

POLLEN - NEW PERSPECTIVE SUBSTANCE OF NATURAL ORIGIN

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Pollen most comprehensive - a natural product that has no analogues in the world by the number and variety of biologically active substances. Pollen contains approximately 240 of biologically active substances that are necessary for normal functioning of the human organism. This number can vary, depending on the variety of plants on bee pastures, and can reach 300. Diversity of pollen because the bees fly around different flowers on the spacious grounds from early spring to late fall, and collect them with pollen, which concentrates a large number of biologically active substances. Each plant its medicinal properties.

For example, medicinal herbs for teas, as is known, it is recommended to collect during their flowering as biologically active substances are concentrated most of all it is in the flowering period. To describe the structure of pollen, or, as they call it - the life of the formula, it is easier to use the word "all", "exclusion". Pollen contains all 28 amino acids, including 9 essential that the human body is not able to work independently.

All the vitamins, except B12 (found in meat). It carotene is 20 times greater than carrots. Vitamins are not synthesized artificially, such as those that frequently sold in pharmacies, or those that are added, e.g., in the juice, yogurt, chewing gum, etc. These are vitamins and substances created by nature itself, which the body can be fully used. For example, 40 grams of bee bread is necessary for an adult daily requirement of amino acids. Protein is several times larger than, say, meat, fish or milk. And most importantly - the amino acids that make up proteins, balanced with each other. They are balanced with other components, but in proteins of animal origin does not. Therefore, in comparison with meat, the body will not be clogged decay products, poisons, toxins, toxins, will not be disturbed metabolism. In bee bread are abundant unsaturated fatty acids Omega - 3 (linolenic acid) and Omega - 6 (linoleic acid) in a 3:1 ratio, that is so necessary

for normal functioning of nerve cells, because pollen is the outer shell composition resembles cellulose and protect it from adverse environmental impact, the enzymes of the human body can not split it, and the benefits of pollen limited.

According to research by scientists, this number ranges from 20 - 40 %. People who are prone to allergies, you should be careful. Quite different is the case with bee bread. Placing and compacting pollen combs, bees treated her floral nectar and their salivating. As a result, under the influence of enzymes, bacteria and yeasts, the number of lactic acid. Occurs canning, and the outer shell pollen prolamlivaetsya that gives access to the human body valuable substances of more than 90 %. Use of pollen does not cause allergies. List of diseases that treats pollen very very long, so the best option - consult your doctor - apitherapist.

Healthy individuals may use bee bread prevention, one teaspoon two times a day to enhance immunity to improve vision, memory, ability to concentrate, before or after a meal. Bee larvae fed royal jelly, which is a raw material for pollen, and in just 3 days the larvae gain weight in 1500. In the animal world analogues such rapid growth is not.

Continuously using foodstuffs grown using intensive technology with preservatives, dyes and flavoring agents leads to their deposition in the human body, and undermine the immune system, as well as affect the action of enzymes. Scientific studies have shown that regular consumption of fruits and vegetables grown using intensive technologies will not be able to optimize the amount of vitamins and minerals in the human body.

Pollen in this situation - one of the most effective means. Incidentally, one of the not expensive compared with artificially synthesized chemicals. Ambrosia may be the most complete food supplement, because there is all that is necessary for life. Used separately from food. Do not need to drink water. You must try to chew as carefully as possible to maximize intermingled with saliva. Adult, healthy person to prevent recommended to use two teaspoons per day. That is, 10 g per day.