



G R A M I N E X

Your Botanical Source



The Healing Power of Pollen

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Pollen—The Mysterious Nutrient

Pollen: "The fine granular or powdery substance produced by and discharged from the anther of a flower, constituting the male element destined for the fertilization of the ovules."

—Oxford English Dictionary.

Even the dry dictionary definition of pollen conveys some of the mystery and wonder of the substance. But pollen as a food?

Yes, in the same way that wheat germ is now well known to be a valuable and nutritional source of the B vitamins, and vitamin E and is so rich in protein that half a cupful contains as much protein as there is in a quarter pound of beef, so pollen researchers are finding more and more precious food substances and micro-nutrients in the pollen grain.

Extensive medical trials in all parts of the world convince more and more hard-headed and orthodox doctors that the health, virility and vitality of the human body depends not just on the basic food ingredients – proteins, fats, carbohydrates, minerals, and vitamins – but also on minute quantities of biologically necessary elements many of which are found in pollen.

Pollen the Giver of Balance

There are certain parts of the world where people live extraordinary long lives. Although such areas are continents apart there is a strong thread linking those groups of people who have a reasonable expectation of being well and happy when well past their century.

They are well-balanced in every way. People of deep religious convictions, whether they be Mohammedans as are the Hunzas, Moslems and Russian Orthodox in the Caucasus and Roman Catholics in Ecuador. They eat little and they eat differently but the result is that they eat a balanced, natural but meager diet.

The degenerative diseases of western civilization are almost unknown. Hard work, exercise and their diet all contribute to a virtual absence of fat people. They have a real joy of living – singing songs, running races and fathering happy children.

Honey, rich with natural pollen, is widely used among such long-lived races and it is most likely that this is a crucial factor in the preservation and maintenance of health. The report of the Lee Foundation for Nutritional Research of Milwaukee stated in 1963 that the composition and nutritional value of the collected pollen is so perfectly balanced that it represents a complete survival food by itself provided that it is extended by roughage and water. The bee-collected content of this diet would need only to be three to four per cent of the total weight.

Health and happiness are normal states of mankind. Evidence is mounting that, even though the effect may be like a rejuvenation, pollen simply restores balance and normality to many who have lost it for so long that they have forgotten what true health is really like. The extent of the evidence and the remarkable results of pollen supplementation in transforming for the better the lives of countless people is the subject of later chapters. First a few words about pollen itself.

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Although the word pollen means, in Latin, pine flour, there is no evidence to suppose that the ancient Romans or Greeks had a special word to describe pollen. Indeed, there is no record of its botanical use until 1523 and it was not in popular usage until the great Swedish botanist Karl Linné, known as Linnaeus, began using it in his descriptions of plants in 1751.

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Yet more than 5,000 years ago the Assyrian priests were well aware of the dual sexuality of date palms so, to ensure large crops, they had a ritual of dusting pollen from the male date palms on to the inflorescences of female trees.

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So – called primitive peoples knew also of the food value of pollen grains. The early natives of India and the Maoris of New Zealand made cat's tail (Typha) pollen into cakes whilst the Apache and Pueblo Indians used cat's tail (great reedmace) and maize pollens in their fertility rites. The Navaho Indians must have been well aware of the balancing properties of pollen because it was part of their 'search for peace'.

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Certainly, man must have unwittingly taken a lot of pollen in honey. It is only recently that honey has been strained so that much of the pollen is removed. Regrettably, many of the cheap honeys are not only finely filtered but also heat treated so that the natural and vital enzymes are destroyed turning honey from a healthy food into just another calorie laden sweetener.

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The pollen grain has around it two protective and durable coats. The outer waxy exine is made of sporopollen, which is able to resist most acids and temperatures as high as 300° Centigrade. Beneath this is the fragile inner wall, the intine, which surrounds and protects the nuclei and the reserves of starch and oil.

The pollen grain is physically so indestructible that identifiable grains are found in the earliest geological strata from the time when, millions of years ago, plants first bore pollen grains.

Even the largest pollen grains are so minute that more than 14,000 of them would be needed to weigh a single gram or over 400,000 grains to one ounce. Small pollen grains such as that of the spruce tree weigh only 1/20th of this so that an ounce would require the staggering total of more than eight million pollen grains!

An idea of the vast numbers of pollen grains which must cover the earth since the first possible traces 300 million years ago can be pictured from the fact that the spruce forests of southern Sweden alone deposit 75,000 tons of pollen a year upon the surrounding countryside. This equivalent to 10-followed-by-twenty noughts grains of pollen!

There are wide variations in the size of a pollen grain ranging from, at the smallest end for plant like Myosotis, two microns across. That means that almost 13,000 would be required to be laid end to end to represent just one inch. One of the largest pollen grains, on the other hand, is that of Eelgrass. This measures no less than 2,550 microns long by 3.3 microns wide. It would take only ten of these to make up our inch.

The number of grains produced by a plant can be equally extreme ranging for Araucaria (a genus of conifers) which has a thousand million grains from a single male cone, to one maple floret which has but eight thousand.

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Pollination

The act of transference of pollen from the anther to the stigma is called pollination, but the actual process of fertilization can take much longer. In some species the process takes less than a day and in others, such as Agathis, a year – and in Juniper fifteen months.

Sometimes, plants are able to pollinate themselves and when pollen is transferred from the anthers of one flower to the stigma of another of the same species it is called cross pollination which, like sexual reproduction in animals, keeps alive the vitality of the species. The pollen may be transferred, as in the case of the buttercup, by the action of insects or it may be carried on currents of air. The wind-pollination plants tend to have far more grains of pollen than do those that are insect-pollinated and it is when these wind-pollinated plants are shedding their pollen that attacks of hay fever occur.

The Composition of Pollen

Pollen is so complex that the time is not yet in sight when we will have a precise analysis of it. Indeed, there are certain to be differences between various plants, some of which have already been established. The two main analyses were done by the Lee Foundation and by the Swedes, Nielsen, Grommer and Luden in 1955.

There was also an important analysis by Vinino and Palmer of the University of Minnesota in 1944 but they lacked some of the sophisticated pieces of apparatus available to the more modern researchers.

Amino acids are the constituents of proteins – the muscle builders of our bodies. Table 1 in the Appendix shows the amino acids present in three different pollens and Table 2 the actual quantities of some of the more important amino acids present in four pollens one of which is sampled over successive years to show that there are seasonal variations but that these would not appear to be very large.

These tables are taken from the Swedish work that has already been mentioned as has Table 3, which show, by combining the original paper with some subsequent work, that important quantities of vitamins are also to be found in pollen.

In addition to the vitamins shown in the table other work has demonstrated the presence of pro-vitamin A, vitamin D, vitamin E, vitamin B1 (thiamin), choline, vitamin C (ascorbic acid), vitamin K and rutin.

Many authorities believe that it is much more important to have a balanced and widely spread supplementation of vitamins than to take large quantities of a single one, except when there is a good fundamental vitamin supplementation when used in addition to normal healthy diet.

The minerals identified in pollen include sodium, potassium, magnesium, calcium, aluminum, iron, copper, zinc, manganese, lead, silica, phosphorus, chlorine and sulfur. Enzymes already discovered in pollen include amylase, catalase, cozymase, cytochrome systems, diaphorase, diastase, latic dehydrogenase, pectase, phosphatase, saccharase, and succinic dehydrogenase.

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Chapter Two: Colds and Flu

"The bee is more honoured than other animals, not because she labours, but because she labours for others."

—St John Chrysostom, in about the year 383

One sometimes wonders if the only people who have not got a usual remedy for colds are those who work at the British Government's Cold Research Centre on Salisbury Plain! Professor Osmanagic has, among others, shown how effective is another bee-gathered product, the resin called propolis, in preventing and treating influenza and other infections, and all producers of pollen products are able to show me sheaves of unsolicited letters from those who have either prevented colds during an epidemic or been cured of their infections in record time through their daily pollen.

The scientist rightly requires clinical trials and it must be admitted at once that there is plenty of scope for more work and more test that have been carried out so far are really very exciting in their excellent results.

No one is claiming a miraculous freedom from cold and influenza or a complete cure within hours. The most that the average sufferer desires is that he be well enough to continue work and not to be a burden to himself and to others as he suffers. A wave of 'flu enveloped Sweden between February and May 1967 which is when a heavy industrial company in Sweden, worried about absence through illness, decided to experiment with Fluaxin which is a mixture of aspirin and pollen extract produced by Cernelle containing in each tablet 110 milligrams of pollen extract and 100 milligrams of aspirin.

By the end of May 510 employees had been given a total of 908 packets containing 5,448 Fluaxin tablets. Of these only nine succumbed to influenza, six reported sick after one packet of tablets, two after two packets and only one after five packets. The conclusion of Doctor Klapsche, received the impression that Fluaxin was a thoroughly useful agent in influenza prevention and therapy. The intake of the tablets enabled 98 per cent of their employees who suffered from influenza to continue working in heavy industry, avoiding the necessity of them taking time off because of sickness, therefore the results appear to be quite remarkable. The aspirin would be included for its beneficial effect on headache and temperature. It certainly has no effect on the actual influenza.

Interferon

Interferon is the anti-viral substance produced naturally in the body to counter infections. It is possible that in the future some of the most dramatic forward steps in the control of disease will be accomplished by being able to either stimulate the body to produce, or to provide the body with, interferon as a treatment at times of exposure or during infectious illness.

Scientists engaged in work on Interferon exchange their information through the Interferon Scientific Memorandum. In April 1976 the two Yugoslavs Filipic and Likar, of The Medical Faculty of the Institute of Microbiology in Ljubljana published a paper called Inhibitory Effect of Propolis and Royal Jelly on some Viruses in which they began: 'Propolis, royal jelly, pollen and honey are natural products of bees. They

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have a variety of effects: biological, physiological and anti-microbial. For medicine the anti-microbial effect is of some interest. It is known from clinical experiences that they are active against bacteria, yeast and fungi. In our experiments we made an attempt to determine their activity against viruses pathogenic for man.'

They went on to use influenza virus A2 and Vaccinia virus, which is the one responsible for smallpox. They discovered that the multiplication of the influenza virus was much reduced by a successful result. But in the case of the smallpox virus the propolis alone was enough and the royal jelly had no effect.

Another very important finding was that the royal jelly, to be effective, had to be natural and not chemically treated or dried. Many of us would have expected this to be so through the knowledge that there are many enzymes present which would be destroyed after such treatment. I have personally investigated the production methods of two of the main producers of royal jelly health products, which are Ortis of Belgium and Melbrosin in Austria. They both go to tremendous length to ensure that the royal jelly that they use is gathered from young larvae when it is most potent, and it is stored under ideal conditions before incorporation into the products.

Complex of Substances

Filipic and Likar believe that it is possible that there is not only one active substance, but a whole complex of substances which exert their full physiological and anti-viral effects only when in a proper mixture. When this happens there is an inhibition or a prevention of infection.

This sounds a warning against those scientists who, as soon as they discover a beneficial effect, seek to try and isolate the active principle and make a tablet out of it. We are coming to realize more and more that even the apparently useless part of food, for example the bran part of wheat, can be beneficial to mankind, who in the course of evolution has grown up with the whole of nature and not just refined and isolated parts of it.

The often-repeated argument that man is nothing but a mixture of chemicals anyway so why worry about adding a few more is shallow and does not stand close examination. Yes, of course, we are a mixture of chemicals, but those chemicals are produced in forms, which constitute the basic building blocks of nature. We are far better off if we feed and treat our bodies with natural substances that are harmoniously balanced with nature as these are far less likely to produce undesirable side-effects.

Of course, one must not decry the magnificent advances in medicine and in the use of quite artificial materials to control disease, but in fifty years time I believe that very many of these 'cures' will be looked upon as useful stop-gaps in Man's medical progress and that many more natural substances will have replaced most of the synthetic pharmaceuticals.

The success of the experiments on heavy industry workers lead to further trials to establish the effectiveness of the Cernelle pollen preparations on upper respiratory infections in general. Dr. John Glomme, of the University of Oslo, brought together the work of several scientists over a period of six years to try and see exactly what effects the Cernelle pollen tablets have on such diseases. He found that this was very difficult because all the workers had adopted rather different approaches and anyway it is not at all easy to prove that you would have had a cold if you had not taken a certain preventative treatment! But he concluded that statistically there was overall a reduction in the amount of sick leave and in visits to the doctor for these diseases, together with general increase in the feeling of well-being coupled with less pronounced symptoms and a shorter duration of illness which made the taking of the pollen thoroughly worthwhile.

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He believed that all of these results could be put down to the general strengthening effect of taking pollen.

Finally, if you have a cold, or indeed any infection or wound, there are great drains on the body's reserves of Vitamin C. Indeed, the smoking of a single cigarette is said to use up 30 mg of Vitamin C which is half as much as many authorities believe people need in a single day. So, if you smoke you may well need extra vitamin C and you certainly will if you have a cold or other infection or injury.

So, take a course of pollen preferably, but not necessarily with royal jelly, every winter and the chances are that you will avoid serious colds and respiration infections even if those around you are suffering from the seasonal sniffles.

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Hay Fever, Asthma, Allergies and the Persorption Phenomenon

"Men are less sensitive to good than to ill."

—Livy 10 B.C.

