the art of amateur photography.

# INTRODUCTION

## WHY THE HONEY BEE IS THE WORLD'S MOST IMPORTANT LIVING CREATURE

The bee hive is the most efficient manufacturing plants in the world. With Mother Nature as its chief overseer, the bee hive produces a wealth of extraordinary products that are extremely beneficial to humans. The tiny insects that keep the factory productive are incredibly intelligent and instinctive, not to mention tireless. Everything that bees do throughout their entire existence on earth is about collecting food, regenerating life and supporting their colony. Their unique bee-haviours are quite amazing. From the waggle dance, a form of communication to indicate a new food source – to embalming unwanted intruders with bee glue and ejecting them from the hive.

It's a simple but slightly alarming fact that without the industrious lifetime work of honey bees, we humans would not be able to feed ourselves. Bees sustain life on earth by pollinating trees and food crops, but at the same time, they are the only insect species in the world to produce food that humans can eat as well as a host of products with amazing therapeutic benefits.

This e-booklet is intended as an overview of the many benefits of using the products from the bee hive. It may help you to make an informed decision about buying these products and experiencing the benefits for yourself. There is a plethora of research information available online, but if you happen to be time poor, then you're in luck because I've done it for you. Let's take a look at these products and how they can enhance your life.

# BEE POLLEN

Bee pollen is the bees' main food. The only other thing they eat is nectar. Bee pollen contains 40% protein and is considered one of the most completely balanced foods found in nature. In fact it's often referred to as a 'superfood' because of its extraordinary nutrient content, including amino acids, fats, minerals, vitamins, proteins, hormones, and enzymes. Humans could actually survive indefinitely eating only pollen and drinking water.

## What is pollen exactly?

Pollen is the male seed of flowers, and is required for the fertilization of the plant. Pollen particles are formed at the free end of the flower's stamen in the heart of the blossom. They're tiny, measuring only 50/1,000mm. Every variety of flower on earth produces a dusting of pollen as do many orchard fruits and agricultural food crops.

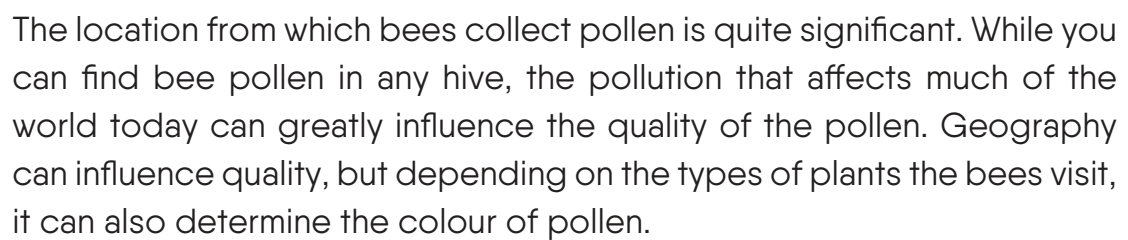






## Health benefits of bee pollen

- 🐝 Enhanced mental clarity and concentration
- 🐝 Sustained energy
- 🐝 Lowers levels of bad cholesterol and increases levels of good cholesterol
- 🐝 Improves sexual health, including boosting fertility, relieving PMS symptoms, and increasing sexual libido
- 🐝 Boosts the body's natural immune system, helping fight off allergies and illnesses
- 🐝 Aids in weight loss by naturally balancing out the body's chemicals and hormones while increasing metabolism
- 🐝 Improves skin health including age related conditions and problems like acne and eczema
- 🐝 Fortifies blood, and aids in treating anaemia
- 🐝 Suppresses appetite and cravings for alcohol and sugar



The bee hive is Mother Nature's most efficient manufacturing plant

Humans could actually survive indefinitely eating only pollen and drinking water.



# PROPOLIS

Over many years, scientific research has found that propolis has a great number of medicinal advantages for both bees and humans. It has natural anti-viral, anti-fungal, anti-bacterial and anti-inflammatory properties. These properties make propolis a key ingredient in many beauty and skincare products.

