



Herbs For Healing Newsletter



Propolis: worth its weight in gold

Propolis is a very special bee product. Many beekeepers find propolis a nuisance. However healthwise, it is worth its weight in gold.

Bees use the sticky substance like we use polyfiller to fill in gaps in the hive and to fix the honeycombs onto the frame. It makes the beekeeper's work more difficult, but protects the bees from rain, wind and cold temperatures.



Bees also use propolis to protect themselves from invading creatures. Before the Queen bee lays her eggs, worker bees will line her nest with propolis to free it from micro-organisms, an example of preventative hygiene.

Like honey and pollen, propolis is safe for humans of all ages to ingest. It is a very powerful anti-microbial substance. It has been used for over 2000 years by many cultures to successfully heal acute and festering wounds and burns.

Propolis is a powerful immune booster

Taken internally it acts as an immune boosting remedy and also like an antibiotic.

It inhibits many bacteria from multiplying and also sometimes destroys them actively. However propolis does not destroy the gut bacteria like many pharmaceutical antibiotics do.

Wherever there are honey bees, there will be propolis. No one batch of propolis is identical to another batch because individual bees collect the resin from a variety of plants. Its core substance however is very similar.



A powerful antibiotic

Bacteria can develop resistance to many pharmaceutical antibiotics and do so increasingly, which can cause severe problems like MRSA infections.

Bacteria are unable to develop resistance to propolis because it is a very complex substance containing hundreds of chemical compounds which constantly vary in their natural composition.

This is the strength of propolis as a powerful natural antibiotic.

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To prevent is always better than to cure

On the immune level, propolis strengthens the immune system which fights the virus more effectively.

Propolis salve can be applied to cold sores or to genital herpes infections to speed up the healing process. Propolis tincture taken internally can prevent a viral infection. To prevent is always better than to cure.

Propolis and Viral infections

Research is showing that propolis prevents the DNA replication of many influenza and herpes viruses.

People who take propolis regularly are thus better protected from many kinds of viral infections.

Propolis mixed with honey & Manuka

Powdered propolis in raw honey is a highly effective, safe and well-researched natural remedy for healing cuts and abrasions, bed sores and leg ulcers, also burns and infected wounds.

It has similar properties to manuka honey.

What is propolis good for?

It helps to heal infections in the respiratory tract like sinusitis and bronchitis, infections in the urinary tract like cystitis, and also fungal infections like athlete's foot.

In Germany propolis is licensed for treating many conditions in the mouth and throat, e.g. tonsillitis, sore throat, gingivitis and bleeding gums.

Beekeeping methods

A bee colony produces between 50g to 150g of raw propolis a year. This is a small and very precious amount. Taking away honey, pollen and propolis from a bee hive must be done with respect and grateful thanks.

Bee colonies are in decline due to many factors such as the use of pesticides and monoculture, to name a few reasons. Conventional beekeeping methods can be detrimental to bees just like conventional agriculture can be detrimental to nature.



There are different ways of beekeeping, such as ones based on seeking to understand the nature of bees and their way of living. For further information please look up www.naturalbeekeepingtrust.org.

Amazingly, bees produce a little more honey and propolis than they need. These products are of superior quality when they are harvested from a beehive which has been kept the biodynamic way.

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