Those who suffer from hay fever and other allergies such as eczema and asthma are often very worried about the idea of actually consuming pollen. They believe that they are simply asking for trouble!

Experience is quite different. Although a very small percentage of people (estimates vary from 1 in 2000 to about 5%) find that propolis brings them up in a slight rash, pollen is not known to have any such effect. The reason for this is often given that hay fever is caused by wind-borne pollens and that most pollen products are made from bee-gathered pollen. But this does not explain the desensitization effect of pollen, which often has, but not always, a very helpful and beneficial effect upon sufferers from hay fever.

The distinguished natural doctor, Doctor Gordon Latta, talked to me about his results in his beautiful and organically cultivated garden just outside Reading one fine summer's day when the bees were busy supplying his ten homemade hives with precious honey.

He took me to his cellar where he stores the honey and showed me many jars which all had one unusual factor in common. There was a thick messy looking scum on top of each jar. This was where the pollen which had not been filtered away had risen to the top. He gives his hay fever patients a little bit on the end of a spoon every week for about six weeks before the beginning of the hay fever season and the usual result is that they have reduced attacks in the first year and are often completely free from hay fever by the second year.

It is certainly worth trying pollen if you suffer from eczema, asthma, hay fever or a similar allergy because there are very many letters from former sufferers in the files of the suppliers of pollen testifying to successful treatment often after many years of suffering. Examples of these are included in Chapter 15. On the other hand it must be realized that, as Doctor Richard Mackarness discovered, there are many unsuspecting allergenic substances all around us including many common foods, and often a cure will only be achieved by undertaking a short fast and then adding one item of food only to your diet every three days until you discover which have a harmful effect. This is best done under the supervision of a sympathetic practitioner who will make sure that you do not suffer any nutritional deficiencies.

A very interesting research project was carried out in Sweden in 1960 and reported on in *Grana Palynologica* Volume 2 in that year by Einar Helander who had treated, in the allergy department at Gothenburg, some 2,072 patients with pollen allergies. He chose 25 patients who were allergic to pollen but otherwise healthy and found that although they were extremely allergic when given a skin test made up of the ground tablets, when taken by mouth, even in a large dosage, such small amounts of pollen antigen were absorbed that he recommended a trial for the product in the desensitization of hay fever sufferers. Let us hope that this important trial is not too long delayed.

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The Persorption Phenomenon

New research has centered on the remarkable observations that even a person who is sensitive to an allergenic pollen does not necessarily exhibit the symptoms of his allergy when taking pollen tablets. It is now thought to be because some of the pollen particles pass directly from the stomach into the blood-stream. Such passage is called persorption. This is far more rapid than the normal processes of digestion and indeed pollen can be observed in the blood and urine and spinal fluids only two hours after the pollen has been eaten.

Limskens and Jorde found in 1974 that when 150 grams of pure rye pollen were eaten between six and ten thousand grains were absorbed into the bloodstream. Upon examination the tough exine, or outer coat of the pollen, was found to be partially destroyed. A process that continues with time.

Although, much more study is needed and indeed is being undertaken on this remarkable phenomenon it is already believed that taking whole pollen tablets for some six months before the hay fever season may bring about immunity because of the absorption effect. The time may come when pollen tablets are made with different mixtures of pollens suitable for sufferers from different forms of hay fever.

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Pollen for the Prostate, for Rheumatism and Arthritis

"Old vessels must leak."

—Torriano A.D. 1666

Alin Caillas reports that in France 30 per cent of all men over the age of 50 suffer from enlargement of the prostate gland. This little walnut-sized gland lies around the exit tube from the male bladder, and enlargement is certainly very inconvenient causing an excessive frequency of passing of water, especially at night.

Even worse is the fact that the sufferer is unable to entirely empty his bladder. Altogether an unsatisfactory state of affairs. This is often combined with an inability to pass water which can only be relieved by the introduction of a tube into the bladder. The condition can often be entirely controlled by good treatment without the need for an operation, and indeed the operation when carried out is nearly always very successful.

It is good to know that pollen has helped quite a few sufferers from enlarged prostate but it would be exaggerating to suggest that it is by any means always successful. But reports are sufficiently encouraging to make it a worthwhile treatment especially in the early stages. The use of pollen is far better established in the case of prostatitis.

Prostatitis

Prostatitis is an inflammation of the prostate gland and is often accompanied by pain together with symptoms quite similar to those of an enlarged prostate. Doctor Ask-Upmark of Uppsala reported in 1967 the treatment of twelve cases with Cernelle pollen at a dosage of five to six tablets a day taken first thing in the morning. Only two cases out of twelve had a negative result and the improvements were striking in the ten successful patients both from the sufferers' point of view and upon careful clinical examination.

The failure was in first case, due to another medical complication. The second was a middle-aged Norwegian shipowner who was in the habit of wading in the icy cold Norwegian rivers with the water well above his knees in order to indulge in his sport of salmon fishing. His refusal to alter this habit was, in the opinion of Doctor Ask-Upmark, surely likely to accelerate his prostatitis and accordingly the treatment was discarded.

A German-Swedish investigation by a team of distinguished urologists, Alken, Jonsson and Rohl reported their investigations into 172 cases of prostatitis at about the same time. They found that the pollen preparation produced relief in no less than 44 percent of cases, a figure that they found very satisfactory.

One of the patients in the first group was a striking example of the long-term effects of pollen consumption in that he had suffered from prostatitis between the ages of 50 and 55 when he began taking Cernilton. The doctors, pronouncing a cure, have tried in vain to persuade the patient to give up the pollen treatment because he remembered a period of two weeks near the beginning of the adminis-

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tration of pollen when, being abroad, he had forgotten to take his tablets and suffered a relapse of his disease. He was accordingly scared of giving up his medication and has so far seen no ill effects after nine years consumption of pollen.

Another trial by the Professor of the Urological Clinic of Magdeburg, Professor Heise, used the pollen for three years in a trial of nine patients who not only had difficulty with passing water but also found cohabitation was difficult and had bacterially positive emissions.

Suicide had been attempted by two of the patients and four others were very depressed. A three-year treatment with pollen showed that in all nine cases the bacteria were absent after a course of one tablet taken three times daily and that all patients exhibited a considerable improvement both mentally and physically, no longer had difficulties with their marital relationships and the passing of water became normal. Professor Heise concluded that it would be a commendable advance if treatment with this pollen preparation were to become incorporated into recommended therapeutic practice.

Rheumatism and Arthritis

One producer of pollen products, Pollen-B, has found that sufferers from rheumatism and arthritis have often been amazingly improved when on a course of their preparation.

They have been so much influenced by the very large number of letters written to them claiming good results that they are carrying out a long-term medical trial in order to discover the precise action of pollen upon these crippling disabilities.

These two letters are typical of many:

E.T., London SE9

I had read about your Pollen-B tablets earlier this year and bought a three-month supply in July because for some weeks I had been suffering with severe arthritis in the knee and in the arm.

I have now finished the three months course and to my delight I feel no pain in these joints and at this time of year (October) it usually gets worse especially as I had it during the summer.

A.J.P. Gerards Cross

I feel I should write to you as a result of following the recommendation of a friend to try a course of Pollen-B. At my age (75) with a lengthy history of treatment for fairly severe arthritis, necessitating the taking of numerous sophisticated drugs in some quantity and at somewhat irksome frequency.

To my pleasant surprise, as a result of taking Pollen-B, not only have I felt increasingly better in myself but, what is more revealing, I have been able to cut down on the taking of certain drugs previously essential for maintaining my mobility.

Therefore I feel it only right that I should express my personal appreciation of Pollen-B if only to convey to others the possibility that this food supplement could be beneficial and it is at least worth a trial course.

The changes to bones in severe arthritis are not reversible but it does seem that even severe cases have derived some benefit from the taking of pollen and we must look forward to the outcome of the medical trials which are taking place as this is being written. Meanwhile, it is certainly a good idea, if you suffer from one of these conditions, to give pollen a three months trial – in any case you will feel much better!

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CHAPTER FIVE

Hair and Skin, and Radiation Sickness

"There is no need to call a hairdresser for your head. A sponge, Phoebus, would do the business better."

—Martial A.D.90

Nettle juice, jojoba oil, mixed spinach and lettuce juice consumed for six months are all reputed to restore hair. Indeed, there is evidence that all of these have worked. To this list we must certainly add pollen. There have been many reports, especially from those who have lost hair later on in life, of a new strong growth of hair appearing after the taking of a long course of pollen tablets for some other reason.

It could well be that the reason for the beneficial effect of pollen on hair growth and on arresting the loss of hair is because the pollen grain is rich in the amino acid, cystine. The composition of hair includes 17 percent of cystine so that if there is a deficiency of this important amino acid in the diet the growth of the hair is certain to be affected. Baldness comes from many different causes and there is an important hereditary factor which is also involved. So pollen will not work for everyone, but it is good to know that an improvement in hair color and growth of new hair can be a welcome additional bonus to those who take pollen regularly.

Pollen for the Skin

The beneficial effects of pollen in some cases of allergy have already been mentioned in Chapter 3. Doctor Lars-Eirik Essen found that the application of pollen products to the skin were of value in his cosmetic and dermatological work. He found that there was a suppressive effect in facial acne and that pollen preparations facilitated the healing and treatment of burns.

It is already well known that honey itself provides a very good treatment for burns and wounds and has even been used in hospitals for that purpose. It could be that the pollen and propolis content of the honey plays a part in the healing process and that all these ingredients work together in harmony.

If you are using pollen on the skin it is certainly a good idea to also take it by mouth because undoubtedly pollen increases the resistance and builds up a higher threshold against fatigue, permitting human organism to heal itself under the most favorable circumstances.

Radiation Sickness

Professor Osmanagic and his colleagues carried out some important trials with Melbrosin pollen capsules at the University Radiological Institute of Sarajevo during 1973.

They had been much concerned because even with the most up-to-date techniques, patients undergoing X-ray therapy quite often showed adverse reactions because of the effect of the X-rays on the blood. There are also digestive troubles which occur when radiation is carried out on a large surface of the abdominal region involving loss of appetite and sickness. Some times indeed the discomfort was

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so great that the general condition of the patient was threatened. It seems that the X-rays break down the body's allergic effects.

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The Melbrosin product used contained royal jelly and fermented pollen and was chosen because it was felt that the very wide content of naturally occurring supplementary substances should have a broad spectrum of activity. The first positive effect that they found was that the liver was greatly improved in function with four-fold increase in the formation of glycogen.

The product was tested on sixteen women patients who all had radiation sickness of various intensity. The blood and the liver were analyzed so that there was laboratory confirmation that the patients suffered from classical radiation sickness. The most frequent troubles experienced by the patients were tiredness, fainting, loss of weight, loss of potency, nausea and vomiting. Also anaemia was present in twelve of the patients and liver damage in almost all of them. It was found that the liver analysis became normal in the case of ten patients even though they carried on with the radiation treatment. Nine women had an improvement of the red blood picture and nine of the white blood.

The improvement in the general condition of these women and the reduction of their subjective trouble was even more significant. They were lessened in all cases and disappeared entirely in most of the patients.

Professor Osmanagic then checked his findings by taking two further groups, one of twenty-nine patients who took a Melbrosin capsule twice a day, in the morning and the evening, for forty days, and another group of thirty patients in the same condition who were given a harmless placebo made to look like the Melbrosin capsules, for the same period. A third group of thirty-one patients with the same symptoms of radiation sickness were given no medication at all.

All but two of the patients who had been treated with the placebo preparation showed a general deterioration in their state of health during further radiation treatment as did all the untreated patients. Of the twenty-nine patients taking pollen and royal jelly preparation, two reported only a slight improvement, thirteen a good result and fourteen a very good effect resulting in the virtual elimination of all the unpleasant effects of radiation.

It is to be hoped that this work will be repeated in European and American hospitals because these results do show that with pollen and royal jelly there may have been discovered an extremely safe and very useful supplement for those who need to have radiation treatment.

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CHAPTER SIX

Women's Problems

Health is beauty, and the most perfect health is the most perfect beauty.

—Shenstone 1764.

Never before has it been so challenging or so rewarding to be a woman. Whether your role is that of the elegant efficient business woman, the loving wife and mother, a busy factory or shop worker, never before has there been such a need for you to be on top of things with radiant health, abundant energy and strong self-confidence to carry you safely through an exacting day.

Yet, the very nature and physiology of a woman creates extra pressures and difficulties that do not exist for most men. Even if a woman goes out to work, if she has a family and a house to run she is expected to do all that as well. For more than thirty years of her life she has monthly periods which can be uncomfortable, cause psychological disturbances which seem so often to be almost out of control and, for one in ten, cause some anemia.

To cap it all, many women have a difficult menopause as the whole rhythm of their life alters in middle age. Yet through all this and through the strains of life womanhood is expected to portray charm, femininity and beauty.

Is it then a coincidence that the pollen from the flowers which are so often given as symbols of love and as a tribute to femininity today helps so many women to overcome, in a natural way, many of those special problems which are so often just taken for granted as an inevitable fate.

Important clinical tests have been made on a pollen product that has been specially designed for women, Melbrosia PLD (Florapoll), capsules containing a blend of specially selected pollens and royal jelly.

Menstrual Problems

Doctor Bogdan Tekavic, the head of Ljubljana Centre for Gynaecology, conducted tests on two groups, each of thirty girls between the ages 18 and 22. The first group were underweight, had irregular menstruation and very painful periods. The second group had only the painful periods and did not have any other menstrual problems.

