

Boost Energy Naturally With Bee Pollen

There are many concerns today over products that claim to produce energy. Many drinks, pills and powders claim to create natural energy. In reality, they are filled with chemical such as caffeine or even the controversial stimulant known as ephedrine.

It is a relief when you find an answer to the lack of energy that is completely natural and without synthetic interference or additives. Bee pollen may be one of the most beneficial health additives known to mankind. The best quality is its lack of artificial stimulants to cause such health concerns.

Bee pollen starts with the dust-sized material transported from blossom to blossom by honeybees through pollination. Bees have natural enzymes in their bodies that mix with the pollen to create what is known as, "bee pollen." This substance is collected with no harm to the bee and no disturbance to the "hive." To harvest pollen, collectors are placed at the entrances to the hives. When bees enter their hives, particles of bee pollen naturally fall from their bodies. A special device is placed beneath the entrance to catch this loose pollen.

This substance has been touted as being a great "discovery," that has actually been in existence for millennia. Ancient civilizations around the world depended on honey, and its derivatives, not only for its sweetening agents but also for health and healing. The Ancient Egyptian civilization documented using honey even as an ointment for wounds to prevent infection.

There are also reports that the Ancient Chinese civilization used bee pollen for everything from rejuvenation to cleansing of the body.

The antioxidant ingredients in bee pollen include beta carotene, lycopene and many more. Lycopene has recently gained much popularity for its aggressiveness against "free radicals," or the substances in the body that can cause certain forms of cancer.

Bee pollen has been a substance involved in countless studies since the 1970s. Athletes have attributed their energy and stamina to the consumption of bee pollen. The substance has even been reported to help with weight loss and improve memory skills.

Bee pollen is known to aide in the supply and distribution of carbohydrates in the body. Its many health benefits include fatty acids and a range of vitamins. Reports and studies both indicate that bee pollen can supply Vitamin A, B-1, C, D and E. Some consumers have also reported the substance to have anti-aging properties.

Bee pollen should be taken with care for people with plant allergies. But there are individuals who have actually reported a decline in their allergy problems after starting a regimen that included bee pollen.

While a great supplement for health in many individuals, this substance can cause an allergic reaction in those who have such allergies. Talk with your health care professional if you have concerns of allergies. Also, ensure your pollen comes from a source that is outside of a major metropolitan area, or protectively grown if inside an urban area. This prevents any concerns of pollution. Bee Pollen is available at your local health food store.

About the Author

More information on Natural [Bee Pollen](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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