## What is propolis exactly?

Propolis is a compound of sap collected by bees from certain trees and plants, combined with their own secretions and beeswax. This creates a sticky, greenish-brown resin which is used to coat the hive to keep it sterile. When an intruder like a moth or foreign insect enters the hive and the bees find it is too large to eject, they'll 'embalm' it with propolis to ensure that its rotting corpse does not contaminate the hive. Collecting propolis is not an easy task. Bees have to scrape the resin off the leaves, pack it on their hind legs, then get help from other bees to pull it off of their legs.

## Health benefits of propolis

Propolis is available in capsule form, as well as topical treatments. It has several benefits including:

- 🐝 Fighting infections
- 🐝 Boosting the immune system
- 🐝 Healing genital herpes and cold sores
- 🐝 Treating skin injuries
- 🐝 Helping the mouth to heal after dental surgery



# HONEY

Honey is the natural sweet substance produced by honey bees from the nectar and secretions of living plants. When analysed, honey has a complex makeup of naturally flavoured sugars, vitamins, minerals, amino acids and enzymes.

## Honey is more than a food

As well as tasting delicious when added to many dishes, there are so many other diverse uses for honey, which have been well documented for thousands of years, including:

- 🐝 **Skincare.** Honey is a humectant, meaning that it pulls moisture from the air, making it an ideal moisturising ingredient for many skincare products. For a natural skin-softening treatment you can spread honey on your face, leave for 15 minutes for an instant rejuvenating effect.
- 🐝 **Wound care.** Honey has anti-bacterial properties, sealing out bacteria and speeding the healing process. You can apply honey directly to bandages to treat and disinfect burns, scrapes and cuts.



- 🐝 **Blemishes and pimples.** Apply a mix of salt and honey directly to pimples at night. Cover until the pimple breaks open, then reapply the honey which will form a seal and finish the rapid healing process.
- 🐝 **Soothing a sore throat.** An age old natural remedy that really works. Either take a teaspoon on its own, or add it to tea.

## Location, location, location

As with pollen, the colour and flavour of honey differs depending on the blossoms, which are the bees' nectar source. There are hundreds of unique kinds of honey, originating from diverse floral sources like clover, eucalyptus, heather, tea tree, apple and orange blossoms etc. Generally speaking, lighter coloured honeys are milder in flavour, while darker honeys are usually more robust.



# ROYAL JELLY

Royal Jelly is a milky white gelatinous secretion from the glands of worker honey bees which they feed to the queen bee. This is all she eats and it's believed to be the reason for her longevity and fertility. The queen bee can lay over 2,000 eggs per day, grows up to 42% larger than the worker bee, and lives 5 to 7 years while worker bees live only a few months at most.

## What's in Royal Jelly?

Royal Jelly, like most other substances from the hive contains a plethora of nutrients. Vitamins A, C, D, E, all the B complex vitamins, including high concentrations of vitamins B5 and B6, amino acids. It also contains minerals, nucleic acids (to make RNA and DNA) and acetylcholine, a substance that carries messages from one nerve to another in the brain.

## Royal Jelly benefits

Royal Jelly has been used in traditional medicines for thousands of years to treat a variety of complaints and also as a cosmetic treatment for nourishing and moisturising skin. Other benefits of Royal Jelly have been reported as:

- 🐝 Lowering blood pressure
- 🐝 Lowering cholesterol
- 🐝 Aiding fertility
- 🐝 Regulating the immune system
- 🐝 Supporting the nervous system
- 🐝 Treating digestive disorders
- 🐝 Helping with circulation





# BEE VENOM

Bee venom is known as apitoxin. It acts like a strong natural anti-inflammatory and antiseptic. Research carried out on bee venom reveals compelling evidence that it has as much to offer in the medical world as ‘antibiotics of bacterial and fungal origin’ These days, the main commercial interest in bee venom is as an anti-ageing treatment, and the marketplace is abundant with bee venom masks, serums and eye creams. But other research has suggested that bee venom can be used as an aid for various illnesses like Lyme disease, arthritis, multiple sclerosis and an article published in 2013 found that bee venom is even capable of destroying HIV cells.