Half the girls in each group took a placebo capsule containing no active ingredients for two consecutive months. The remaining girls took one capsule a day of Melbrosia PLD for two months.

The results were striking. More than three quarters of the underweight girls gained between one and three kilograms (2 and 6.5 lbs.) whereas only a quarter of the control group gained weight.

In both groups the menstrual pains failed to either disappear entirely or be considerably diminished in only two girls out of each of the groups taking Melbrosia PLD, whereas only six out of the thirty girls taking the placebo had any improvement at all. Furthermore the improvement for the girls taking the pollen and royal jelly was usually evident after the first month – and all this with no untoward side effects at all!

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Helping the “Change”

Doctor Tekavcic selected 74 women aged between 40 and 55 years who, although still menstruating, were showing definite symptoms of the change of life. 38 took one daily capsule of Melbrosia PLD on an empty stomach for two consecutive months and the remaining 36 took a similar looking placebo. This is so often a time of life when women put on weight yet of the 38 cases taking the pollen 20 lost weight and only 7 increased in weight. Yet in the placebo group only 4 lost weight. This was a most helpful and unexpected result, which had not been anticipated.

The presence of unpleasant side effects in these women was graduated on a scale numerically and this was called the Climacteric Index. After they had taken the course of capsules the women were carefully examined against the same scale and the improvements or lack of them were recorded.

Out of 38 cases taking the capsules 35 recorded a considerable reduction in the C.I. A wonderful result! 17 of the 38 had been recorded as suffering from particularly severe menopausal problems of an index figure of between 30 and 36. After treatment 34 cases out of 38 had a C.I. below 10 which means that the change of life was then without any troubles at all.

The Older Woman

Doctor Tekavcic, having had a successful experience with women who were undergoing their change then turned to the group who had not menstruated for at least a year but still suffered from symptoms strong enough for them to seek medical advice.

He chose a similar number of women aged between 40 and 65 years and divided them into a placebo group of 38 cases and a group treated with Melbrosia PLD of 37 cases.

Of those taking treatment, 18 lost weight and of the untreated group, only 7 recorded a weight reduction. When he came to the Climacteric Index, the C.I. was reduced in 34 out of 38 cases in the group taking the treatment whilst only 10 had an improvement in the control group.

Helps the Brain Too!

Both the girls, who were students, and the women, who were at the clinic because of problems of middle age, made specific mention to their medical adviser that there were two additional effects which, they felt, must be mentioned. First of all they had a great increase in their powers of mental concentration and secondly, there was an obvious influence for the better on their normal sexual enjoyment, which had previously tended to be inhibited because of their personal problems.

The doctor concluded that although he would have expected an improvement because of the psychological effect of any capsule taken by women at the time of the change of girls suffering from painful periods, the differences between the control groups and the groups taking the Melbrosia PLD capsule were very striking and statistically significant, proving to his satisfaction that the product had an extremely beneficial effect.

Further Proof

The head of the gynaecological department at the University of Sarajevo is the distinguished Professor Doctor Izet Osmanagic, who I have mentioned before. During the course of his work he has gained

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much experience in many parts of the world in important hospitals. I have known him for many years and have been most impressed by his integrity and fairness, and sat late into the night with his family on the shores of the Adriatic listening to them singing old Bosnian folk songs to ancient tunes that transcend times and cultures. And it is this professor who decided to see if the results of Doctor Tekavcic could be confirmed or not.

He was particularly interested to see whether many problems of the 'change' such as hot flushes, perspiration, headaches and palpitations could be helped. He carried out his trials over a six-month period.

The scale of the Climacteric Index was between 1 and 36 and the values of both his two groups lay between 12 and 26. Five of his patients were aged between 30 and 40, 28 between 40 and 50 and 7 between 50 and 60. Their complaints were classified so that to have no complaints was scored as nought; slight complaints were scored as 1; distinctly recognizable complaints 2; complaints of a serious nature 3. He evaluated a 25 percent reduction in complaints as slightly successful, a 50 percent reduction as good, 75 percent reduction as very good and a 100 percent as excellent. In 45 percent or 18 of his cases he achieved very good results and in only 4 cases were the results classified as slight.

Barbara Cartland, who is surely one of the most attractive women of her age in the world, has written many words in praise of Melbrosia PLD and of pollen. She is not only glamorous, but also exceptionally hard working. In her 76th year she wrote 24 books! All of them best sellers! She has found that Melbrosia works for her and for countless men and women who need to retain vigour, beauty and vitality.

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Virility and Rejuvenation

"Everyman desires to live long: but no man would be old."

—Swift 1714

It is fashionable to sneer or make light of any form of rejuvenation. Yet health should be the normal state of man. And the fact of the matter is that man can and does retain or regain his virility and a woman her sexuality when the undernourished and tired body is restored to normality.

Convenience foods made for the convenience of the manufacturer rather than the consumer, lack of sensible and wise cooking of good basic raw materials, the excessive dependence upon tranquilizers, sedatives and strong stimulants – all these factors together with too much smoking, too little exercise and even too little excitement with the joy of life itself – all contribute to the unnecessarily early degeneration of our bodies.

Yet how difficult it is to escape from our inadequate and sub-standard way of living. The housewife finds that she has to snatch a hurried lunch in order to have enough time to cope with the daily tasks. Too much tea laden with sugar is drunk. Factory or office, businessmen or labourers all suffer pressures forcing them to live on wrong foods in unhealthy atmospheres – surely good health need not be such a struggle!

As we get older it is often the case that many of the nutrients necessary for good health become difficult to assimilate. Because of the remarkable phenomenon of persorption, pollen does seem to be particularly well assimilated so that all the many vitamins, amino acids, minerals and micronutrients present are able to enter the bloodstream straight from the stomach itself. Certainly it is with older people that some of the most remarkable trials with pollen have been achieved. But even younger men and women with cohabitation difficulties have been remarkably improved so transforming the very lives of people who have begun to feel truly inadequate.

Pollen for Potency

In 1977 Professor Osmanagic published a scientific paper summarizing the results of his trials with Melbrosia Executive, a particularly strong blend of pollen and royal jelly, on forty men.

He noted that sexual impotence in men is far more frequent than is generally thought as many men are reluctant to consult a doctor about their problems. Contact was established with the patients studied in his report through the person most concerned about a man's impotence – his wife! These women consulted the Gynaecological Clinic at The University of Sarajevo about the infertility of their marriages. It was discovered that, in many cases, it was not the woman to blame, as is so often assumed, but the man.

Impotence is usually understood as the inability to carry out sexual intercourse, so he was surprised to find that a large number of his patients were actually suffering from poor sperm production. Although a man's potency is most often judged by his ability to carry out the act, fertilization is the most necessary part of the concept of potency.

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A reduction or even a complete lack of potency can be caused by glandular, nervous or psychological disturbances. These are very often related to one another because there are close connections between sexual functions, hormonal activities and the central nervous system. Because of this, hormonal and psychological problems often occur together.

CHAPTER 2

Psychologically the man can suffer anxiety and fear as to whether the intercourse will be successful. He may also find that he just does not have enough interest in his partner.

CHAPTER 3

Sterility in man can on the other hand have physical origins and these must also be taken into account. So Professor Osmanagic studied his patients not only in regard to their ability to cohabit with their wives but also their actual powers of fertilization.

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The men he studied were between 20 and 52 years of age and, with a few exceptions, were mostly skilled or semi-skilled. They all had sterile marriages for two or more years. After questioning them about their economic situation, way of life, sexual habits and the conditions of their marriage they were evaluated systematically through questioning and through laboratory clinical examinations. The velocity, motility and form of the sperms were examined to see if the treatment had produced any positive changes.

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He concluded that 75 percent of his patients were suffering from sperm deficiency. They took two capsules a day of Melbrosia Executive and each had either 80 or 160 capsules in all. During the course of the two or three months treatment the patients were interviewed at least three times and the sperm count repeated. Undesirable side effects were not observed in any of the patients.

After just one month more than half (57.5%) showed an improvement in their general and sexual condition with a significant effect on their self-confidence. A quarter found that the quality of their cohabitation had improved and the majority showed improved sperm production. Two patients were delighted to announce that their wives were now pregnant – astounding proof of the effectiveness of this treatment as these fertilizations were made by so called ‘infertile’ men.

In summary, 22.5 percent of the patients achieved a very good result, 37.5 percent a good result and 27.5 percent a poor result. 12.5 percent did not return for re-examination.

Professor Osmanagic concluded that the treatment with Melbrosia Executive lead to an improvement in the general state of health, an increase in sexual activity and improved sperm production. He went on to say that this represents proof of the positive effect of the product in cases of reduced sexual and procreative potency.

137 Years-Old – Still Working

You will have read earlier of those areas of the world where people grow to a great age. In the village of Kutoli in the Ochamchir district of the Abkhazian Autonomous Republic a splendid old lady of 137, Khfaf Lazuria was still working until she died at the age of 139 in 1975, when she was thought to be the oldest woman in the world.

In September 1978, the British Medical Journal published a study into the lives, physical conditions and habits of a large group of Dutch people who were all over 90 years old. The one common factor seemed to be that only 2 percent smoked. In Georgia, the old people do not usually smoke. They also take a lot of unstrained honey rich in pollen. In order to enjoy a youthful old age it may be necessary to work hard during the early part of your life, to eat fresh good natural foods without too much fat and live in an unpolluted area taking plenty of unstrained honey all your life. For most of us it is too late to do this or just plain impossible. But the good news is that pollen really does seem to help, as does royal jelly, a good proportion of older people.

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French Government Consultant Approves Pollen Product

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Dr. Jacques DuBrisay is a Paris consultant to the French Ministry of Social Affairs. He carried out an extensive trial on a Cernelle pollen product called Amplamil. This is a capsule containing 6 mg of fat-soluble pollen extract. Before undertaking this test he carefully studied previous French reports which had verified that pollen was safe to take.

He took 48 men patients and divided them into two random groups, A and B. Then he divided the capsules and identical looking placebo capsules into further groups also called A and B. Neither the patients nor the physician knew which type of capsule was being given to either group. All these men were chronic cases who had been residential patients in hospital for several months before the trial began. Dr. DuBrisay used the so-called double-blind technique so that no one knew who was receiving which treatment in order that the psychological factors often present in conditions of the elderly were ruled out.

The patients were chosen because they had considerable loss of appetite and had no real desire to eat. They also suffered from both mental and physical exhaustion. The average age of group A was 70 and of group B 72. The men received four capsules a day for four weeks.

Blood pressure was checked twice weekly and no changes were observed – a good result, as one has to be very careful about increasing blood pressure in the old. There were no untoward side effects of any sort and even patients who were prone to asthmatic attacks showed no intolerance. The blood, liver and kidney functions were all carefully observed without any disorder resulting.

When assessing the results the good doctor strongly emphasized that the general weakness and loss of appetite was severe in every case. All were elderly and living alone, many had lost the will to live. Results were rated 'very good', 'good', 'fair', 'poor', or 'nil'.

The results in group A', who had genuine capsules, were:

very good: 13=54.17%

good: 10=41.66%

fair: 1=4.17%

These results were clearly positive since 23 patients responded well to treatment. Indeed, the poor result obtained in the single 'fair' case was open to doubt because of another condition, which developed during treatment.

Group B received the imitation capsules. Their results were:

fair: 3=12.5%

poor: 11=45.84%

nil: 10=41.66%

So the positive results were all in the group receiving pollen.

The conditions which the treatment with pollen helped cure included so many of those afflictions which are distressing to the old and even more distressing to those who must look after them, includ-

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ing general weariness, apathy, wishing for death, listlessness, and in some cases no wish to leave the bed to dress, loss of interest in reading and rejection of all contact with the environment.

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CHAPTER 1	Fatigue Relieved
CHAPTER 2	The patients were also given tests which were evaluated by statisticians in order to see whether the treatment had any effect on fatigue, appetite, weight gain, blood cholesterol, total energy, concentration and speed – as well as many of the chemically checkable functions of the body.
CHAPTER 3	
CHAPTER 4	Results were astonishing, taking a substantial improvement as the indication of a good result, fatigue resistance was greatly improved in 83.3% of cases in group A and in no cases in group B. Appetite was greatly improved in 75% in group A and in no cases in group B.
CHAPTER 5	
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CHAPTER 7	Both groups had approximately the same average weight at the beginning of the four weeks treatment period but by the end, although group B had shown no improvement at all, group A had increased in weight by almost 7lb (3.271 kg). Exactly the result that would do the most good for these old people.
CHAPTER 8	The tests for energy and strength, for concentration and for speed of performance all showed very significant improvements. That group of old people were able to look life in the face and live again!
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CHAPTER 11	Dr. DuBrisay concluded that the pollen product was therapeutically useful, has no harmful effects, and that it qualifies for a visa under article L. 601 of the Public Health Code.
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CHAPTER 13	Wassen the makers of Pollen-B are currently carrying out long-term clinical trials with their tablets at an English hospital in order to give added support to the many letters that they have received from users reporting a reduction in fatigue in the older person. They have no doubt, from all the information available, that this trial will provide yet more scientific evidence to support the experience of countless satisfied users.
APPENDIX	
	Ortis of Belgium have also amassed much more evidence from all over Europe from users of their pollen preparations and my study of these confirms the finding that for the great majority of men and women who have lost the pleasure, excitement and joy of life, pollen therapy represents an effective, safe and long-term remedy, which is able to truly rejuvenate the human organism.

