

Welcome to The Propolis People Newsletter

Dear All,

I promised this news letter long time ago, but my mother's death affected me immensely and I am still coming to terms with that. I hope that it will run smoothly now and that you will enjoy it.

I am happy to announce that we have a new staff member from the beginning of April, a pharmacist and her name is Jolly. She loves propolis and we hope to have some new exciting propolis products.

We are also preparing to launch a new product and I will be sending you samples – very soon – as soon as the printers get some time to print the labels:)

The winter is approaching, beekeepers are preparing for their well deserved rest and I am looking forward to going to Upington for our annual meeting.

Until next time,

Bee well and stay well,



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**Propolis
Tissue Oil**
First in SA

**The Propolis People
Newsletter**
April 2006



PREVENT WINTER BLUES

PROTECT YOURSELVES

AND

YOUR CUSTOMERS

WITH THIS LONG-TERM SAFE

Current advertising:
Odyssey April/May edition
Fusions April/May edition



APITHERAPY PRINCIPLES

Since ancient times people have used the nutritive and curative properties of bee products.

The ancient Greeks, Romans, Chinese and Egyptians used honey to heal wounds and cure diseases of the gut (Zumla and Lulat, 1989).

Propolis was used not only to conserve the mummies (ancient Egypt) but also to prevent or treat many diseases.

Holy Bible, Veda and Holy Qu'ran contain many sentences related to the healing properties of bee products.

Hippocrates, Celsus, Galen, Pliny and many others frequently mention bee products, referring to their beneficial effects.

Until recently there was little scientific evidence to support therapeutic use of bee products.

Fortunately, after the Second World War, many countries have understood the huge importance of bee products as high quality nutrients and in relieving human and animal ailments. Thousands of researchers, from all continents, have studied with perseverance the characteristics, composition, pharmacological properties, indications, counter-indications, limits and administration of all known bee hive products.

There is also an increased interest towards natural, "organic" foods and drugs.

As a result, the number of Natural, Alternative Medicine oriented specialists is larger day by day.

Thousands of laboratories and companies are processing, producing or selling . . .

In order to obtain better effects, we consider that each apitherapist should apply in his/her activity certain rules, guidelines or principles.

After a tenacious study of a couple thousand apitherapy related pages, and after a sizeable clinical experience (over 7, 000 patients treated) we found 24 such guidelines.

Here they are:

The diagnostic should be a "**holistic**" one: classical (allopathic) but also energetic (as in Acupuncture), structural (Ayurveda), informational (Homeopathy) etc. Before starting apitherapy, one must "**clean**" the body with different "detoxifying" methods: special diets, fasting, colon cleansing if necessary.

The **fresh, "organic"** bee products have usually better effects than the "industrial" processed ones; over-heat, excessive filtration and refining are detrimental.

Select attentively the bee products according with their **origin, composition** and **pharmacological properties**.

The **quality** and methods of **storage** are most important for good efficiency.

Apply with flexibility the producer's (manufacturer's) recommendations.

*0 Always **test for allergies** before you start the treatment.

*1

Gradually increase the doses of bee products.

Use several "**vehicles**" in order to better reach the affected area: liquids (tea, water, juices);

creams/ointments; inhalations; suppositories, injections etc.

Several methods of administration are better than only one.

The **dose** of each bee product must be established with accuracy according to the age, weight, general/local condition of each patient, time of application etc.

"SIMILLIA SIMILLIBUM CURANTUR": small doses can be used to treat bee product allergies (as in pollen, bee venom, honey allergies).

*0 The **time** of treatments should be in harmony with different (bio)rhythms; these rhythms vary with the patient, the disease, the season, the hour of the day etc.

*1 Apitherapy is not a "panacea" and should be applied in **harmony with other natural healing methods** like **Phytotherapy, Aromotherapy, Acupuncture, Organic diet, Ayurveda** etc.

*2 "**PRIMUM NON NOCERE**"! Do not experiment on your patient! Use only safe methods and high quality products!

It is very important to improve the **blood flow** through other methods like Massage, Acupressure, Gymnastics, Taiji Quan, Qigong, Hatha Yoga etc.

Good sleep and **relaxation** enhances the effect of bee products.

Good environment (clean, ordered, non-polluted) and a "**positive-thinking**" family/friends group are also beneficial.

INDIVIDUALISE your treatment! Each patient is Unique and must receive a Unique treatment!

Because of their composition, **ALL bee products have more or less beneficial effects, on ALL patients**. Apitherapy is not a "blitz" method! **Perseverance** and **patience** is necessary, especially in chronic diseases.

Educate your patients before, during and after treatments; make them true bee lovers and protectors! Each patient must become, in time, his own apitherapist. A good apitherapist must know the bee colony's life in detail; he must be also at least a good "amateur" beekeeper.

Continuous study, good exchange of information with other specialists from several "Apitherapy related countries", regular use of **Internet** can help in finding the best medical strategy for each person.

Stefan STANGACIU, M.D., L.Ac.
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