

## Welcome to the Propolis People Newsletter

Dear All,

I hope you all had a wonderful and enjoyable festive season. It could have lasted a bit longer, though.. :)))

Going back to work is not always the best solution unless one is passionate about their work. For one, I am. I love what I do and it is constantly so challenging, interesting and wonderful, that I tend often to forget when the work finishes and fun starts.

This year we will be launching apitherapy posters for different apitherapy products. They are beautiful and informative, can be printed and put on a wall to remind us of all the goodness that honeybees so selflessly bestow on us. This month we are giving you our first poster – about honey and all its sweet medicinal benefits. You can find it also in Renaissance and Vibrations magazine.

The annual bee conference and expo (BEECON) will be held in Gauteng in June this year and I was invited to give a presentation on apitherapy. Everybody is welcome and beekeepers from all over South Africa will be exhibiting their products. More information will be provided closer to the date.

Until next time,

Bee-well and stay well,

Dana

## The Propolis People



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We sell



Northern Cape  
Honey

We are  
dedicated to supplying only the best  
in locally produced honeybee



BEE HAPPY  
[www.allposters.com](http://www.allposters.com)

## The Propolis People Newsletter Volume 8 January 2007



New product!  
Try now!



MEDOPOL

Medopol is a delicious mixture of raw honey with fresh pollen providing energizing, rejuvenating and refreshing action in the body. This apitherapy product is specially recommended for anemia, convalescence and stress-induced fatigue

*Sola apis mel  
conficit.*  
~ Only a bee makes  
honey

# Honey is good for you

[www.thepropolispeople.co.za](http://www.thepropolispeople.co.za)



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## Anti-bacterial & Antibiotic action of Honey

- ~ Honey has a broad-spectrum antibacterial property due to presence of hydrogen peroxide.
- ~ Honey reduces bacteria in the mouth
- ~ Honey inhibits the growth of Helicobacter pylory, bacteria that causes peptic ulcers

## Wound Healing Activity of Honey

- ~ Research in France, Italy and Cuba showed that honey provides excellent disinfecting properties when used on burns and wounds.



**Recommended Daily Dosage:**  
**30 - 40 grams**  
**(app. 1 tbsp)**

Use only raw, South African, non-irradiated honey

## New Development: Essentially Honey



**Raw honey  
enriched  
with  
organic  
essential  
oils**

Our honey comes from the vast unpolluted region of the Northern Cape



## Nutritional Benefits of Honey

- ~ Honey is an energy giving food recommended for sportsmen.
- ~ Honey improves assimilation of calcium and magnesium.
- ~ Honey enhances the growth of Bifidus and Lactobacillus bacteria, thus enabling better digestion.

**TIP: Add honey to milk to boost Bifidus growth.**

## Anti-Oxidant Properties of Honey

- ~ Honey's anti-oxidant activity is mainly due to polyphenols - regular use could prevent cardiovascular and ageing problems.