

Welcome to the Propolis People Newsletter

Why Essentially Honey

Tasting and smelling

Our taste buds allow us to savour four basic flavours namely, sweet, salty, bitter and sour. It's our nose: the sensory organ of smell - the most primal sense of all that plays a major role in defining our olfactory sensations. I dare say we rely on it for our own survival. One can close one's eyes to the beauty, one can close one's ears to music, but one cannot block one's nose. If one blocks one's nose one cannot breathe - and the breath is the source of life. With breath comes smell: a pleasant one that we treasure or a foul one that warns of danger.

Odour molecules are airborne. Heading straight into tiny receptors at the top of our nasal cavity, they send messages to the brain from where they influence our psychological reaction to the received odour sensation.

Our senses of taste and smell are our chemical senses which help to detect the chemical nature of various substances in our environment.

Honey with Lavender Oil



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Healing and Nutrition with
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Stand C 5

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We are

**Dedicated to supplying only
the best in locally produced
honeybee products to you**



Honey with Aniseed Oil

About flavourings

There are generally three types of flavours: natural, nature-identical and artificial

Natural flavourings

It's distinctive aroma is due to the special chemical substance, Vanillin, first discovered in 1874. When extracted from the vanilla bean it is classified as a 'natural' flavouring substance. Therefore, natural flavours must be obtained from vegetable or animal materials

Nature identical flavourings

The flavour industry has learnt to analyse the molecules that make up a flavour. When the chemical structure of a naturally occurring flavour is copied exactly, one obtains a 'nature identical' flavour.

Artificial flavourings

For instance, Ethylvanillin is a more potent version of the natural or nature-identical Vanillin, three to four times stronger than plain Vanillin. Our modernized senses seem to require more flavour than nature can offer (that is what we are told). As long as this is done in a cost effective manner we seem to be satisfied. Economics is more important than health. This behaviour is the prevalent attitude. Do we know what the long-term effect of this kind of exposure to enhanced and strengthened flavorings is?



Honey with Orange Blossom Oil

Essential oils solution

Essential oils consist of complex aromatic material extracted from the plants in a non-aggressive way without damaging the plant's unique chemistry and its unique life force. The odoriferous molecule is just one component of the plant essence. It is the total synergy of the living plant components that provide all the curative properties. The essential oils are the expressions of the living organisms and the modern viewpoint is that the move from chemical to biological properties is necessary. Re-evaluating the plant's evolutionary role may bring about a heightened interest in essential oils' biological properties. This re-evaluation would exceed their simple chemical identification.

Using essential oils wisely would give an essential flavour and an original aroma. People would also benefit therapeutically, both for healing and prevention.

Apitherapy offers an authentic, palatable and appealing way to consume them. Apitherapy offers raw honey with all its beneficial properties as a carrier for essential oils. The value of both products is intensified through their mutual synergy.

**Read the uncut version on
www.thepopolispeople.co.za**



Honey with Lemon Oil

When buying honey it is advisable to check its source or origin. Consumers are advised to buy local honey and to check whether it is raw or heated. Only raw honey will act therapeutically and benefit the body. Raw honey also shows an antibacterial and antibiotic action and acts as a mild sedative when used with warm drinks.

Lavender oil is primarily known for its calmative and toning action. It also acts as an all embracing internal and pulmonary antiseptic as well as a bactericide, diuretic and hypotensive agent.

Lemon oil is a cooling and refreshing alkalizing agent which helps to rectify mineral deficiencies and activates white blood cells. It also helps against colds and flu. In an international aromatherapy conference held in 2000, a world-renowned author Pierre Franchomme submitted his findings on the effect of citrus oils on tumors. He came to the conclusion that organic lemon oil showed a cytotoxic activity on tumor cells.

Peppermint oil is a powerful digestive antispasmodic tonic that eases digestive problems and gastric spasms, relieves flatulence and acts as an intestinal antiseptic

And a choice is:

It is up to you to make a choice. I have made mine.

Dana Sumar