## Other benefits of bee venom

- 🐝 The use of bee venom dates back to ancient Egypt, Europe and Asia. The philosopher and physician Hippocrates used bee venom to treat arthritis and joint pain.
- 🐝 It has been used in the treatment of gout
- 🐝 Can be used to ease the pain of bursitis and tendonitis
- 🐝 Some evidence has shown bee venom useful in treating shingles

## Can anyone use bee venom?

A small percentage of the world’s population is allergic to bee stings, so for those people, using bee venom products can increase the risk of anaphylactic shock. It’s important to determine if you have a bee sting allergy before using bee venom or any bee products for that matter.

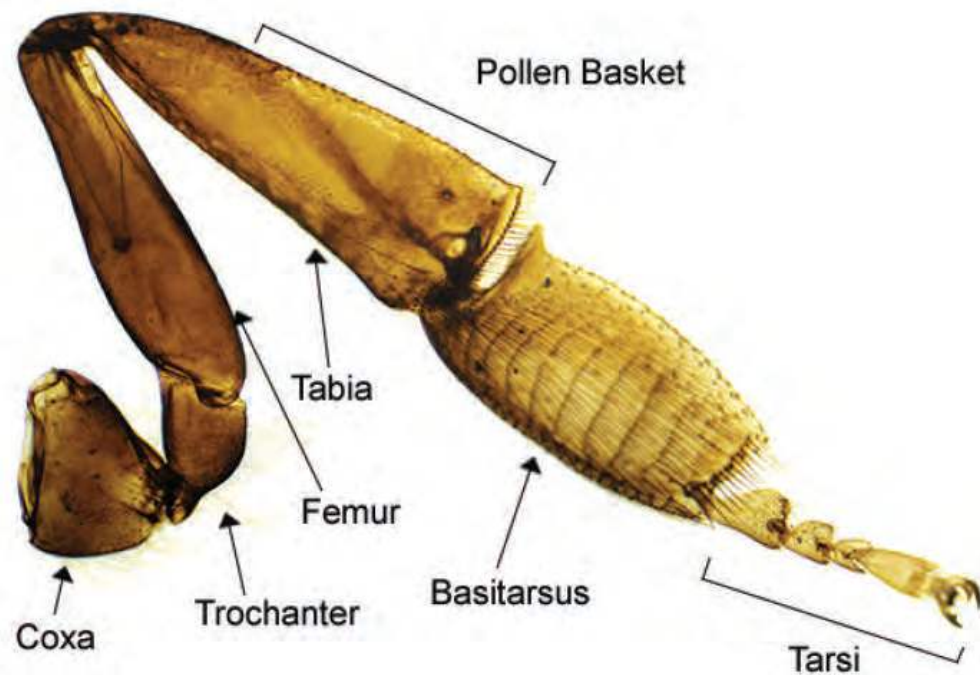
## How do they get the venom from the bees?

Fortunately, no bees are harmed in the extraction of their venom. The most common way is to place an electronic collector plate at the entrance to the hive. The bees are stimulated to sting the surface of the collector sheet, depositing their venom onto a sheet of glass, which is later scraped off when dry.



# QUIRKY BEE FACTS

**HIVE PRODUCTS ARE THE BEES' KNEES!  
BUT WAIT...DO BEES EVEN HAVE KNEES?**



In fact they do. Bees have segmented legs, consisting of parts called a tarsus, a tibia, a femur, a trochanter and a coxa. The joints connecting these parts are considered to be 'knees'.

So why then does the expression 'The Bee's Knees' suggest something really spectacular? Well everything about bees is spectacular. They represent the perpetuation of living things by working tirelessly throughout their entire short existence collecting food and regenerating life.

## How do bees get pollen back to the hive?

A female worker bee collects and stores pollen in hairy baskets on her knees. Imagine it like stuffing the leg pockets in a pair of cargo pants full of wonderful, life enhancing pollen. She'll actually tamp the pollen down to fit as much in each storage area as possible, and this means visiting 50-100 flowers before heading home. After collecting the pollen, she'll take it back to the hive and prepare to go out foraging for another load. These round trip foraging flights can go on all day, and can put a lot of wear and tear on her body. A hardworking forager may live just 3 weeks.