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CHAPTER EIGHT

Children

"Children bring with them innumerable cares."

—Erasmus 1522

Child health must begin at the beginning. There is now ample evidence to show that breast feeding contributes greatly to sound health and a good constitution. It is now generally realized that solids, especially cereals, should not be given before the twelfth week. This is because there is a small but definite risk of an adverse reaction; a risk usually passed by the third month. Some people simply cannot breast feed or they may have children who were not breast fed. In such cases second to best just has to be good enough.

The next important aspect is diet. We know what should be done, but do we do it? The average person eats far too much fat, salt, sugar and refined foods, and not enough roughage, whole grains, lightly cooked or raw fruit and vegetables. Give your child a good start by ensuring a sensible and balanced diet, avoiding anything more than the occasional sweet or sugary soft drink, making doubly certain that fond relatives and friends do not use sweets as a reward. Eat sensibly yourself – example is better than mere words – avoid smoking (especially during pregnancy and lactation). Alcohol is now known to have a detrimental effect on the developing fetus and should only be taken in very modest amounts.

Add fresh air, exercise, sunshine, a stable loving home life and plenty of fun and companionship. For most children such simple steps as these are sufficient to reduce to the minimum the likelihood of childhood illness. In spite of a good deal of back-sliding of all concerned and without taking it all too seriously such a philosophy as I have outlined has helped our own two children to spend at least their first eleven and thirteen years respectively relatively free from illness and exhaustingly full of energy.

But things do go wrong. Epidemics occur at school. The sun doesn't shine all summer, or hardly seems to, so that resistance is reduced. Visits to exhibitions or concerts, rides on trains, and buses all seem sometimes to be part of a gigantic plot to expose the family to germs, which seem to have left their producers in a catastrophic stage. Happily up till now we normally get off very lightly. While those all around are falling down, at worst ours have a slight sniffle needing an early bedtime rather than a week away from school.

Of course, there will be times when everything fails and rest in bed is the only answer. But the secret of a good deal of success is to take up battle stations as soon as there is a risk of serious infection. And here the bee comes to the rescue and is part of our defenses. A two or three months' course of pollen in the autumn, especially if the summer has been bad, is a wise and effective precaution. The evidence that pollen also aids concentration could be an added bonus at school!

But when danger really threatens and the children are exposed to many germs, then, at the first sign of distress – however slight – give vitamin C (natural if possible) at least 300 to 500 mg a day together with one or two capsules or lozenges a day of propolis, the bee resin described in Chapter 2, and if there is anything more than the slightest symptoms step up the vitamin C for children over the age of ten to a gram three or four times a day and when over the age of fifteen to gram every three hours for at least two days (not necessary at night).

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At the same time increase the propolis to three or four capsules a day. If you can find propolis tincture then take five drops in a glass of water, gargle with it and swallow the mixture at the first signs of a sore throat. Propolis and vitamin C are, like pollen, very useful in all infectious illnesses and are not contra-indicated by any other treatment that is being given by your practitioner (although it is sensible to let him know what you are doing) and even when it does not completely clear up the illness this treatment has been shown to help keep the symptoms reasonably mild in the majority of cases.

Hay Fever

Children tend to suffer from hay fever far more frequently than adults and it is certainly worth while reading the chapter on hay fever and giving pollen a good trial, preferably over two years. Another excellent hay fever treatment which can be used as well as pollen and is often dramatically swift in the relief of symptoms is Combination H, a biochemic tissue salt mixture which has been homeopathically prepared and is quite safe even for the youngest child.

Wheat Germ and Pollen Sachets

Some people, especially children and the old, find tablets and capsules difficult to take. After two years of research there are now available delicious sachets of wheat germ with pollen made by the Pollen-B Company (Bee Pollen from England). These are produced by a special cold process which preserves the enzymes whilst protecting the granules.

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CHAPTER NINE

More Uses for Pollen

"Life is not just living, but living in health."

—Martial A.D.90

Because pollen balances the body so effectively, it is not surprising that the many micro-nutrients present exert a beneficial effect on many illnesses and psychological states. We are only beginning to scratch the surface in our search for nature's remedies, but without doubt man's understanding of honey, propolis, royal jelly and pollen will continue to increase and grow in importance.

Diabetes

Dr. Rudolf Frey, who is the head physician of the Korneuburg hospital in Austria, reported on the effect of a pollen product rich in royal jelly made by Melbrosin to see if it would alleviate the problems often faced by diabetics. It was not the purpose or even a possibility of the trial that it could cure the actual diabetes. Pollen preparations are not in any way a substitute for insulin or the other substances which help diabetic people. Also the use of the preparation did not have any effect on the treatment for the condition so that it was a true supplement without any actual effect on the diabetes itself but as it turned out, with remarkable benefits in helping the control of many side effects.

Apart from an increased liability to infection, the complications of diabetes principally involve conditions of the vascular system. Dr. Frey found that the product was especially effective in the case of diabetics who were not particularly well adjusted to their treatment and showed signs of mental and physical exhaustion.

In addition difficulties with walking, decline of mental and physical powers, menstrual problems, sleeplessness, rheumatic conditions, forgetfulness and lack of concentration, circulatory disorders and chronic constipation were all included in the complaints that responded most favorably to the treatment.

Pollen and royal jelly preparations were given every morning half an hour before breakfast on an empty stomach over a period of twenty-one days. It does seem that all pollen preparations are most effective when taken this way, on a completely empty stomach. Sometimes it was found necessary to begin a second course some eight to ten days after the conclusion of the first one.

Dr. Frey gave some interesting case histories of some of his patients. For example one patient, who was 48 years old, had suffered from diabetes since he was 18 and had taken daily injections of sixty units of insulin for thirty years. He had perfectly adjusted to his insulin and his diet and was able to work as a lorry driver. However, he had suffered for eight months from intermittent claudication, which meant that he could not walk more than fifty yards without experiencing violent cramp in the calves of his legs forcing him to stop. Preparations were given to improve the supply of blood to the legs and to help the nervous system but his condition was only slightly improved by these normal therapeutic measures. Nevertheless, after two courses of a treatment with the Melbrosin product the patient felt much better, his general feeling of depression gave way to a feeling of pleasure, the pain in the calves lessened and at last the patient was able to walk again without the occurrence of cramps.

Another patient, a 35-year-old housewife and mother of two children, had suffered from diabetes for only two years, but had adjusted to the condition very well and was taking twenty units of insulin

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daily. But two children and the care of the house were a great strain, especially to a diabetic, and she was mentally and physically exhausted, complained of forgetfulness and sleeplessness and in the last months was no longer able to carry out her household duties. She was given sedatives and then tonics but there was no noticeable improvement. After two courses of pollen and royal jelly treatment she was able to sleep normally once more, her tiredness had disappeared very rapidly and she was once again able to perform her usual duties as a happy housewife and fond mother.

Diabetes sometimes begins in old age. This was the case of a 71-year old gentleman who had hardening of the arteries and had complained of great thirst for more than a year.

An examination showed that he was suffering from mild diabetes, which was controllable by attention to the diet. But as time went past he began to suffer from forgetfulness which rapidly increased in degree and he also experienced a pronounced failing of his powers of concentration. Since he had always been a person used to brain-work this sudden diminution of his mental powers brought him to the verge of a nervous breakdown, all the more because the medicines prescribed by his doctor, and on which he had based his hopes, did not help him in the least. A course of injections was also tried and this had no result. Indeed, it was not until the patient had taken two courses of pollen and royal jelly treatment that he began to regain his strength and to lose his strong tendency towards forgetfulness. The result was that he could once again concentrate and continue to enjoy life as he had done before.

A similar case was a 35-year-old sales manager in a fashion store who found himself unable to work because of his loss of concentration and forgetfulness resulting from his diabetic condition. Here again a six weeks treatment with pollen and royal jelly restored him to his usual active self.

Dr. Frey concluded that from his experience of these and many other cases a good preparation of pollen and royal jelly was a completely harmless natural remedy without any allergic after-effects. He believed that the high concentration of royal jelly combined with pollen with their content of trace elements and glutamic acid (an important substance with regard to the metabolism of the nucleus) combined together to achieve very good results in condition with the various disorders which often follow diabetes. He fully justified their use and recommended administration as a general treatment.

Stress, Anxiety and Depression

Words such as stress, anxiety and depression mean different things to different people. To the psychiatrist they represent conditions that are often serious, requiring much medical patience and skill to overcome. We have seen that, under medical supervision, certain pollen products have indeed been shown to be effective in helping patients with quite distressing mental conditions.

How pollen does this is not at all clear. Some researchers believe that pollen and royal jelly exert a mutually beneficial effect upon each other thus giving results better than either do individually, but the work of Cernelle in Sweden has produced excellent results without royal jelly.

There may be quite wide variations in the individual response to the treatment with pollen and, of course, pollens do differ quite considerably in their individual content of substances, so it is quite possible that in certain cases that which is lacking in a particular pollen can be made up for in the royal jelly. We shall have to wait and see the answer to these and many more questions regarding pollen but one thing is quite clear. Pollen and royal jelly are both safe to take and for a lot of people they help strengthen the body, guard against infection and lift the shadows of anxiety and depression.

We are all over-stressed at some time or other, we all have moments of anxiety, indeed, of desperation, and these often lead us to times of depression when those closest to us have to make allowances for our behavior.

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It is not at all that surprising that this inability to cope with the normal problems of life could well be due to dietary deficiencies perhaps in those trace elements which are required in incredibly small quantities by our bodies. The latest research into trace elements has shown that chromium, tin, vanadium, fluorine, silicon and nickel are all necessary for higher animals, and we are certainly among those.

Often the dietary concentrations required are less than one part in a million. Cadmium, lead, zinc and selenium which can be highly toxic in great amounts nevertheless have, in minute doses, a role to play in maintaining our bodies in good order. It may be that many of those conditions including nervous disorders where pollen seems so effective are due to the absorption phenomenon allowing the micro-nutrients in pollen to be absorbed when they are failing to be taken in from normal foods.

The conclusion is clear and straightforward. When life, people and events begin to get on top of you, try a two month course of pollen therapy and see if it works as well for you as it has for many of the cases that are described in this book. You may not be able to solve life's problems, but at least you will be able to deal with them.

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Pollen Power for Athletes

"You're on the right track."

—Plautus 200 B.C.

Pollen has an amazing and well-proved effect upon athletic performance. Pollen power is not just a headline – it is a fact. Men and women undergoing the rigors of athletic training notice the slightest differences in their fitness, differences which we ordinary mortals could not possibly imagine. For a great race the perfectly prepared athlete is as finely tuned as a Stradivarius violin. Even ordinary school and club athletes record substantial benefits after taking pollen – it helps them all, the perfectly fit and the week-end sportsman.

When I gave a lecture to the Scottish National Athletic Coaches at the Meadowbank Conference in Glasgow in 1974 entitled 'Nutrition and Optimal Performance' I was already able to point to much research work that had been done on pollen, and during the discussion period which followed my talk many of the distinguished coaches and international athletes in the audience spoke to me of the very positive results that they had experienced following regular supplementation with pollen.

I look upon pollen as being part of the ideal athlete's diet. I define such a diet as that diet pattern which produces the maximum performance when it is required and has no long-term harmful side effects. It is tragic that the increased use of harmful drugs such as anabolic steroids and pep pills – drugs that can destroy the athlete's health and in the case of the steroids sometimes cause cancer and loss of potency in men – are taken in the name of success when they should be taking a diet composed of entirely natural and beneficial products and supplements which also produce magnificent results but have none of the harmful dangers.

Everything that goes into your mouth, or even in certain cases through the skin, is part of the diet that has nutritional consequences. Your body is being continually renewed and the average half-life (which is the time taken for half to be replaced) of protein, for example, in the body is eight days. But the time differs with different tissues. Blood serum, heart, liver and kidneys are all ten days, while bone, skin and muscle are 158 days. The other constituents of your body are, for the most part, also replaced continually by what you consume.

For this reason it is vitally important that an athlete's diet is always soundly based. It is simply not good enough to eat correctly for part of the year only – it is the quantity that needs to be altered at times of lesser or greater activity (not the quality). However, several research workers have demonstrated that an increase in the consumption of fructose (fruit sugar) before an event helps to build up reserves of energy when this is done in controlled form.

Pollen Tests on Sportsmen

Cernelle organized major symposia on the effect of pollen for athletes in 1972 in Sweden and in 1973 in London. The Swedish meeting was notable for a report on Pollitabs used by nine doctors attached to nine important Italian football teams. The teams were divided between professional, semi-professional and amateur footballers and they set out to test whether Pollitabs given for thirty days produced any real immediate benefit and whether they had lasting good effects in both the short and medium term.

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The doctors recorded changes in the players' physical condition, condition of breathing and physical resistance. This was also related to the number of days of training and play. Conclusions were that in almost all the cases the general state of health was improved and together with substantial improvements in the players' breathing and their physical resistance to sporting fatigue. One exception was the team called Mantova where at the start of the experiment the state of fitness of the players' was so perfect that no improvement was measurable!

