

Welcome to The Propolis People Newsletter

Dear All,

In 1956, the Brazilian government requested a prominent geneticist Warwick Kerr to establish tropical bees in Brazil in a hope that it would help expand their commercial beekeeping industry. The first settlers to Americas were Europeans who brought with them European bees, mild but not very productive. He imported a few swarms of African bees and quarantined them for research purposes.

Some of them escaped accidentally and started interbreeding with local bees. Their spreading was fast and effective. They were also given a new name – Africanized bee.

Our African bee revolutionized the South American beekeeping. Brazil, Argentina, Peru and Chile are some of the world's biggest honey producers. They are proudly celebrating this year -the 50th Anniversary of the Africanized bee.

Americans call them killer bees.

But are they really killer bees? We live with them. And I dare say -they may be perhaps slightly wild, liberated, independent, reserved and discreet. They are also highly productive and hard-working.

So, shouldn't we also be celebrating our African bees?

Until next time,

Bee well and stay well,

Dana Sumar



The Propolis People

P.O. Box 10261
8315 Beaconsfield
Kimberley
Phone/Fax: 053-833-1834

dana@thepropolispeople.co.za

www.thepropolispeople.co.za



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The Propolis People Newsletter June 2006 Volume 3



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Honey has a beneficial action in wound healing

Study: Honey 'Has a Beneficial Action in Wound Healing'

A Comparison of Wound Healing Following Treatment With Lavandula X Allardii Honey or Essential Oil
[Phytotherapy Research](#), June 28, 2006

The increased interest in complementary therapies has led to the investigation of products traditionally believed to have a beneficial effect in wound healing. Two such products are honey and lavender essential oil. In this study a rat excisional wound model was used to investigate the action of Lavandula x allardii honey and essential oil, and a standard therapeutic honey (Medihoney).

...These data suggest that L. x allardii honey, but not essential oil, has a beneficial action in wound healing.

Apitherapyblog 01.07.2006

Rejuvenate Mind and Body with Pollen and Bee Bread

Nutritional Content of Fresh, Bee-Collected and Stored Pollen of Aloe Greatheadii Var. Davyana (Asphodelaceae)

[Phytochemistry](#), 2006 Jun 27

Aloe greatheadii var. davyana is the most important indigenous South African bee plant. Fresh, bee-collected and stored pollen of this aloe was collected and analysed for its nutritional content, including amino acid and fatty acid composition. Highly significant differences were found between the three types of pollen. Collection and storage by the bees resulted in increased water (13-21% wet weight) and carbohydrate content (35-61% dry weight), with a resultant decrease in crude protein (51-28% dry weight) and lipid content (10-8% dry weight).

Essential amino acids were present in equal or higher amounts than the required minimum levels for honeybee development, with the exception of tryptophan. Fatty acids comprised a higher proportion of total lipid in fresh pollen than in bee-collected and stored pollen. This study is the first to compare the changes that occur in pollen of a single species after collection by honeybees.

Apitherapyblog 01.07.2006

Owner of Nutribalance Sandton health shop Richard Penefoude and a well-known health author

BEE-ING "IN HEALTH "

It clearly sets out in a concise and comprehensive format the range of bee products available and their medicinal uses and recommended dosage guidelines. The descriptions and benefits are systematically set out under various sections according to the type of the product : honeycomb, pollen, propolis, royal jelly and beeswax.

I met Richard years ago when I just started selling propolis and very few people even knew about its properties. Richard did know , he liked the products and actually, Nutribalance Sandton was the first shop to start selling our products.

We share, if I may say, - a same passion- we are both passionate about bees .Richard , perhaps, even more as he wrote a book about bee products (beautiful , inspirational and full of practical advice) where he shares his knowledge and his enthusiasm about bees. I believe that this is the only book of this kind ever published in South Africa. (available on www.apitherapy.co.za)

Once, couple of years ago, we had a good laugh. Richard told me that somebody asked him why he stocks only local propolis products. He replied: Simple -if I ask Dana a question, she knows the answer.

Juliet, his spouse and soul mate shares his passion as well, and is also a well-known health journalist. Juliet loves propolis soap, while Richard educates his customers about the uses of bee bread - which he himself consumes daily.