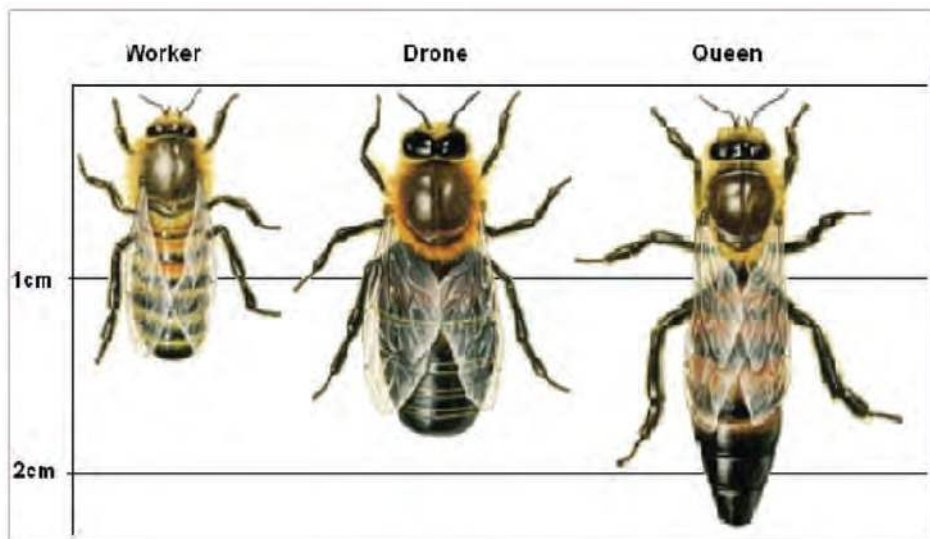
## What's a waggle dance?

Worker bees must perform different roles throughout their lives. Scout bees find flowers, determine their value as a food source, navigate back home, and share detailed information about their finds with other foragers. The scout does this by performing a vigorous 'waggle dance', shaking her abdomen and producing a buzzing sound with the beat of her wings. The distance and speed of this movement indicates to the others how far away the foraging site is. She then aligns her body in the direction of the food, relative to the sun. The entire dance pattern is a complex and amazing figure-eight.



## Is it true that most bees are female?

It's been said that if you want a job done right, then give it to a girl. During its peak, a healthy colony of bees will be made up of approximately one queen, a hundred or so male drones and 30-50 thousand female workers. The only job of the drones is to provide sperm for the queen, after which they immediately die. Just 48 hours after mating, she begins her lifelong task of laying eggs, and can lay up to 2,000 per day. The rest of the colony are female worker bees who have various tasks such as scouting, foraging, looking after the queen, tending the young bees, guarding the hive and keeping it clean and sterile.



Source : [http://barnsleybeekeepers.org.uk/bee\\_sexes.html](http://barnsleybeekeepers.org.uk/bee_sexes.html)

## Are bees actually cannibals?

Bees instinctively know when and where to get the best food supplies to support the colony. But when there's a severe shortage of food, nature's evolutionary control method kicks in and the bees eat some of the youngest larvae and eggs. Mother Nature always knows best, so the bees will also eat false (diploid) males when they are still in the larvae stage. These false males are either inviable or sterile, so they're no good to the rest of the colony.



# WANT TO KNOW MORE?

If you'd like to learn more about the extraordinary world of bees, and bee products, here are some links to more viewing and reading material.



## Bee Venom Therapy – The Charlie Mraz Story

If you have time, this fascinating 40 minute You Tube video is an interview with beekeeper Charlie Mraz who founded the American Apitherapy Society and pioneered bee venom therapy in the 1930's. Well worth watching for fascinating insights into why bee venom has therapeutic benefits for many people.