The effect of the pollen consumption was progressive. The greatest percentage change takes place between the second and third ten-day periods. They also confirmed that the Pollitabs did not cause any undesirable side-effects whatsoever. Dr. Coronelli considered the validity of the test to be beyond question.

Other researchers related the extraordinary effects of pollen to the micro-nutrients present. This view was much supported by new information at the Trace Element Conference held in Aberdeen between 27 and 29 June, 1978. Dr. Neil T. Davies, of the Rowett Research Institute viewed the current situation on chromium, tin, vanadium, fluorine, silicon and nickel which are essential for animals. He said that with the exception of silicon, these elements are required at dietary concentrations of one part per million or less. Tin, for example, has a beneficial effect on the growth rate.

The extraordinary richness of pollen in these microelements cannot be stressed too much. We just cannot be sure that normal diet produces enough in an available form so the persorption properties of pollen allow the trace elements to be incorporated into the body's structure without excessive loss.

Pollen at the Olympics

The bees helped back Britain in the 1976 Olympics in Montreal. Geoff Capes the Shot Putter, Andrea Lynch and Donna Murray the sprinters and Bill Hartley the hurdler are just four of the star athletes who found that pollen, which bees collected from flowers, helped maintain peak fitness. The Glasgow Herald reported that Tom McNab the National Athletics Coach was among those convinced that daily pollen tablets build strength and energy as well as warding off colds and other infections which can interrupt an athlete's training or affect his performance.

McNab was especially impressed, says the Herald, by the experience of the Finns who managed to put only one runner among the top hundred in the last but one Olympics but with the help of Pollitabs boosted that score to a remarkable thirty-nine at Munich in 1972. The British athletes were all reported to be using Pollen-B. Pollitabs were also used in very many cases.

When the Finns were reporting the results of their experiments with pollen they said that they believed that the lack of trace elements in today's average diet, which made pollen such a necessity, was due to intensive farming, big crops, strong fertilizers, use of cattle manure, altered soil factors, absence of equilibrium between macro and micro-nutrients, processed products used as cattle feed, and finally the poor preparation and conservation of foodstuffs.

It was clear that the Finns believed that pollen was a key factor in protecting man from the modern environment in which he is forced to live. To conquer the diseases of western civilization it now looks as if we do not just need plenty of wholemeal bread but would do well to combine that with regular courses of pollen.

Early US Trials

One of the earliest trials was done way back in 1961 in Florida by Dr. Noyes who reported that during the previous two years he had used Pollitabs in his practice for many diverse complaints and syn-

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dromes. Certain results, he said, occurred predominantly regardless of the purpose for which the tablet was prescribed. Foremost among these have been increased appetite, weight gain, increased vigour and sense of wellbeing and decreased susceptibility to infection. Therefore it was thought that a football team would make a good preliminary controlled study to determine these factors in an objective manner, i.e. weight gain and resistance to infection.

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He therefore selected a local high school football team, consisting of thirty active players, and divided them into two groups, those receiving Pollitabs and those receiving a standard multi-vitamin preparation. The study covered a period of fifteen weeks in which for the first three neither product was used. It was during this initial three-week period that each player lost excessive weight, in most cases representing excess fat.

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At the end of the third week fifteen players were started on two Pollitabs a day and the control group on the multi-vitamins daily. All medication was administered daily and individually by the coach. The group taking Pollitabs regained their pre-season weight after taking the tablets for 7 ½ weeks, 4 ½ weeks later at the end of the season the Pollitabs group actually showed a 5 ½lb (2 ½ kilo) average increase in weight over their pre-season level.

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The group taking the multi-vitamins remained generally constant from the third to fifteenth week showing no further loss or gain. The opinion was expressed by impartial former professional players that it is almost unheard of for a football player to weigh more at the end of a season than he did before practice started.

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Infections were also dramatically reduced. During the whole season the Pollitabs group of fifteen boys lost between them five playing days because of 'flu and one playing day because of colds. The boys who took the multi-vitamins lost 16 playing days because of colds 18 because of 'flu.

Athletes' Experiences with Pollen

Here are extracts from some letters from a cross-section of athletes just a few of the hundreds, which I have seen. I have changed the initials to preserve privacy.

L.R. of Northumberland

I am writing to congratulate you on the amazing effects Pollen-B has had on my athletic career.

I am forty years old and a first year veteran athlete. I read about your tablets and rather suspiciously decided to have a go. I have been taking them now for exactly five months and in that time I have won four Northern Counties titles, three Scottish Championships followed by the 400 and 800-metre Over Forty British Championship titles. Added to that I also broke the world's 800-metre record in June.

All this is not a coincidence as my times now are as good as they were ten years ago and I find my recovery is more rapid in comparison to what it was before. My training is the same as it has always been; therefore Pollen-B is the only logical answer to my improvement.

Also I am competing in open meetings against young men and I am holding my own with them, which was unthinkable two years ago.

Incidentally, my young son aged thirteen who is a county champion has also started to take the tablets as well as my two brothers-in-law who are also runners. As you can see I am really thrilled at my running these last four months. I place the reason for this solely on pollen-B.

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S.T. of Newark

I took Pollen-B tablets from January 1977 up to the World Veteran Championships in Sweden. When I started taking the tablets I had just had a lay-off from running for twelve months. I found that I got fit much faster than I ever dreamed of and put up some of my fastest times since I became a veteran seven years ago. I also used to be troubled with 'stitch' regularly, but since taking the tablets I have not had a 'stitch'.

R.R. of Hertfordshire wrote about his wife:

My wife started a comeback to athletics during summer and started taking Pollen-B tablets while competing in cross-country events. She improved throughout the season and ended with the top British athlete home position in the World Championships.

What compelling personal evidence from those who thought their athletic days were over.

In the observer of 13 August 1978, Christopher Brasher reported that Alan Wells, that magnificently balanced world-class sprinter, had confessed that he was now taking so many tablets (vitamin C, vitamin B12 and Pollen-B) that he thought that people could hear him rattle. He did not know whether these tablets were doing him any good but runners from other nations were taking them so he might as well, just in case!

T.N. of Berkshire

Pollitabs helped me in no small way in succeeding in gaining the gold medal in the long jump at the Commonwealth Games. I am very grateful – many thanks.

A.S. of Yorkshire

Pollitabs really helped me in my recovery from the Commonwealth Games Marathon as I now feel quite enthusiastic about my training having gone through a very hard patch.

'Ali's Magic Potion'

Britain's four million copy circulation Sunday newspaper, The Sunday Mirror, blazed the 'Ali's Magic Potion' banner headline across the front page as the main news item on page 24 September 1978. 'Now it can be told,' they said.' Mohammed Ali swallowed a secret potion before he won the world heavy weight championship for a record third time.

'Ali, 36, astounded the world by his vitality and staying power and outclassed 25-year-old Leon Spinks in New Orleans nine days ago.

'The potion – a kind of vitamin cocktail – was invented by Dr. Alvenia Fulton, a Chicago nutrition expert who although she is 70 is still trim enough to wear a bikini on the beach.' Philip Finn, the Mirror's New York reporter went on to give details of her special formula which included vitamin E, magnesium, bee pollen tablets, folic acid, lecithin, vitamin B6 together with honey, all crushed and mixed with orange juice which also contains vitamin C.

Ali had spoken about the potion after his fight in New Orleans and again when he returned home to Chicago. He said: 'It was a great mixture and I danced and danced and tired Spinks out.' Ali took the potion on the advice of his friend, comedian Dick Gregory, who has known Dr. Fulton for years. Dr. Ful-

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ton, who runs a health food centre in Chicago, said: 'Dick contacted me on the afternoon of the fight to check what was best to give Ali. I recommended the mixture. Vitamins plus particularly the magnesium put more oxygen into the bloodstream to give extra wind and stamina. Anyone who saw Mohammed fight must have noticed how he got stronger and stronger. He could have gone on dancing and fighting all night. He defied all the so-called experts who said he was too old at 36. I am convinced that if Ali continues to follow my advice he will go on fighting – and winning – for another 5 years.'

The fantastic performance came after Mohammed Ali had lost to Spinks in Las Vegas the previous February. Those who saw him were amazed at his condition and fitness for this return fight. What is more he broke no rules by taking the vitamin and pollen cocktail. As Dr. Adrian Whiteson, who is the Chief Medical Adviser to the British Boxing Board of Control said: 'Vitamins are not drugs. They are not stimulants – and there would be nothing to stop any boxer taking them before a fight. But they would not be allowed in the boxer's corner.'

So the secret of the World Champion's amazing comeback had bee pollen tablets as a key ingredient.

Swedish Courts Support Pollen for Sportsmen

Advertising laws covering any product which makes a claim for health or fitness vary from country to country and even from place to place, and are a jungle. It is often very difficult to tell the consumers the truth about a natural food supplement which is in any way out of the normal run of things. Pollen for sportsmen certainly is in that category.

A Swedish court, in the summer of 1976, had to settle a case when an advertisement in one of the largest Swedish daily papers, The Dagbladet, appeared almost by mistake when a secretary accidentally confirmed a cancelled order. The advertisement said: 'Do as the Finns, increase your performance capacity by taking Cernelle pollen tablets.' The consumer information bureaucrats called it 'inappropriate marketing' and demanded prohibition under penalty of a fine for Cernelle because they used this text. So Cernelle took the case to court.

Many expert witnesses spoke in defense of the Cernelle process which had been developed more than a quarter of a century before in which, as Professor Olov Lindahl said: 'The essence is manufactured from the very core substance of the pollen grains and contains in small quantities all known vitamins, all trace minerals, some albumen, and all known amino acids.'

These substances may indeed have a good effect on the human body, but probably it is other unidentified parts of the pollen core that have the effect observed. Professor Lindahl's opinion was that the pollen preparations are healing and have a medical effect, however, in this case, it was not a question of the registration of the pollen tablets as pharmaceutical preparations, but of pollen as a food supplement.

The officials were also upset with the picture of three runners that appeared with the advertisement because it featured the Finn, Lasse Viren's, famous run at the Munich Olympics in which he stumbled and fell but picked himself up again to win the 10,000 metre gold medal.

Viren, like 70 percent of the Finnish runners, uses pollen when training. Pollen has the proven ability of really increasing the performance capacity, the perseverance and the power. A pollen runner can train up to 50 kilometers a day instead of the normal 30 kilometers and he does not need the 5,000 daily calories that a top sportsman usually consumes. These are all important factors when you are running against the best in the world.

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Pollen is not a drug like the anabolic steroids used with personal danger by so many athletes, it is not against any rules or regulations and indeed it is not a miraculous medicine, it is just a valuable and natural product. That is why there is great interest among sports people in the increased use of pollen supplements.

In support of their case against Cernelle the authorities said that they had rejected registration of all natural medicines because the scientific material handed over was not sufficient to prove the effect of the product. It was pointed out that they were not claiming pollen to be a medicine but the authorities said the same arguments stood – the claims were misleading and inappropriate.

Cernelle showed them the many important clinical trials that had taken place on pollen which you will find elsewhere in this book. It was calculated that the results obtained by Professor DuBrisay in improving the condition of old people were statistically phenomenal.

In social or psychological science one star significance is enough as a proof of the effect, that is to say the chance that an accidentally good result has occurred is five in a hundred. In medicine they are satisfied with two star proof where the chance is one in a thousand. A medicine can often be registered on this basis.

In French examination of forty-eight patients the chance that they could have got better independently of the pollen preparation was only one chance in one million. In medical terms that means that the significance has eleven stars and is an extraordinary proof of the pollen preparations.

Professor Lindahl in his summary concluded that pollen in his summary concluded that pollen preparations can be used to treat diseases, improve sports performances, increase working capacity and diminish tiredness in people. His opinion was supported by the statisticians Lars Lindwall and Arne Sandstorm.

The authorities did not give up. They found a doctor who had the opposite opinion! An argument ensued between Lindahl and Dr. Hellstrom and the fight went on. The medical authorities in Sweden even tried to cast doubt on the very high qualifications and ability of Professor DuBrisay, DuBrisay was a professor in experimental medicine with an examination qualification much higher than most of those examinations which are the basis for being entitled to investigate pharmaceutical preparations in Sweden.

Lindahl once again drew attention to a place in the French report where it showed that one of the patients who had a very slow-healing fracture healed with remarkable speed as soon as pollen therapy was tried. In fact, the cases of the 265 French patients who had been given pollen therapy had not been critically examined at all by the Swedish Welfare Board who had simply ignored the important French clinical trial.

The courts summary filled forty sheets of closely argued conclusions with the result that Cernelle were given permission to advertise as they had done before and were fully supported by the court. The important and far reaching result of this case is that in January 1978 far greater freedom was given for the production, sale and advertising of natural medicines in Sweden than has been the case there for very many years. It seems that pollen does not just help cure people it changes the minds of Governments!

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Which Pollen and How to Take It

"Remedies do cure without a Physician, but not a Physician without remedies."

—Robert Wittie (1651)

Pollen preparations are formulated in a number of different ways and from many sorts of flower. The different manufactures have concentrated on different aspects of the virtues of pollen but all have found that there is a considerable overlap so that it is a matter of individual trial and error to find which pollen is best for you and your particular need – all will be good but some will be outstanding.

This chapter, then, is to give you some useful guidelines concerning pollens that I have personally tried. There are other good makes available in different parts of the world but I believe that most types available are described here. Let us begin with the simplest and most natural pollen of all.

