

The Health Benefits of Bee Propolis

In order to see the health benefits of propolis, we dig scientific journals. Let's see how modern medical science conforms with ancient folk wisdom.

Improving Immune System

Professor S. Scheller, the head of a team of four doctors at the Institute for Microbiology at the Medical Academy in Poland found that propolis is able to stimulate the immune system.

It stimulates the formation of antibodies to build body resistance to many diseases. It also helps the body in releasing substance against cellular deterioration.

He also concluded that other propolis health benefits may include improved physical, intellectual and sexual performance and makes injured tissue heal faster.

The study also concluded that propolis is non toxic.

Treat Burns

Another benefit of propolis is in treating second degree burns. Research showed that propolis cream gave about the same result as normally prescribed cream.

However, propolis cream reduce patient's inflammation and helped the skin heal faster.

Various studies have confirmed that propolis stimulates enzyme systems, cell metabolism, circulation, collagen formation and improved healing of burn wounds.

It is believe to be a result of a substance called arginine.

Increase Fertility

One isolated study had tested the [benefit of propolis on women with infertility](#) and endometriosis. The study indicated that consumption of 500mg of propolis twice daily resulted in pregnancy rate of 60% as opposed to 20% for women not given propolis.

It is still unclear how propolis would give this effect.

Potential Cancer Drug

A report published in the Cancer Research (*Sep 15,93;53 1482-88*) stated that caffeic acids in propolis might help prevent colon cancer. The article described how these caffeic acids were able to prevent the formation of pre cancerous tissues in rats after the animal were exposed to cancer causing chemicals.

Another study done in 1990 reported that propolis chemicals could act against ovary cancer in hamster and sarcoma-type tumors in mice.

Read some studies done on propolis and it's ability to fight cancer here.

Bowel Problems

Propolis can also help patients suffering from inflammatory bowel problems like Chron's disease and ulceration colitis.

In June 2001, Dr. Ralph Golan reported how ulceration colitis responded well to propolis therapy. This was reported in his article published in Townsend Letters For Doctors.

Dental care

One useful application of bee propolis is in dental care. Propolis mouthwash used after an oral surgery appears to shorten the healing time. A study done in 1991 showed that rats given propolis in their drinking water got less caries compared to other rats.

Another study done in 1986 proposed propolis as a valuable subsidiary treatment for gum infection and plague.

It is also used in dental surgery as natural and safe disinfectant.

Latest study on the use of Brazilian Propolis on periodontitis treatment

Protecting Liver

Two studies done in 1986 and 1987 showed that propolis may help in protecting our liver. In these studies, propolis was effective in protecting the liver against alcohol and tetrachloride.

Improve Antibiotic Effectiveness

Australian scientists, E.L Ghisalberty of the Department of Organic Chemistry at the University of Western Australia showed that propolis increases the effectiveness of penicillin or other antibiotics from 10 to 100 folds.

This may help reduces the number of side effects associated with antibiotics and lower the over dependency on antibiotics by doctors.

Veterinary Applications

Propolis offers some benefits to breeders by improving weight gain and reduce diarrhea in their animals.

A study done in 1987 showed that 5 ml of propolis solution given to milk-fed calves can help achieve the above results.

Studies done to rabbits have also showed that propolis could help treat coccidiosis and eimeria. It is also beneficial at treating mastitis.

Other medical benefits of propolis

Studies done in rats and mice had shown that concentrated propolis given to the rodents reduced their blood pressure, produces sedative effect as well as protects the liver and stomach against tetrachloride and ulcers.

All these were achieved without any side effects.

Compiled By:

Dr Francis Low PhD (Alternative Medicine) Nutritionist,

Shangri-La Natural Therapy Centre,

Medi Ozone Centre,

016-6682000, 016-6116433

www.ozonewellnesscentre.com