

Welcome to the Propolis People Newsletter

We sell only
Northern Cape
Raw honey
sourced out only
from approved
suppliers who
maintain good
manufacturing
practices



The Propolis People



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Our daily bee bread



Bringing you news about Healing
and Nutrition with honeybee
products



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

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Fermented pollen

BEE BREAD!



BEE BREAD

Through fermentation microorganisms “predigest” certain foods, and break down carbohydrates, fats and protein, creating “probiotics” which contain friendly bacteria that give strength to the body, support the digestive tract and effectively increase nutrient absorption. Research has shown that lacto fermentation can inhibit the growth of pathogenic bacteria. Fermented foods are also enzyme- rich foods.

Lactic acid is one of the best natural preservatives found in such fabulous foods as sauerkraut, yoghurt and one of the most wonderful gifts from the beehive - beebread.

Bees knew about lactic acid fermentation millions of years ago. As their digestive system cannot digest fresh pollen food, they store it in the beehive’s honeycombs; add honey to this and various enzymes enabling fresh pollen to ferment. This type of lactic acid fermentation is similar to the one in yoghurt.

Through this process beebread becomes the only protein food bees can use. This is basic to their very survival. No bee breed –no brood and no royal jelly.

Beebread has the same nutritional value as fresh pollen with just one distinctive difference. It is one of the richest natural foods containing selenium, and BEING PREDIGESTED IS IMMEDIATELY AVAILABLE TO THE BODY.

Beebread has a distinctive palatable sweet and sour taste, with a PH of between 3.6 -3.8. It is best left to melt in the mouth for absorption by the mouth flora.

It is recognized by its antiseptic properties against many pathogenic organisms.

Bee bread is recommended for insomnia, virility, agility, coronary insufficiency, allergies, flu, loss of libido and many other ailments. It has been found to be very helpful for memory disorders .Due to its invigorating properties it is recommended to be taken first thing in the morning. Bee bread is also recognized as a powerful preventative food against prostate problems.

In Eastern Europe it is recommended that all people over forty take a daily dose.

Bee bread does not lose its potency with longer storage. While some people may be allergic to pollen, there are no known adverse reactions to bee bread.

There has been no extensive marketing of bee bread as the product is very scarce and is extremely difficult for producers to maintain a regular supply.

Baby Honey bottles – Ideal healthy gift