Ortis Pure Plant Pollen

Adolf Horn the founder of Ortis, like so many other producers of honey and pollen products, began his business because of the wonderful results he had personally witnessed of therapy with bee-produced remedies.

His modern and attractive factory is set in a rural area, surrounded by lush green fields in the very highest part of Belgium not far from the borders of Luxembourg and Germany. He has worked on the benefits of pollen with Alin Caillas, a distinguished French scientist, and, like other pollen producers of repute, Adolf Horn personally examines and tests not only every sample but he also personally inspects the gathering areas and has scientific checks made upon the product to ensure that there are no unwanted additives.

The Ortis pollen is gathered by the bees themselves who, when entering their hives, go across a special pollen-trap which is harvested one or more times every day during the season. The pollen is then carefully examined to exclude any extraneous material, gently dried and sent to the Ortis factory where it is checked once more before being packed into sterile bottles.

Because pure natural pollen is less well absorbed than if the exine, or tough outer coat, has been removed or broken down, the doses for Ortis Pollenflor are much higher than for those pollens where the outer coat or exine has been removed.

So, with pure pollen such as Ortis Pollenflor the advice is:

1. Take a course of pollen between one and three times a year, preferably before the changes of the seasons in order to build up resistance.
2. It is best to take pollen on an empty stomach at least half an hour before a meal.
3. For adults, the normal dose is 20g (2-3oz) a day. The therapeutic dose is 32g (just over one ounce) a day.
4. A full course should last one month.

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Pollen-B

Raymond Matthews is another person who has had long experience in business and yet finished up producing pollen preparations because of a deep conviction as to their efficacy.

Pollen-B's tablets are made by unique 'cold' process of tableting which ensures that all the enzymes and other active ingredients reach the alimentary canal in their natural effective state.

Also incorporated in the process, is a coating made of entirely natural ingredients to preserve the freshness of the pollen. Many experiments have convinced Ray Matthews and his co-workers that there is an optimum dose for pollen prepared by his special process. This means that a smaller dose is very effective and a larger dose has no extra benefit. In fact, one tablet a day in a normal-sized person is about right for most purposes.

Of course, bigger animals need more pollen! They are now producing a bumper-sized pollen tablet because of the wonderful results produced in American racing stables through feeding race horses twenty-five or so pollen tablets a day. A tablet is now being specially produced to meet this requirement and is sure to catch on amongst the racing fraternity the world over.

In the USA Pollen-B is called Bee-pollen from England. There too it is enjoying wide favour amongst athletes and the old who need extra 'lift' from the 150mg of dry pollen that constitute the effective dose.

The Melbrosin Idea

During World War II Paul Urban, who was born in Sarajevo, and moved later to his present home in Austria, was a leading resistance fighter. His revolutionary instinct did not desert him after the war when, having had a good career in commerce and in journalism, he decided that the results from pollen preparations coupled with royal jelly were so remarkable that someone must really see why they worked and promote them so that the world could take advantage of their benefits.

The pollen preparations produced by Melbrosin are unique in that Paul Urban believes that it is not only vitally important for the bees to gather the pollen but that the results are far superior when the pollen is collected painstakingly from the combs by hand. This means that the yield is minute and the end product is unquestionably expensive.

Because of the lack of solubility of the outside coat of the pollen grain Paul Urban has devised a method whereby the pollen grains are fermented so that, without heat, all the active ingredients are released and then gently dried so as to leave them in perfect condition – quick to absorb.

Unfortunately, wild claims, usually of an aphrodisiac nature, were made in the early days of the introduction of royal jelly thus making the whole area of discussion full of prejudice. None the less the remarkable series of clinical trials organized and supported by Melbrosin and reported in detail elsewhere in this book leave no doubt as to the efficacy of the combination as devised by Paul Urban. His bees are in the wild and remote parts of Yugoslavia where they too are untouched by insecticides and the pollution of industrial society.

He has gone even further than most other producers by deciding through experimentation that some pollens are more effective for different purposes than others. He found that some pollens are particularly good for men and some for women. For the men he has two products, Melbrosia for Men and Melbrosia Executive which contains a substantially increased quantity of royal jelly. The women use Melbrosia PLD and many have found that this special mixture has improved their whole state of well being and, what is more, increased muscle tone so that the effect is that, for example, breasts become firmer and skin becomes smoother. This is just a natural result of a move towards normalization inherent in the effect of pollen supplementation.

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In some countries the Melbrosin products are called by the name Florapoll. The research goes on as indeed it does in England with Pollen-B and in Sweden with our next subject, Cernelle.

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All the previous pollens are bee-gathered. Cernelle have pioneered a technique of cultivating plants with specially good pollens and then harvesting the pollen with a sort of giant vacuum cleaner!

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The fields where the flowers are grown are located, near their factory, in the Northwest corner of the country of Scania in southern Sweden. Most of the pollen is collected on the estate of Vegeholm, bounded to the north by the sea, to the east by forests and roads and on the south by shrub-edged rivers and streams. The district on the western boundary is a small community of private houses and gardens. The nearby pasture land acts as a wind break for the carefully supervised pollen fields preventing airborne insecticides drifting from more distant pastures. The prevailing winds in that part of Sweden come from the west and the northwest from the sea and are so clean and uncontaminated that they cannot affect the quality of the pollen from the organically-grown flowers free from insecticides and other poisonous substances.

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In order to monitor the absence of contaminants they have a number of bee hives and use the bees as detectives. Bees that have been in contact with insecticide-contaminated pollen exhibit symptoms of sickness or even die and so if there is any inadvertent pollution of the pollen fields then they know at once.

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The pollen used to make Pollitabs and Cernitin™ is, twenty-six percent timothy, twenty-six percent maize, nineteen percent rye, six percent each of hazel, willow, aspen and oxeye daisy and finally five percent pine pollen.

Gosta Carlsson, the founder of Cernelle, began to study pollen between 1940 and 1945. He came to the conclusion that the resistant sheath surrounding pollen prevented the efficient absorption of the pollen grain when it reached the digestive organs.

He therefore developed special methods in order to extract the contents. On the pollen grain itself there is a hilum (a small germinal opening) covered by a membrane which can be dissolved with a solvent. It is then possible to force other solvents into the pollen grain itself and to wash out the contents. After this extraction, the mass is filtered separating the husks from the pollen extract which is then extremely pure.

After this extraction and filtration there is a micro-biological digestion allowing microbes to break down those substances which have high molecular weight and can cause side-effects or give rise to allergies if they remain in the extract.

Cernelle believe that this transformation of the high molecular proteins into ordinary amino acids is very beneficial. They produce a number of different extracts because, by choosing different solvents, it is possible to get many different types of products and this combined with a choice of raw material from specific flowers can affect the content of the finished product.

After the digestion the extract undergoes evaporation under high vacuum so that the solvents and moisture are completely eliminated without increasing the temperature over 35° C.

This is followed by spray drying, again under vacuum at very high speed so that in the end no changes are made in the chemical composition of the preparation, and standardized effectiveness and quality is achieved. Pollitabs and the stronger Pollitab Sport capsules (especially developed for athletes) are composed of a mixture of two specific extracts and are designed to provide the maximum result

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without any side-effects. They also produce a much more potent product called Cernilton which is used medically for cases where very strong pollen therapy is required. Yet all these substances are completely harmless in use.

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One of the very interesting possibilities which is sure to be explored with great excitement in the future is the idea that interferon, that substance produced by human bodies which prevents the multiplication of virus cells, can be greatly stimulated by the active principles in pollen.

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There are a number of different ways of preparing pollen, ranging from the whole natural pollen grain to the solvent extracted active principles. All have important merits, so if you are disappointed by the effect of a particular pollen for a specific condition that you feel could be helped by this valuable substance then do please try a different preparation.

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Propolis-Nature's Medical Miracle

"Nature is the art of God."

—Dante (1321)

Although much of this book is about pollen, I share with Paul Urban of Melbrosin the belief that propolis, the sweet-smelling resin used by the bees as a sealing compound in their hives, will soon be thought of as a major medical breakthrough, perhaps even as important as the discovery of penicillin.

I have watched the changes in medical opinion in those centres of research where propolis has been investigated during the past few years alter from one of complete cynicism to the enthusiastic use of propolis for many different illnesses. I count many of those who have done and inspired this work among my friends and hope that you too can benefit from their exciting discoveries.

Take, for example, Mitja Vosnjak, author of *The Miracle of Propolis* (Thorsons). He is no ordinary man. His meteoric rise in the Yugoslav Diplomatic Corps led him from being Deputy Minister of Foreign Affairs to the post of Ambassador of Austria in the romantic capital, Vienna.

He found that his demanding life as a diplomat, poet and novelist was taking a heavy toll on his health. He felt that boundless reserves of vitality that had stood him in such good stead in times of stress and crisis were ebbing away in the prime of his life, and what was more his eyesight was failing.

Then he met Paul Urban. He told him of the discoveries he had been making for improving health with the products of the bees and in spite of his doubt at such an idea he started on a course of Melbrosia for Men, a mixture of pollen and royal jelly.

He found that his failure in health and eyesight were both restored because of the micronutrients present in pollen and he became so excited that he gave up his distinguished career and began a new life devoted to finding out more about the bees.

Since 1974, as the director of the Centre for Biotic Research, he has interested many distinguished scientists from many lands in the subject of api-therapy (the medical application of bee products). Discovery led to discovery. Propolis, he found, was perhaps the first nontoxic anti-infective agent. Today this one-time ambassador and honorary General of the Army quietly continues what has become his life's quest.

Mitja Vosnjak has written of his experiences and of the romantic story leading up to our present day understanding in his book *The Miracle of Propolis*. Often, Paul Urban, Mitja Vosnjak and I have exchanged information and experiences of the remarkable results achieved with propolis and pollen. I have also learnt much from Professor Dr. Izet Osmanagic who has done much fundamental research work with propolis as well as with pollen.

The composition of propolis is very complex, including perhaps thirty percent of various waxes, fifty-five percent resins and balsams, ten percent ethereal oils and five percent pollen. In addition a whole series of unusual compounds are present in small amounts. Every few years more substances are discovered and it is certain that we have a lot to learn yet.

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A few people who are sensitive to propolis and tests at the Edinburgh Royal Infirmary showed that approximately one person in every two thousand might show a puffy redness of the skin when it has been touched by propolis. This can be quite a problem for beekeepers who must continually come into contact with it, but a silicone barrier cream has been shown to be effective. I suffer from this allergy myself but it does not afflict any other members of the family. Also it does not seem to lessen the good effects of propolis when taken internally or as a gargle.

The first clue as to the real advantages of propolis in scientific terms seems to be by a Frenchman, P. Lavie, who wrote about the antibacterial substances found in bee colonies as far back as 1960. He found that when propolis from hives was treated with hot water or hot alcohol it gave an antibiotic extract that remained stable for many months in a refrigerator. Poplar buds, an especial favourite for bees to make their propolis from, contained an almost identical antibiotic and no other tree was so active. He also found that propolis proved effective as a fungicide and it is the one product of the bee to have this effect. So the truth began to be realized that propolis was, in fact, the bees' way of maintaining a healthy, illness-free environment in their densely packed hives.

As is so often the case with natural medicine, all the scientist does is to prove the experiences of generations to be right and to allow them to be used in a more far-reaching and effective way than before. As far back as at the time of Aristotle, propolis was used as a remedy for bad bruises and strains. Pliny used propolis for nerve illnesses, ulcers and many other serious conditions.

A mixture of propolis and petroleum jelly called propol was used for the treatment of wound and skin diseases in the Boer War and also for disinfecting surgical instruments and hands. Stradivarius, the most famous violinmaker the world has ever known, is thought to have included a large proportion of propolis in the vital varnish to create his distinctive and unsurpassed tone.

The Medical Applications of Propolis in Soviet Medicine

Russian doctors are very advanced in the use of natural medicines. For example, Siberian ginseng (*Eleutherococcus senticosus*) received its first clinical trials there and is now widely used in combination with many other substances, especially vitamin B15.

The Russians discovered that the early herb book of Adam Lonicerus mentioned propolis as a poultice in 1679. He pointed out that the honey bees use it for sealing the entrance to the bee hives against drafts and for stopping up cracks and other openings and even erect flap-like viaducts with propolis for the control of fresh air. Foreign materials and other insects that have got into the hive are covered with propolis.

In 1958 the Russians reported that propolis held tuberculosis in check and later on they confirmed the remarkable effect on fungi of the *Candida* group. It could even be added to anti-toxins such as the tetanus anti-toxin to increase the effect with quite remarkable and excellent results. The Russians also discovered that propolis reduces blood pressure and has a calming effect on the nervous system. Coupled with this calming effect is a stimulating effect on the process of the regeneration of tissue.

Wounds are held more quickly, all sorts of ulcers, inflammation, skin diseases and even corns demonstrate that propolis is not confined to a limited range of applications but indeed advantage can be taken of its natural properties over a wide spectrum of activity.

The Russians prepare an extract of propolis by putting one part by weight of propolis with two parts of alcohol and allowing it to rest for three or four days, shaking it repeatedly. By weighing the various extractions after the result has been filtered it is possible to find the exact concentration of the alcoholic extraction which varies between two and fifteen percent. This seems to contain all the necessary active ingredients.

