

The Health Benefits of Royal Jelly

For decades Royal Jelly has been widely used as an addition to man's diet acting as a natural 'health supplement'. Royal Jelly is an entirely natural substance that is created by bees that is packed full of nutritional bounty...



Health benefits of Royal Jelly

People who intake Royal Jelly commonly express the opinion that it helps slow down the ageing process, improves a person's vitality and energy levels, improves the condition of the skin and improves the strength and condition of the hair and nails. It has also been used for helping control cholesterol levels and to improve sexual vitality.

The range of nutritional content in Royal Jelly is impressive. It includes Vitamins: A, C, D, E, B1, B2, B3, B6 and B12. It is also a good source of Folic acid.

It is around 12% protein and has all 8 of the essential amino acids that the body cannot manufacture, but needs to be supplied with. These amino acids are essential for growth and repair of our cells and tissues and are thought to be of great importance in helping combat 'free radicals' in the body.

It also has a good balance of lipids and carbohydrates as well as aspartic acid which is used in growth and repair of cells and tissues.

Royal Jelly also has antibacterial and antimicrobial properties.



Description



Royal jelly, which is sometimes called bee's milk, is a thick creamy liquid secreted by special glands in young worker bees who serve as "nurses" to the hive.

All bee larvae are fed a small amount of royal jelly mixed with honey for the first three days of their lives. Starting on day four, however, most of the bees are weaned from this diet and develop into worker bees. But one bee, hatched from an egg identical to the rest, is fed exclusively on royal jelly.

That bee becomes the queen. She will grow, on average, 40% larger than her fellow bees, perhaps 50% heavier, and live up to 40 or 50 times as long. And all the while, she will be producing enormous numbers of eggs, equal to more than twice her own body weight, every single day.

This phenomenon has led numerous researchers and practitioners to explore both the chemical composition and the potential therapeutic uses of royal jelly, particularly over the last several decades. Among other things, the complex substance has been found to be rich in [amino acids](#) (including the eight essential to human life), [essential fatty acids](#), vitamins, minerals, [RNA](#), DNA, and many other elements of clinically proven usefulness. Other compounds in royal jelly have yet to be identified.

General Use

Proponents of [apitherapy](#) (which also includes the use of other hive products, such as [bee pollen](#), propolis, and bee venom) make many claims for the virtues of royal jelly. Among other things, it is said to increase appetite and general vigor; retard [aging](#); boost longevity; accelerate healing; strengthen the immune system; and exhibit antibiotic and antiviral properties. Specific claims for royal jelly have been made in connection with [Parkinson's disease](#) and other nervous disorders; arthritis; and reproductive and sexual functioning.



Clinical studies over the last several decades have reported evidence supporting some of these claims, including shrinking tumors in mice, reducing [cholesterol](#) levels in humans, fighting [microbial](#) and viral [infections](#), and reducing the trembling associated with [Parkinson's](#) disease. These accounts are case reports only, however, and not the results of controlled clinical trials.

Preparations

Royal jelly is available in various forms. In its pure state, it is a jelly that must be kept under refrigeration. It is also found in honey, which works to preserve it naturally. Royal jelly may be purchased in a freeze-dried form in capsules or tablets, sometimes combined with other bee products; it is also available as a liquid. In addition, royal jelly may appear as an ingredient in cosmetics, skin care products, and assorted ointments and salves.



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