<https://www.youtube.com/watch?v=ljcy0ko7Aw>



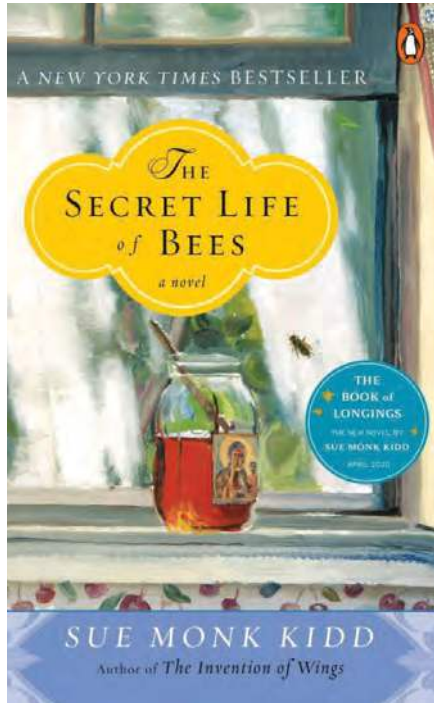
## A Day In The Life Of A Bee

A quick but interesting 5-minute video showing how these tiny creatures collect pollen and make honey.

<https://www.youtube.com/watch?v=x7cX2cjFunw>

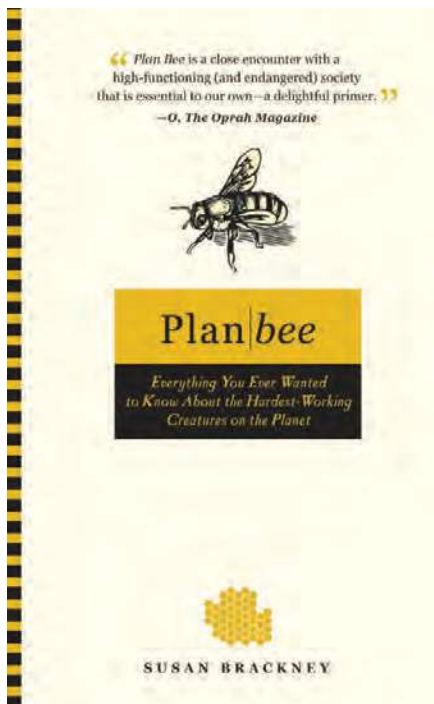
# FACTS AND FICTION

Some interesting reading material about bees and hive products



## The Secret Life of Bees

New York Times bestseller for more than two and a half years, a Good Morning America “Read This” Book Club pick and was made into an award-winning film starring Dakota Fanning, Queen Latifah, Jennifer Hudson, and Alicia Keys. A coming of age tale set in South Carolina in 1964, *The Secret Life of Bees* will appeal to fans of Kathryn Stockett’s *The Help* and Beth Hoffman’s *Saving CeeCee Honeycutt*, and tells the story of Lily Owens, whose life has been shaped around the blurred memory of the afternoon her mother was killed.

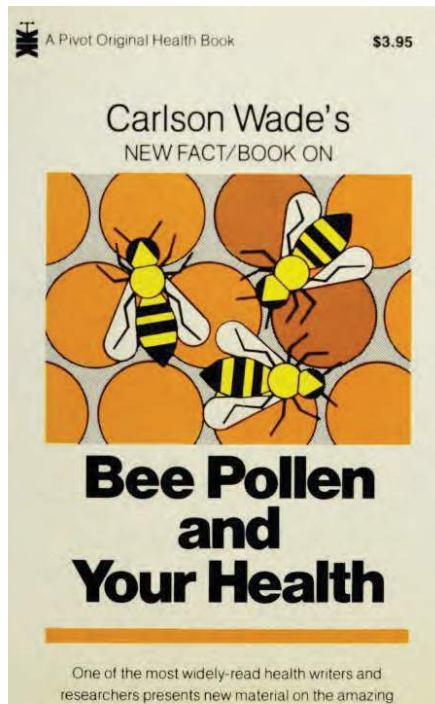


## Plan Bee

Featured recently in major national news stories because they are disappearing at an alarming rate, bees are the unsung – and absolutely essential – heroes of the food chain. Now they get their due in this delightfully illustrated, fact-filled book, courtesy of a professional beekeeper and nature writer.