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Soviet literature cites a multitude of therapeutic examples. Chandross used propolis for war injuries. Domrancev found it remarkably effective on wounds that were healing slowly especially after amputations. Demeckij found propolis ointment a good remedy for second degree burns. On top of this all workers found that it had a very extraordinary anaesthetic property. This was found very useful, coupled with the healing virtues in, for example, the treatment of sore nipples. Some cases of eczema also benefited although one must always be slightly worried in case the propolis produces its own allergic effect.

Inflammations of the ear are often cured with propolis. It is also used on operation wounds following the removal of the tonsils, sealing them perfectly. After the operation repeated applications of propolis remove pain and hasten healing. A strong 20 percent propolis extract taken by mouth is frequently used to cure both gastric and duodenal ulcers.

Propolis is a standard feature in the major Russian medical encyclopedias to the extent that there is said to be a shortage of supplies. I do not believe that the Russian experiences with propolis have previously been reported in English and so it is pleasant to mention an area where there can be no iron curtains but simply a universal desire to help heal the sick.

Propolis Against Viruses and the Flu

In Chapter 2 in the section on interferon, I described the work on influenza and Vaccinia viruses of Drs. Filipic and Likar. Professor Osmanagic put these theoretical findings to a practical test in May 1976 when a particularly virulent epidemic of influenza was sweeping through his native town of Sarajevo. He chose a group which were in particular danger of succumbing because of their close contact – a training college where 1,200 nursing students and teachers were living together throughout the day but returning to their homes in various parts of the town in the evenings.

Eighty-five students and teachers who were without any symptoms of influenza were told to take a teaspoonful of Melbrosin propolis diluted with honey every day for between forty and fifty days. Some of them could not be bothered and so in the end 63 from six classes took the product and 157 did not.

Only about one in ten of the students who took propolis became infected and half of those caught their 'flu only three or four days after beginning the preventative treatment so there would have been very little chance of resistance building up. The control group was very much less fortunate; almost one in four of them succumbed to the infection. The teachers who took propolis did even better only one out of twenty-five having even a mild attack, which was fortunate because so many of their colleagues were ill that they were able to help out.

Mouth Ulcers

Especially in children, mouth ulcers can be very troublesome and irritating. A little dab of pure propolis tincture containing between two and five percent of propolis for two or three days generally cures them completely and has been a great blessing to my own children at such times.

Warts and Verrucae

A verruca is the Latin name for a wart and doctors are not very good at treating them. Powerful tissue poisons such as formaldehyde are frequently used to kill off the surface layers of skin, which then have to be scraped away and the treatment continued for a long time. A daily or twice daily application of propolis tincture seems to work much more quickly and more effectively than the normal remedies and is definitely worth trying.

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Candida Albicans

The fungus, *Candida albicans* is assuming plague proportions, in fact in Germany the situation is reported to be getting worse every day. Every other person is said to suffer from some kind of chronic fungus infection. Such parasites invade the skin and hair, eat the beds of the nails, and inflame the lining of the lungs and even the inner walls of the heart. Our living habits and our civilization have made possible the spread of this mini-relation of the mushroom.

Fungus can only survive where it is warm and damp, for example in nylon socks and rubber boots, under nylon petticoats, in central heating and in the fluffy fur of pet animals. Hygiene and the use of drugs have also worked to the advantage of the fungus more room to move. In fact, the very use of anti-biotics can suppress the bacteria, which would normally keep the fungus in check.

Candida is a particular problem because it grows everywhere in hospitals – in the air, on the floor and even on the nurses themselves. They often don't notice it because they have a strong resilient constitution but there is certainly a danger to patients weakened by operations and through the administration of drugs.

Statistically speaking, in Germany every third vagina is infected with *Candida albicans*. Some doctors blame the pill and very free sex-life among the young. The hormones in the pill change the constituents of the secretions in the vagina increasing the proportion of glycogen creating an environment very suitable for the spread of fungus.

It now looks as if work with propolis will provide the remedy. A propolis pessary is achieving remarkable cure rates. Scientific work to prove this began with a group of four doctors led by Dr. Ishida of the Tohoku University School of Medicine in Japan.

This work was carried on by Dr. Cizmarik and Dr. Troupel, of the University of Bratislava, who tested propolis on a whole range of fungi and achieved a high standard of results. They extended their trial in 1976 and concluded that propolis is a substance with remarkable effectiveness for all fungal infections of the skin and body.

Acne

In cases of bad acne and other nasty spots on the skin a tiny dab of propolis tincture every day (preferably several times a day) promotes extremely rapid healing and the propolis also forms an invisible protective coat which protects against renewed infection allowing reddening to subside, the blemishes to dry, fall off and soon disappear.

Shingles

Shingles, or Herpes Zoster as it is medically termed, is painful and unpleasant. At the symposium on api-therapy at Portoroz in Yugoslavia in September 1978 Dr. Franz Feiks of the Klosterneuburg Hospital in Austria reported how the immediate pain relieving effect of propolis in patients with ulcers led him on to decide to treat the local skin sores of herpes with the same substance. He tried the treatment on twenty-one cases that each were given a five percent solution of *Melbrosia* propolis tincture each day as a dressing on the affected parts. In all of the twenty-one cases Dr. Feiks reported that the pain disappeared in forty-eight hours and did not reappear. In three of these cases itching persisted for a long period of time in all the others that common accompaniment to shingles disappeared. Indeed, in nineteen of the patients the skin sores were healed without any recurrence so that only two cases had a new development of their illness.

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Dr. Feiks tried to apply, for the sake of convenience, the tincture in the form of a spray but the resin gummed it up so he had to put it on with a little brush. Dr. Feiks concluded that the viruses must actually have been killed and that there was direct influence on the inflamed nerve fibres. He considers the results to be statistically significant and an important new field of application.

Sinuses and Disease of the Upper Respiratory Tract

Dr. M.M. Frenkel from Russia spoke at Portoroz of the ever-increasing medical recognition for bee products, which are being used more and more successfully in the treatment of diseases. Honey, bee venom, royal jelly, propolis and pollen all supplement the normal range of therapeutic substances because of their considerable activity, low toxicity, easy availability and simple use.

Many Soviet researchers have done much work in the study of bee products regarding their healing effects and their chemical structure. But Dr. Frenkel reported two completely new developments which considerably extended the usefulness of propolis. Firstly, he used propolis as an anaesthetic during surgery on the various organs and secondly, he found propolis to be an effective treatment for diseases of the upper part of the respiratory tract and the sinuses.

The commonly used local anaesthetic cocaine has the fundamental disadvantage of considerable toxicity. Dr. Frenkel used propolis anaesthesia in two ways, by means of the painting on of a ten to thirty percent solution of alcohol and propolis and by using a process called propolis-solution-electrophoresis. This involved using a dynamic electrical current in conjunction with the propolis solution.

Polyps, or small growths, were removed in this way from the ear and the nose and additionally sinuses were cleaned. He found that the effectiveness of the anaesthesia quite as good as that of cocaine but in the case of propolis there were no side effects at all.

Indeed, as regards the length of the anaesthesia the reduced bleeding and the complete absence of side effects he found that propolis showed many useful advantages. The treatment of the upper parts of the respiratory tract and the sinuses with propolis accelerated healing by at least twice as much as with any antibiotic and anti-inflammatory substance so far discovered.

The Future of Propolis

It is never easy to persuade the medical profession to even look at a new medicine. Sir Alexander Fleming waited many years for his due recognition following the discovery of penicillin. Now, one of the great threats to anyone who visits a hospital is the terrible danger of picking up an antibiotic resistant germ. A new generation of so-called 'super germs' is now appearing for which there is no known remedy.

Medical research is breathtakingly expensive and in all countries scientists are turning more and more to natural substances before changes in the environment create a loss of species or of a substance that may never again be replaced unless measures are taken to protect it.

All the signs are that propolis, whilst not being any sort of cure-all, simply has to be in every first-aid box, medicine cabinet, hospital pharmacy and doctor's bag. As more products become available so the range of the field of applications becomes greater.

A propolis gel is being used experimentally by dentists with excellent results against gingivitis and pyorrhoea. Cosmetic creams based on propolis are helping women (and in these liberated days probably men too for that matter) towards a more beautiful and well-toned skin. We have so much for which we must give thanks to man's friend the bee.

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CHAPTER THIRTEEN

Some Users Report

“We must help one another: it is the law of nature.”

—Old French Proverb

Scientific reports are fundamental to the understanding of pollen therapy, but it is good to read the actual words of some of those who have found that pollen and other bee products really work for them and for their families. In the Chapter on pollen and athletes many letters from well-known athletes and ordinary amateurs were quoted giving valuable support to all the experimental work that has been done by doctors. There are also letters in the chapter about rheumatism and arthritis. Now I would like you to look at some of the many other letters heaped up before me as I write, which I have chosen as being typical rather than exceptional.

General Health and Vitality

Mrs. H.P., Sydney, Australia:

I am so thrilled with result of two courses of your Melbrosia so I would be very grateful if we could arrange that I get a permanent supply. Everyone thinks I have taken a youth pill!!!! I have my own national T.V. show and should be delighted to talk about it.

Mrs. M.A.M., Clacton-on-Sea:

I find Pollen-B tablets excellent and all that is said of them is quite true. I am 68 years old and have more energy and less aches and pains than I have had for years. I must thank you for that most sincerely.

Mrs. D.J., Peckham:

I wish to compliment you on Pollitabs. My husband, three children and myself have taken a course of these remarkable tablets and the result has been incredible! After only a few weeks I can actually notice a stunning difference in the children and my husband – they are, much more energetic and lively. Thank you very much indeed.

Monsieur D.N., Limoges, France:

Over a year ago my friends began to tell me that I was looking prematurely old. I felt tired and was unable to work as effectively as before. I have now taken two courses of Pollenflor, with a dosage of two tablespoons each day a quarter of an hour before breakfast, and not only feel a new person, fully restored to health, but my friends are amazed at my energy and regained youthfulness.

Mr. J.O.W., Weybridge:

My wife and I have been taking Pollen-B for approximately three months now and have found it beneficial to our health and general well being. As we are both in late middle age the assistance to our

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energy problem is most welcome, and I would thoroughly recommend Pollen-B to people of all ages for whom the question of coping with the strains and stresses of our modern way of life is of paramount importance.

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Mr. E.W.F, Yarmouth:

I have been taking Pollen-B one each night continuously for three years so at 80 I must say they have been of enormous benefit.

Mrs. T.S., Walton-on-Thames:

Melbrosia PLD capsules are worth their weight in gold. I was having a very rough time in life and in desperation tried Melbrosia and after just one month's treatment I simply could not believe that I was the same person. My tranquility was restored, fears dispersed and I am now beginning to look much younger.

Convalescence

Mrs. A.H., London:

In the first place I was given Pollen-B by mistake at the chemist's shop so I thought I would try them out. I have now been using them for three years and since taking them I felt much better having had heart surgery in the past. The doctors at the hospital said I now have the blood pressure of a young girl, my age being 62.

Mrs. C.B., Dunstable:

I was recovering depressingly slowly following a 'woman's operation' when a friend recommended Melbrosia PLD. I simply had to write to tell you how much better I now am. I had almost forgotten what it was like to feel in good health but now I do believe that I am even better than before.

Mr. J.L. Leeds:

To climb to the very top of Ilkley Moor, all the steps to the top of York Minster and up all the steps to my flat on the fifteenth floor are things that have been done by others. So what is so special about this? Well three months ago I had a coronary, my second in two years, thus leaving me with angina. A bit dispirited, with people telling me 'Oh! You have had it now.' People tell me to take it easy, I suppose they meant well. But I have taken Pollen-B tablets and with determination I have done all the things I mentioned. I intend to keep on taking them and do really think there must be something very special about them.

Mrs. L.L. Johannesburg:

I was given a bottle of Melbrosia in order to help me regain my health after a very severe operation and a long period of recuperation. I am already feeling infinitely better and would like you to arrange to send me six or more bottles as soon as you can.

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Nerves

Mr. P.S., Galway:

Thank you for Pollen-B. I suffered from nervous tension; doctors were no good with their modern cures. I got back my health, my energy, and my personality from Pollen-B. Once again thank you.

Mr. M.E., Newbury:

Just over eighteen months ago I had a nervous breakdown and was beginning to feel I would never be able to manage without tranquilizers. Having reached the stage where I would try almost anything I bought a six-month supply of Pollen-B. After taking them for a month I found I was able to go without tranquilizers and the length of time now stretched to almost three months. I wouldn't be without Pollen-B for anything now.

Mrs. R.T., Perth:

I was beginning to get, so my husband tells me, absolutely impossible to live with (I'm at the time of the 'change') when the assistant in the health store recommended that I took Melbrosia PLD. I must say that I did not really believe in it and I thought that I was wasting rather a lot of money but the transformation was nothing short of a miracle. Your product has turned what was for me proving to be a very difficult time of life into a truly happy experience with no problems. My nerves and my temperament are back to normal. Perhaps you have saved a marriage!

