

Beebread in Apitherapy

By Priscilla Coe, Journal of the American Apitherapy Society, Volume 14, Number 3, September 2007

Beebread is an extremely nourishing tonic made of pollen and honey that roughly simulates the beebread made by honeybees in the hive. Its high lactic acid content supports healthy digestion, which is a foundation of good health. The lactic acid also can be converted to glucose in the body, glucose being the main source of energy used throughout the body.

The production of beebread in the hive is not fully understood. Approximately one-quarter of the mature bees in a hive collect only pollen, one-quarter forage only for nectar, and roughly half forage for both pollen and nectar. Therefore, it is estimated that half of the pollen brought back to the hive has been mixed with nectar. The remainder of the pollen brought back to the hive has been mixed with some of the honey that the bees took with them as an energy source on their flights to obtain the pollen. The bees tightly pack these pellets—each containing millions of pollen grains—along with saliva, into the worker cells until they are three-fourths full. Having previously cleaned and lined these cells with a thin layer of propolis, the bees then seal the beebread “silo” with a thin layer of propolis to prevent the development of bacteria and fungi.

To make beebread for apitherapy purposes, the typical ratio is one to one, honey to pollen, though some people prefer additional honey for a more liquid consistency. This is mixed in a sterile glass container and then left for a few weeks to ferment. It is ideal to use fresh, not dried, pollen: as pollen dries, its vitality and nutrients are adversely affected. Fresh pollen has a moisture content of 10--20%, while dried pollen's is 4--6%.

Dr. Stashenko notes that when the pollen is moistened with honey, the pollen's lactic bacteria, with the aid of the pollen's high protein content, quickly produce large amounts of lactic acid. The pH level of fresh pollen is approximately 7.2; in one-week-old beebread it drops to 3.5-4.2. He further notes that preparing beebread is more efficient without oxygen, and therefore recommends that the jar be covered tightly and that the contents not be stirred after the initial blending. After the several-week fermentation period, beebread should be stored in the refrigerator. Theoretically, it can be stored in the refrigerator or freezer for as long as five years, though over time the amount of protein, sugar, and other acids will decline. Therefore, it is best to make beebread in small quantities and consume it within a few months.

Source: Vetal Stashenko, PhD, ND, Naturopathic Doctor, Apiculturist and Apitherapist

Up to 70% of Allergy Sufferers See Positive Results with Bee Pollen

If You Sneeze, Have Itchy, Watery Eyes or Allergies, Try Some Bee Pollen

By Heidi Rice, Citizen Telegram, (USA), 3/12/2009

RIFLE, COLO. - Everybody likes it when the flowers begin to bloom and the grass begins to get green again. But those with allergies are often miserable when spring rolls around.

There may be some possible relief through bee pollen, according to Blane Colton, owner of Epicurean Honey in Rulison, who collects and sells local bee pollen and honey.

"Commonly among allergies there are two types: Wind-born pollen, which is distributed by air-flow, and insect-gathered," Colton said.

Pollen is the male germ of the plant world and the microscopic grains are capable of fertilizing a plant of its own species. Pollen is the protein, vitamin and mineral source in a bee's diet. Bee pollen differs from the pollen on the anther of a flower in that the bee, in order to carry pollen back to the hive, packs the pollen into small pellets by adding a tiny bit of honey so it will stick together.

Bee pollen contains small quantities of a wind-born pollen which act as inoculants, allowing the allergy sufferer to build up a tolerance. And for allergy sufferers, local pollen is often best in order to address the pollen in the area in which you live.

"Physicians often recommend using local pollen or local honey containing bee pollen to deal with pollen allergies," Colton said. "It builds up a tolerance, but we are in no way suggesting that it's a medicine."

There are a number of ways to ingest bee pollen.

"A lot of people don't like the flavor very much, so I recommend putting (the pollen) in smoothies or sprinkle it on a salad," Colton said.

It's not cheap at \$8 per pound. The recommended dosage is about one or two teaspoons a day or less.

But does it work?

"Half of our customers eat the pollen for allergies and about 60 to 70 percent get positive results," Colton said. "It does work for some people and even though it's expensive, it's worth a try."...