## FACTS AND FICTION



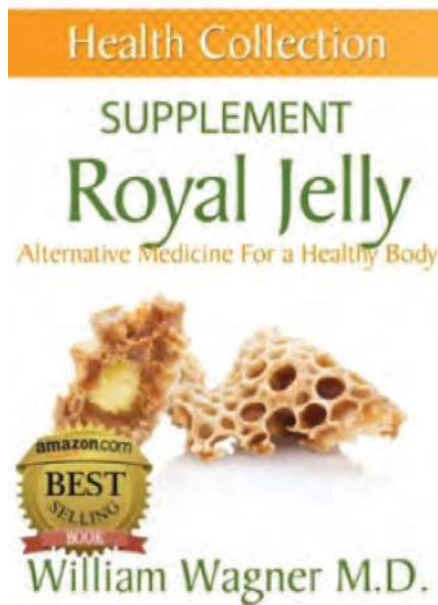
### Bee Pollen and Your Health

This classic fact book on bee pollen still contains a wealth of relevant information for today's health-seekers. Bee pollen is an amazing life-extending, life-enriching nutrient that the ancients called "ambrosia" and "the life-giving dust."

Scientific studies have shown ordinary athletes brought up to championship performances and cancers, allergies and digestive troubles arrested through the use of bee pollen. Health authority Carl Wade explains what bee pollen is, how it works in

the body, and what you can do to enjoy its almost incredible benefits.

Also included are 27 formulas that will rejuvenate your skin that you can prepare economically at home.



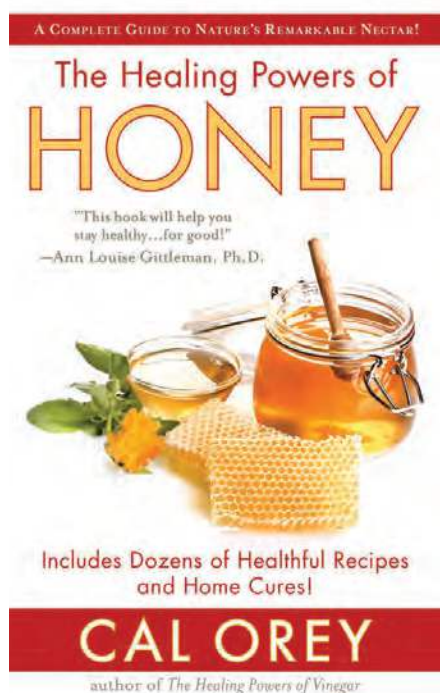
### Supplement Royal Jelly

In the Royal Jelly Supplement book you will discover:

- 🐝 It's History
- 🐝 The ailments it cures
- 🐝 All side effects
- 🐝 Correct dosage
- 🐝 Top reasons it's so well known

Learn how Royal Jelly can boost your overall health. Learning about ways that you can supplement a healthy diet is a great step in the right direction towards a healthier you!

## FACTS AND FICTION

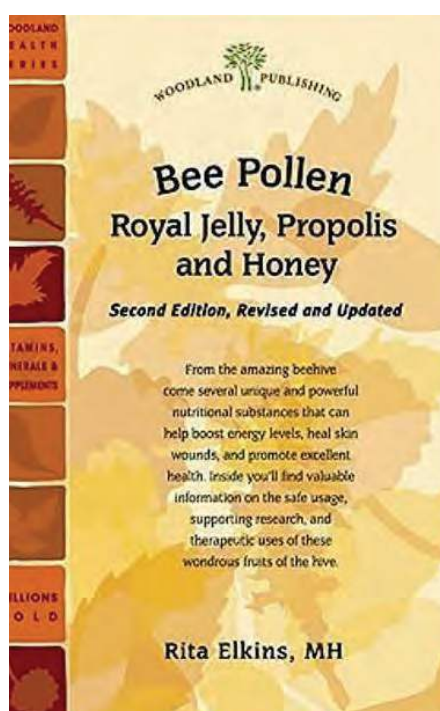


### The Healing Powers of Honey

Drawing on interviews with medical doctors, beekeepers, and researchers, this charming and enlightening book (sweetened with stories about honey bees and humans) reveals 30 healing honey varieties paired with cinnamon and teas, tells you how to incorporate honey into Mediterranean-style, heart-healthy recipes like Honey Custard French Toast, Honey-Glazed Game Hen, and Filo Pear and Honey Tarts, and provides more than 50 home cures that combat digestive woes to skin woes. You'll also enjoy Cleopatra's

milk-and-honey beauty treatments and eco-friendly beeswax household uses--all made with the amazing honey bee's gifts!

