

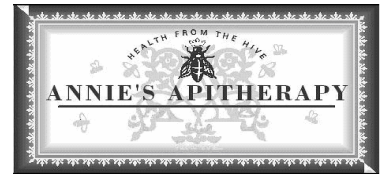


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HEALTH FROM THE HIVE
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Get ready for Cold and Flu season with tips from the Queen Bee

By Erika Van Alten

The sound of a cough from a cold is a rare memory from my childhood however I do recall the sweet taste of honey and the morning rituals of eating bee-pollen.

My mother, Annie, the Queen Bee and Dr. Mom was quick to quell the onset of cold and flu viruses with the application of therapeutic bee products in our family 'Hive'. We used honey to ease many illnesses but also other products that the bees work hard to collect such as Bee Propolis, Beeswax, Royal Jelly and Bee Pollen. These products have been applied to prevent and heal disease and maintain health for thousands of years. The application of these hive products are known as Apitherapy. My expertise comes from 27 years of my own experience and reading. As well as listening to the people who come to our small shop over and over again for these simple and natural home-remedies, often they will relate their success stories in using *beehive products for their better health*.

Ease Dry & Sore Throats with Honey

- Pure Honey Comb
- Buckwheat Honey
- Honey Sticks

Honey, nature's sweetener. Sweet & Sticky are words we associate with honey but how about *Soothing & Healing*. Unpasteurized and local honey can be given to your child to sooth their throats from dry coughs. Here are three great & fun ways for kids & adults to take honey for sore throats.

First, honey comb, the most pure honey there is as it is still in the comb. The wax that holds in the honey is like chewing gum, chewing the honey out of the wax allows the honey to slowly trickle down the back of your throat; the wax can get chewed up like gum and discarded. Rest assured when it comes to feeding your child honey because it contains the good sugars that balance each other out when they

arrive in the liver, as well as other vitamins and enzymes. Depending on the floral source of the nectar it also contains a varying amount of anti-oxidants, especially so in the case of Buckwheat honey.

Buckwheat is a dark honey, almost black and packed with many anti-oxidants. It has a strong flavour similar to that of molasses. And like you would have done with a cough syrup but replaced with superior buckwheat honey, take a heaping tablespoon and swallow. In an article written in 'the Archives of Pediatric and Adolescent medicine, Dec. 2007' it said: "In a comparison of buckwheat honey, DM [dextromethorphan], and no treatment, parents rated the honey treatment for their child's nocturnal cough and sleep difficulty due to upper respiratory tract infection."

My third recommendation is for that time when your child is well enough to go back to school but still has a scratch at the back of the throat. Why not pack him/her with convenient honey sticks; which I might add are a great alternative to sugary treats anytime. The 5g stick opens easily and packs nicely.

In addition to honey you may want to consider blending in bee propolis with honey or taking bee propolis on its own. Propolis is a resin secreted by trees that bees collect and used to pack into cracks in the hive, fill gaps, acts to defend against disease in the hive and to or embalm intruders too large to remove. Propolis has many immune giving properties and so act as a

Fever, Flu, Cold, or Bronchial infection

Natural Anti-biotic: Propolis

- Propolis Throat Spray
- Propolis Tincture
- Raw Propolis Chunks
- Propolis Capsules

natural *anti-biotic, anti-viral, anti-fungal, and anti-bacterial*. Propolis can be used by the whole family both treating an illness as well as a prevention method when sickness is present in the home or if the kids at school are getting sick.

When using propolis as prevention gentle use is recommended, which can be assessed by you, Dr. Mom, on how many drops or capsules, when and how often. If sick has arrived then the use of propolis should be applied more aggressively. If for example you were taking 15 tincture drops (= 1000mg. [1 dosage]) once for daily prevention; then for treating your illness take a similar dosage but do that 3-4 times a day. Propolis helps to get rid of illness by pushing sick out of your system which some other quick fixes are not doing as they generally mask symptoms. You should continue to take propolis three days after your last symptom as a chaser and a farewell message to say ‘... and stay away!’ Propolis is effective because of the active flavonoids, bioflavonoids, amino acids, vitamins and minerals and other compounds that when present altogether work perfectly to create a multi-purpose supplement.

Head Cold and Ear Ache

Non-Invasive method to remove excess wax and relieve congestion

100% Beeswax Cone Candles

A head cold may also find relief with a soothing session of ear cone-candling. Cone Candles made with 100% pure beeswax is a non-invasive method to remove excess wax from the ear and relieve congestion from sinuses and entire respiratory system. Ear Cone-Candling is yet another amazing home-remedy using the beeswax from the hive.

Sickness comes to us for many different reasons, one of those being stress which puts our systems out of balance. Early symptoms of stress colds and other stress related imbalances are very personally identified because as adults we know our own bodies the best; we can recognize feelings of our low-resistance. This may be indicated by a change in our mood, appetite, sleep patterns or daily energy, for these symptoms you may want to consider using Royal Jelly. Royal jelly is a white and sticky gel-substance secreted by nurse bees to feed young honey bee larvae, but more importantly to feed the Queen Bee who consequently can live 3-5yrs and grows 2x larger than the female worker-

honey bee. Royal Jelly is ‘considered the most precious gift of the hive, royal jelly is incomparable in its ability to enhance both physical and mental performance’, and is a great source of the vitamin B-complex. Using Royal Jelly may improve your energy and stamina, balance your mood swings, ease menopause, feed your mind during sleep and rejuvenate

your body and soul, and can be used at all ages.

Consider

Royal Jelly for the Stress Cold

- Fresh Royal Jelly
- 3x Concentrate Royal Jelly
- Royal Jelly 100mg Capsules

using Royal Jelly in treating anxiety or stress that may be leading to low energy, depression, or sleep deficiency etc. Royal Jelly is available fresh raw, dried (lyophilized) or in capsules.

Often we think about taking something once we get sick. Bee Pollen, nature’s most complete food, is a perfect dietary supplement you may want to consider. Because Bee Pollen is the essence of a blossom that may become a fruit, vegetable, legume or a flower, it contains many of the vitamins, minerals and enzymes our body needs and can be used daily as a multi-vitamin. Bee Pollen fills the gaps left behind by processed food, over cooking vegetables or not eating the right nutritious foods. When taken daily, building up to a tablespoon (one dosage) and up 3 tbsp it will boost your immune system and give you energy. Bee Pollen is also helpful for those suffering from allergies, when used regularly throughout the year it will help build up resistance to the seasonal pollens, as the body learns to resist their negative effects.

Immune Booster and Energizer

Bee Pollen

Try a tbsp in a smoothie or all on its own

The honeybees offers a complete range of natural food, that can be used therapeutically as dietary-supplements that we simply consume straight from the beehive, as mother-nature intended. Please visit us at 300 Carlisle Rd, Carlisle or online at: www.anniesapitherapy.com & www.dutchmansgold.com

Further Reading and bibliography:

Bee Pollen, Royal Jelly, Propolis and Honey. By Rita Elkin MH

Health and Healing with Bee Products. By C. Leigh Broadhurst PhD