

## **Synergy, Bees and Flower Power**

Synergy entails the interaction of two or more agents or forces in such a manner that their combined effect is greater than the sum of their individual effects, and what a more enchanting and fragrant synergy there is but of bees and flowers?

While there cannot be a doubt that bee products (pollen, propolis, honey, royal jelly) have been tested by mankind for centuries and proven its worth manifold to humanity, the “relatively “ recently re-discovered aromatherapy with its uses of essential oils as the purest form of the plant (containing all the major active principles of the plant) offers a new and exciting opportunity for the development of non – aggressive, nature friendly and most importantly prophylactic apipharmacopoeia. Bees and flowers? Can we imagine bees without flowers or can we afford to forget that bees are the most valued pollinators of the plant kingdom, without which most of our plants would rapidly disappear.

It is due to the outstanding efforts of the few of the world's greatest apitherapists that we are finding out about endless possibilities that these powerful natural remedies can offer in synergy with honey and other bee products. The synergy enhances the therapeutical efficacy of honey (absolutely only RAW honey) itself and of the essences. The aromatic molecule in raw honey becomes a powerful healing agent while still teasing out taste buds. It cannot be stressed enough the importance of these products towards prevention of illness and maintenance of one's good health and also of their curative powers.

The composition and formulation of aromatic honeys has to be carefully balanced based on chemical structure and polarity of essential oils used, while, of course, the best quality of essential oils is of absolute requirement.

We can certainly hope that that we are going to have many of these products in South Africa in near future and that the awareness of the importance of these kinds of products will grow.

Let me finish with the old saying that it is better to look after ones' health than one's illness.