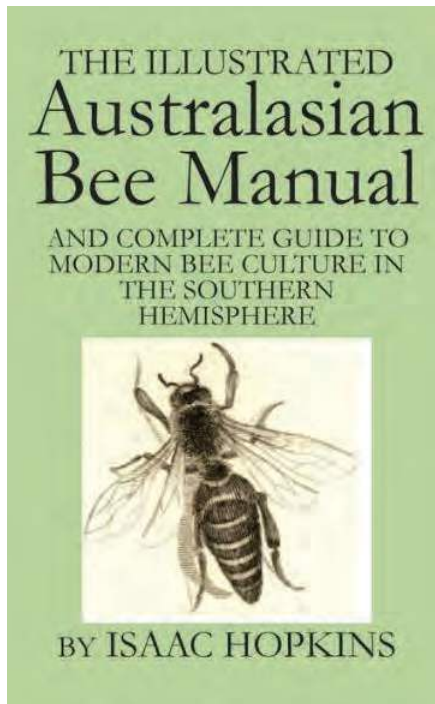
"A fascinating read about a natural remedy that is a rich source of antioxidants." --Ray Sahelian, M.D., author of Mind Boosters



### Bee Pollen, Royal Jelly, Propolis and Honey

Boost immunity, slow aging with bee products. Bee products are among some of the most remarkable and versatile nutrients of the natural world. They have fascinated cultures for generations and are now experiencing a renaissance as more information surfaces supporting their healing properties. In this booklet, Rita Elkins discusses how bee products can aid healing, boost immunity and slow the aging process, as well as increasing energy and stamina.

## FACTS AND FICTION



### **The Illustrated Australasian Bee Manual**

One of the most practical beekeeping books ever written. Isaac Hopkins obviously had a lot of real life experience and not just a lot of book knowledge. This book was probably the most influential book on beekeeping in Australia and New Zealand. This version of the book shows one of the simplest ways of getting a lot of queens that also does not require a lot of special equipment known as "the Hopkins method of queen rearing". This is a great book on

beekeeping in any location in any age. It was originally published in 1886 and this revision was updated in 1911.



# BEE KEEPING AS A HOBBY

Bee keeping is another industry that seems to be in rapid decline. Our older generation of beekeepers, are retiring, and subsequent generations are simply not interested in acquiring the vital skills.

A bee's worst nemesis is the varroa mite which has single-handedly caused a 25% decline in the number of hives worldwide. The North Island of New Zealand was claimed by the mite in 2000 and four years later it crossed the Cook Strait. Australia is the last varroa mite holdout – our geographical isolation has kept us safe. We also have escaped Colony Collapse Disorder, a new bee scourge that is attributed to major losses of bee populations in other countries.

If you do decide to take on bee keeping, there are a number of things to consider, particularly if you live in an urban environment. Urban beekeeping is legal but if you have neighbours close by, then you need to plan accordingly.

Even a small garden can have a beehive, as the bees will 'jump the fence' and source pollen from well beyond your garden's boundaries. However, you need to think about your bees' flight path and place the hive in a spot that won't affect your neighbours. Bees establish flight paths as they leave and return to the hive, so you can help direct them away from problem areas. Placing the hive near a fence, shed or tall perennial plant will help direct them up and away.



# ON A FINAL NOTE : A WARNING

Nearly as many people die in Australia from bee stings as from snake bites. Bee keeping, should you choose to accept the mission, can be very rewarding. Like any hobbyist who grows their own vegetables, or keeps chickens, the sense of accomplishment when enjoying the spoils are a great buzz.

But the fact is that bees sting. Not everyone reacts badly to bee stings but in rare cases a sting can prove fatal. It's a hobby that always requires wearing protective gear. If you have a known bee allergy, it's probably best that you stick to raising chickens or growing beans.

