



# BEE POLLEN

## 蜜蜂花粉



Flowering plants make pollen as their primary way to reproduce. When bees are looking for nectar to make honey, they collect pollen and make them into balls, then carry them back to hives and store them in the honeycomb as food for the bee colony.

Bee pollen is a mixture of flower pollen, nectar, enzymes, honey, wax, and bee secretions. It is very nutritious and contains over 250 substances, including vitamins, amino acids, essential fatty acids, enzymes, micronutrients and antioxidants. You can add them to food like yoghurt, oatmeal and smoothies or you can eat it on its own.

Bee pollen has been linked to many impressive health benefits. It has antifungal, antimicrobial, antiviral, anti-inflammatory, hepatoprotective, and anticancer immune-stimulating properties, and can also be used as a local analgesic. Its free radical scavenging potential has also been reported. In fact, the German Federal Ministry of Health recognizes bee pollen as a medicine.

### Health benefits of bee pollen:

- Improves nutrient utilization, metabolism and longevity.
- Increases energy level but low in calories.
- Provides extra immunity support against infections and diseases.
- Proven to have antibacterial properties. It was found that bee pollen kills potentially harmful bacteria such as E. coli, Salmonella, Pseudomonas aeruginosa, as well as those that cause staph infections.
- Demonstrates antimicrobial properties; helps prevent infections, thus improving the rate of healing from scrapes, cuts, abrasions and burns.
- Rich in antioxidants, including flavonoids, carotenoids, glutathione, and quercetin—all known to protect our body from cell damage linked with chronic inflammatory diseases, cognitive decline, liver diseases, and combats the growth and spread of tumours.
- Eases symptoms of menopause such as hot flushes, night sweats, mood changes and sleep disturbances. Studies have found that more than 60% of women felt that their menopausal symptoms improved after consuming bee pollen.
- Lowers LDL cholesterol levels, a leading risk factor for heart disease. Studies show this effect occurs even in patients who do not respond to common cholesterol-lowering drugs and in those with active heart disease.
- Its unsaturated fatty acid content also helps prevent harmful blood clots, improving blood flow around the body and reducing heart disease and stroke risks.
- Boosts blood circulation to the brain, thus strengthening nervous system functions when one is stressed, overworked, or depressed. When bee pollen is taken alongside antidepressants, scientists find that patients can lower their doses and improve their condition in less time. It is also used to help recovering alcoholics alleviate symptoms.

开花植物以花粉为主要繁殖方式。当蜜蜂寻找花蜜来制造蜂蜜时，它们也收集花粉，把它们做成球，然后把它们带回蜂巢，储存在蜂巢里，作为蜂群的食物。

蜜蜂花粉是花粉、花蜜、酶、蜂蜜、蜂蜡和蜜蜂分泌物的混合物。它营养丰富，含有250多种物质，包括维生素、氨基酸、必需脂肪酸、酶、微量营养素和抗氧化剂。您可以把蜜蜂花粉加到酸乳酪、燕麦片和冰沙等食物中，也可以单独食用。

蜜蜂花粉有很多显著的健康益处。它具有抗真菌、抗菌、抗病毒、抗炎和保肝作用，带抗癌免疫刺激特性，又可用作局部镇痛药，也有关于其清除自由基能力的报道。事实上，德国联邦卫生部将蜂花粉视为一种药物。

### 蜜蜂花粉的健康益处:

- 提高营养利用率，促进新陈代谢，延年益寿。
- 提高能量水平，但低卡路里。
- 提供额外的免疫支持，对抗感染和疾病。
- 已证明具有抗菌性能。研究发现，蜜蜂花粉可以杀死潜在的有害细菌，如大肠杆菌、沙门氏菌、铜绿假单胞菌，以及那些导致葡萄球菌感染的细菌。
- 表现了抗菌性：有助于预防感染，从而提高刮伤、割伤、擦伤和烧伤的愈合速度。
- 富含抗氧化剂，包括类黄酮、类胡萝卜素、谷胱甘肽和槲皮素，能保护我们的身体免受细胞损伤。细胞损伤与慢性炎症疾病、认知能力下降、肝病有关。蜜蜂花粉还能抑制肿瘤的生长和扩散。
- 缓解更年期症状，如潮热、盗汗、情绪变化和睡眠障碍。研究发现，超过60%的女性在食用蜜蜂花粉后，绝经期症状有所改善。
- 低密度脂蛋白是心脏的一个主要危险因素。蜜蜂花粉可以帮助降低低密度脂蛋白胆固醇水平。研究表明，这一效应甚至对普通降胆固醇药物没有反应的患者和那些患有活动性心脏病的患者身上也有体现。
- 所含的不饱和脂肪酸还有助于防止有害的血凝块，改善体内血液流动，降低心脏病和中风的风险。
- 促进血液循环到大脑，从而加强神经系统的功能，特别是当一个人压力大，过度劳累或抑郁的时候。科学家发现，当蜜蜂花粉和抗抑郁药一起服用时，患者可以降低剂量，并在更短的时间内改善病情。它还可以帮助戒酒者缓解症状。

