

Propolis

Propolis is a resin collected by the honey bee from trees and plants. It is taken back to the hive where it is worked on and wax is added. Propolis is used in the hive for a variety of defensive and protective purposes



Propolis has antibacterial, anti-inflammatory and antifungal properties. It has been used as a medicine by man for thousands of years. The largest single ingredient of Propolis (just over half) is resin collected from plants and trees (particularly the poplar tree). The other half is made up of wax (30%), essential oils (10%) and pollen (5%).



You also find, in Propolis, a wide variety of additional elements including organic and amino acids, vitamins, minerals and most importantly bioflavonoids, now believed to be an active ingredient in the healing process.

All of these ingredients are worked on and mixed with the bees own salivary secretions to produce what has been called Bee Glue, that is, Propolis.



Propolis is a sticky filler substance, which the bees use to seal up the hive, protecting it from the outside environment. The bees also coat the entire inside surface of the hive with Propolis, polishing it to create one of the most sterile environments known to nature.

As well as producing a purely functional role in sealing and reinforcing the hive, Propolis also performs the role of immune system for the hive, acting as a combined antibiotic, antiviral and antifungal substance.



The word PROPOLIS is reputed to have been coined by Aristotle, from the Greek words pro (before) and polis (city), meaning, Before The City, or Defender Of The City.

Healing Properties of Propolis

- For 5000 years propolis has been used as a medicine and antiseptic for healing wounds. The Greeks used Propolis for abscesses.
- Sub-Saharan Africans still use Propolis in herbal medicines.
- Propolis is the most nutrient rich of all bee products.
- Propolis is a natural preservative - the Egyptians used it in mummification. Bees use it to embalm intruders after killing them and seal the hive to maintain a steady temperature. In the hive. It acts as mild preservative due to its antioxidant and antimicrobial activities.
- It has strong anti-microbial and anti-fungal properties which make it nature's own antiseptic. It can kill a wide range of fungal, bacteria and viruses so helps in the treatment of wounds and scars.
- It is a natural source of flavonoids, trace elements and minerals which prevent cell damage and has excellent anti-oxidant properties.
- Propolis is used in the treatment of many conditions including anaemia, dental care, eczema, burn wounds, ulcers, immune system support, and psoriasis. It is also thought to have anti-inflammatory properties.
- As with other honey and bee products, propolis can cause an allergic reaction in some people - and it could be serious. So, if you are concerned about this, seek the advice of your physician before you take or use propolis. May cause staining of teeth.

