



Bee Foods

Although humans have been eating bee derived food products for thousands of years we often do not think about them as health foods. Luckily modern science is reaffirming what our ancestors knew all along, that bee products are good for you.

Three bee foods of particular interest are propolis, royal jelly and honey.

Propolis: This is a substance bees create, made up of around 300 compounds, to seal their hives from the outside weather. Bees also benefit from its antiviral, antibacterial and antifungal properties. Propolis fights bacteria by both preventing its reproduction as well as breaking down bacterial membranes.

Royal Jelly: This food is exclusively for queen bees. In studies on people royal jelly has been found to reduce high levels of total cholesterol and normalize high-density lipoprotein (HDL) and low-density lipoprotein (LDL).



Honey: More than just a natural sweetener, honey contains over 181 different compounds. Four of these compounds: naringenin, pinocembrin, p-hydroxybenzoic acid and chrysin possess strong antioxidant and anti-germ properties (Challem, 2011).

If you are looking for something new to try, consider adding some of the above to your diet, your body may thank you.



Sources:

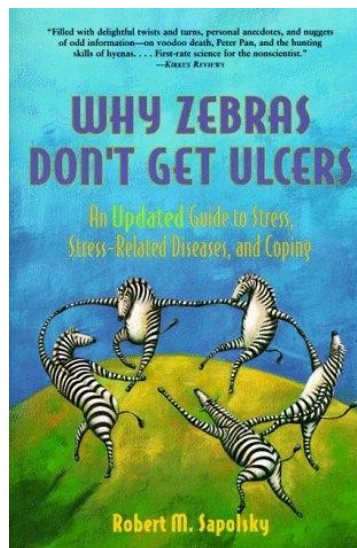
Challem, Jack (2011). Bee Foods: Propolis, royal jelly and honey offer a swarm of benefits. Better Nutrition. Nov. 2011 Vol. 73 No. 11 p. 20-21.

Healthy Transformations Book of the Month:

Why Zebras Don't Get Ulcers
By Robert Sapolsky

"This is a favorite of mine that I am reading again. It is a great look into what STRESS is doing to your body!"

-Kim Thompson of Healthy Transformations



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