Prostate Troubles

Mr. S.B.B., Glasgow:

I feel I ought to write to you to tell you how I have been saved from having an operation, which my doctors said, was quite essential. I was having very serious trouble with the prostate gland (I am seventy-five) and all arrangements were made for me to go into hospital when a great friend who only believes in herbal treatment said that if he had known he would have got me to try pollen which he was sure would have done me good. Anyhow I thought it was never too late to try anything and went immediately to the herbalist and bought some Pollitabs. Within two days my trouble had disappeared and the following day I had to go to the hospital to have some photographs taken. These showed absolutely no trace of any of my trouble and all the difficulties with my water have ceased. Now they say that I do not need an operation.

Mr. C.J., Long Beach:

My daughter from England sent me a six-month's supply of Pollen-B to correct prostate troubles. After using it I got excellent results in reducing the prostate gland and also what I did not expect – increased virility and that is what I wanted all the time.

J.B., London:

I have just returned from abroad and I am completely out of Cernilton (strong Pollitabs). It is really quite marvelous and – so far – has kept surgery at bay for an enlarged prostate. I did not believe that anything could do the job and had never even heard of the product. But it works!

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Dr. H.T., Vienna:

I write to tell you about a patient who is one of my families who has experienced a wonderful return to health with three Florapoll (Melbrosia) capsules each day. This eighty-nine year old has suffered from a long time from a continual enlargement of the prostate. So much so that he has to carry a catheter. He also had a long-standing infection of the urinary tract. This has been resistant to antibiotics and sulpha drugs. Then we used Florapoll with the intention of helping the prostate and not only was that improved but we also found that the infection was cured also. This meant that we were able to stop the ineffective treatment with antibiotics and can report that even now the tract is remaining in good condition.

Virility and Rejuvenation

Mrs. M.B.S., Cowes:

I have been a regular user of Pollen-B for six weeks and feel years younger. I passed through the change of life some twelve years ago, but all the old excitement is returning. This is very puzzling. I definitely put it down to the rejuvenating effect of Pollen-B.

Dr. J.B., Scotland:

For the past three years my sex life was a bit troubled and I was having great difficulty. But since being on Melbrosia for Men I have returned to normal. All in all, I find them very good and definitely feel more relaxed in my everyday routine.

Breasts

It has often been noted that pollen improves muscle tone and very many women have reported that this has resulted, for them, in an enlargement and firming of the breasts.

Miss R.N.O., Enfield:

I am a housekeeper working in a stately home and in the course of my duties meet many important and interesting people. I have always had extremely small breasts, which have been a source of acute embarrassment to me even though friends often tell me that people take no notice of such thing. Perhaps I was a little silly about it but there was nothing I could do. I then tried a course of Melbrosia PLD because of what I had read and the results have been wonderful. My breasts have gained two inches in size altogether they are firmer and better shaped. Also I fell much better and more relaxed in myself. I am writing in the hope that my experience can help others.

Miss M.G.B., Malta:

I am very pleased with the effect of Pollen-B. My eyes are brighter and my hair is more beautiful. My breasts are firmer and the pimples I had on my face are nearly all gone. These effects came after only one month. I am taking two tablets a day one first thing in the morning and the other last thing at night. I thank you very much for all you have done.

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Allergies

Mr. J.O.J., Buckhurst Hill:

I feel I must write to say how well I have felt after taking Pollen-B for over a year. I usually suffer from bronchial asthma but did not even have a cold this winter.

Mrs. C.B., Darlington:

I have been taking Pollen-B for just over a year and I thought that you might be interested to know that I am delighted with the results. After four weeks all hard and rough skin had gone from my heels and legs and now after a year the tone and condition of all my skin has improved. My hair has thickened and improved in texture. I have had asthma for many years and whether it is due to the tablets I really don't know but the breathlessness and wheezy attacks which I had, have now become less frequent. I feel much better and I also sleep better.

Mrs. M.P.H., Malaga:

Melbrosia PLD completely cured my rough and patchy skin. When I stop taking it I am as crotchety as an old bear, with all sorts of menstrual pains etc., but when I take it I feel wonderful.

Mrs. S.J., Israel:

I have always suffered from a very dry skin with eczema and scaling and since taking a course of Melbrosia PLD as a tonic to my amazement the skin has improved beyond all recognition.

Mr. J.S., Southport:

I bought some Pollenflor in a health store recently because I heard it would help my performance as an athlete. This it certainly did but to my surprise it also seems to have prevented the bad hay fever, which I usually get as regular as clockwork every summer.

Mr. N.R., Totnes:

My doctor said that it would be unwise of me to take a course of Pollitabs because I suffer from hay fever and I am very allergic to pollen. I went ahead anyway and he said he would keep his eye on me. You will be glad to know that not only has Pollitabs made me feel better than I have felt for years. I also had less hay fever than I can ever remember having even though the pollen count was unusually high.

Gastric Problems

H.B., Brussels:

I have to write to you to tell you that Pollenflor is the first product I have ever taken which has helped me with my frequent diarrhea. For many years this problem has made me feel unusually tired although medical examinations have shown that there is nothing actually wrong. Only fifteen days after taking Pollenflor my body has returned to normal for the first time for as long as I can remember, in fact, the result is magnificent.

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Mr. J.H., Penzance:

I write to tell you that the tablets my doctor gave me, which I need for another condition, make me constipated and that since taking Pollen-B I have been helped considerably. Thank you.

Miss C.P., Barton:

I would like to say that since taking Pollen-B I have never felt better. I always used to suffer from an upset stomach and lack of appetite. Now I can eat a full meal and feel no uneasiness at all after it. I cannot praise them highly enough.

Mr. T.S., Suffolk:

For two years now every time I have been feeling unwell for whatever reason I have taken a course of Melbrosia. I have been delighted with how often it has done the trick for me. I take it when I am constipated and I take it when things go the other way but the effect always seems to be the same – I return to normality. When in your life you have been ill as much as I have you can have no idea how wonderful it is just to feel normal.

Migraine

Mr. J.E.K., Stroud:

I started taking Pollen-B tablets last July. Since then they have had a marked effect on my general health. For years I have suffered from migraine headaches and I have tried every known form of medication including making several visits to the Migraine Clinic at St. Bartholomews Hospital in London. In the nine months that I have been taking the tablets the headaches are becoming less and less. Coupled with this I am less tense and this has had unexpected side effects, such as not being dependent on laxatives which I had taken regularly for years. I now go for long periods without needing to have recourse to them. It is marvellous after years of suffering to be free of the pain of bad migraines, also the necessity for constantly taking analgesics.

The Hair and Nails

Mr. R.N.W., Cheshire:

It is now over nine months since I first started a course of Pollen-B. The benefits that have accrued from this are now really too numerous to mention. Suffice it to say that at the age of 64 I have regained the energy that I had when I was 40 – I have been completely bald for over twenty years and now I have a covering of hair all over the bald part – I have recommended pollen to hundreds of friends and in no single case has there been anything but praise.

Mrs. T.R.S., Southall:

I was advised to take Melbrosia PLD to help me because I often suffer from painful periodic pains. I am glad to tell you that these have been lessened but, even more remarkable, my brittle nails and lusterless hair are problems of the past! It has taken almost a year but now, for the first time, I really do have a 'crowning glory'.

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Mrs. A.D.R., Aylesbury:

I think that Pollen-B is fantastic. My nails have actually grown properly for the first time for years, I am energetic and I look younger than I ever did. One thing bothers me and I hope that you will advise me about it. I am on a contraceptive pill and wonder if this would affect Pollen-B in any way. I sincerely hope not as I would not want to stop taking my daily pollen. I would rather give up the pill.

(Author's note: Pollen has not so far been reported as being incompatible with any medicament or with the pill, so she is quite safe to go on using both.)

Colds

Mrs. T.N., Birmingham:

I write as the mother of a large family (six – four boys, two girls). They all travel to school on buses and, for years, we have suffered with colds they have caught on the way to school and at school. I am writing to tell you about the wonderful results we have now achieved by using two of your products. This is what we do. For the last two years, at the beginning of autumn we have all (mum and dad too) taken a thirty day course of Melbrosia pollen and then, as soon as people start to catch colds around us we take propolis capsules. This has meant that during these last two years none of the family has caught a bad cold. When someone does start a slight sniff he or she is immediately given one gram of natural vitamin C every three hours. At the same time we all take more propolis and pollen! It is not apparently a cheap way of doing things with eight people in the family but I am sure that the treatment has paid for itself because none of us have had a day off work or school now for two years whereas before, between us, a total of two months away in a year was not uncommon. By the way, the children all seem brighter too and we have not caught any of the other diseases such as 'flu even though there was one serious epidemic in our neighborhood.

Mr. R.B., Adelaide:

My son who is a travelling musician in Australia has found Pollen-B tablets most beneficial. He says he has not had a cold whereas all the others around him have and he swears he does not get as tired even after all the long late hours of work.

Mr. P.P., Rotherham:

I work in a crowded office and caught every cold that was going so regularly that I felt embarrassed in case my colleagues thought that I might be malingering. I was recommended to try a course of Pollitabs throughout the winter and now I am writing to you to say that even though on one occasion there were only three of us left out of twenty-five, all others being down with colds and 'flu I was able to work harder than ever before, and felt fine.

Diabetes

Mrs. J.B., Stockport:

My young son, who has diabetes, has recently discovered Pollen-B. He has been taking them for a couple of months and he has felt very well and was getting worse and worse. He is now much more

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relaxed and sleeping well again. Before taking the tablets he had to go to the clinic every six weeks but now he only goes every six months.

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CHAPTER 1	Mr. R.F., Richmond:
CHAPTER 2	I am only a mild diabetic but the complaint does seem to have left me very tired and listless. I thought I would try a course of Pollen-B and now I have noticed a change in myself and do not get as tired and exhausted as I used to. Among the many other letters, which I have not included, are ones concerning
CHAPTER 3	the very good effect of Melbrosia on the periodic difficulties of adolescent girls where fifty girls out of sixty with serious problems in a boarding school (enough to prevent them working) were cured; reports of help for colitis sufferers; relief of giddy spells and the confusion of the elderly.
CHAPTER 4	Another book could be written from the hundreds of letters that I have examined praising the virtues of pollen. I hope that the selection given in this chapter will abundantly illustrate the importance of
CHAPTER 5	the scientists' findings in human terms. For it is people, their health and happiness – what is often called the quality of life – that we must aim to improve in this modern and perhaps too technologically
CHAPTER 6	minded world.
CHAPTER 7	The work which began with Greeks like Herodotus in 400 B.C., with Celsus and then Dioscorides in the
CHAPTER 8	first century A.D. as well as that mentioned in the Koran and in Persian and Arabic manuscripts of the
CHAPTER 9	sixth and eighth centuries, which mention propolis for the treatment of eczemas, for blood purification
CHAPTER 10	and for bronchial catarrh.
CHAPTER 11	All these things have been part of the developing picture of medicine throughout these thousands of
CHAPTER 12	years. We now have the technology and expertise to test them thoroughly and make them available to
CHAPTER 13	all mankind. I hope and pray that during the years that lie immediately ahead the work outlined in this
APPENDIX	book will be built on so that it acts like a stone in the middle of a clear pool with ever widening ripples
	influencing hidden areas about which we have no idea today. Pollen, honey itself, bee venom, royal jelly
	and propolis. These golden gifts to man are in true worth beyond price and yet can be made accessible
	even to the humblest peasant. As the great Frenchman Voltaire said in 1755: 'Nature is inexhaustible.'

The Healing Power of Pollen

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Table 1

Amino acids present in pollen samples

	Zea mays 1954	Alnus glutinosa	Pinus montana
Amino acids	+	+	+
Alanine	+	+	+
Amino-butyric acid	+	–	–
Arginine	+	+	+
Aspartic acid	+	+	+
Cystine	+	+	+
Glutamic acid	+	+	+
Glycine	+	+	+
Histidine	+	–	–
Hydroxyproline	+	+	+
Isoleucine	+	+	+
Leucine	+	+	+
Lysine	+	+	+
Methionine	+	+	+
Phenylalanine	+	+	+
Proline	+	+	+
Serine	+	+	+
Threonine	+	+	+
Tryptophane	+	+	+
Tyrosine	+	+	+
Valine	+	+	+

(see more tables on next page)

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Table 2

Amino acid content of pollen of pollen samples (g of amino acid per 100g protein)

	Zea mays 1953	Zea mays 1954	Alnus glutinosa	Alnus incana	Pinus montana
Arginine	6.3	5.7	9.8	6.2	6.4
Lecucine	7.6	5.6	6.0	7.1	6.5
Lysine	5.9	5.0	4.7	5.0	5.1
Methionine	1.6	1.6	1.4	1.6	1.5
Phenylalanine	2.9	2.3	2.3	3.0	2.1
Tryptophane	0.6	0.6	0.8	0.4	0.8
Tyrosine	1.9	1.9	1.7	1.9	2.1

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Table 3

Vitamins in pollen samples (m g/g pollen dry weight)

	Zea mays 1953	Zea mays 1954	Alnus glutinosa	Alnus incana	Pinus montana
Riboflavin	5.7	6.2	11.2	12.1	5.6
Nicotinic acid	40.7	71.8	82.7	82.3	79.8
Pantothenic acid	14.2	12.7	4.2	5.0	7.8
Pyridoxine	5.9	5.5	5.7	6.8	3.1
Biotin	0.52	0.55	0.65	0.69	0.62
Inositol (mg/g)	30	30	3.0	3.5	9.0
Folic acid	2.2	2.2	0.53	0.64	0.42