

Flower Pollen Power

by Deborah Arnoldy LPN, BA

When we think of pollen two things usually come to mind; essential health benefits and allergies. The history of pollen's goodness can be traced to ancient civilizations. For centuries the Egyptians and neighboring nationalities made use of pollen from date trees as a sustaining food perfect for undergoing hardships encountered in the desert. Likewise, the Chinese have always made use of pollen combining it with honey to form cakes. In Russia and several other poor countries the substance treated as honey scrap has been shown to be one of the finest foods in the world, being almost pure pollen. During the earliest days of the Olympic Games the competitors ate unprocessed honey containing pollen to promote energy and endurance.

Intensive research into the fascinating and mysterious subject of pollen has been taking place in numerous countries since the 1950s. Pollen is a phenomenally nutritious and well-balanced food that can be consumed by people and animals alike. Pollen contains the richest source yet revealed of vitamins, minerals, proteins, amino acids, hormones, enzymes, and fats. Amino acids are the constituents of proteins – the muscle builders of our bodies – and pollen carries all 23 essential and non-essential amino acids!

We know that under certain conditions pollen grains were able to survive the ice age because of the pollen's husk. The protective outer coating known as the husk is what protected the pollen nuclei for centuries under ever changing conditions. The husk not only serves as protection for the pollen nuclei, but it also traps toxins, pollutants, and allergens to keep the pollen pure. When pollen is inhaled or ingested, it is the husk that is causing the reaction, not the pollen. For all the goodness extolled about pollen, human consumption of unprocessed pollen or bee-gathered pollen can make individuals very sick. Pollen gathered by bees for their store in the hives could perhaps present a health hazard to humans if consumed in its raw, unprocessed state. Such pollen is often contaminated by such foreign bodies as bacteria, fungi, mites, and insect eggs, which may well produce an antigenic effect. Bringing bee-gathered pollen to market requires irradiation of the product in an attempt to kill these potentially dangerous disease carrying microorganisms. Bee-gathered pollen is a product collected from many, often dozens of species of plants visited by the bees. This feature enhances the nutritional balance of the pollen, but also means that the bee-gathered pollen is not a uniform product. Standardized flower pollen extracts on the other hand are mechanically gathered from specially selected flowers that have not been contaminated by insecticides or pesticides. Standardized flower pollen extracts are processed to completion under stringent FDA guidelines at a pharmaceutical quality level.

Standardized flower pollen extracts are obtained through a special process that gently removes the hard outer husk leaving the goodness of the pollen intact. Gathering pollen without the aide of the bee is the first step in producing a standardized product. Each pollen grain is too small to be seen by the naked eye. It would take 10,000 pollen grains to cover a dime! This makes harvesting pollen very challenging. Modern day pollen collection is done with machines based upon electro-mechanical principles. This specialized equipment enables gathering large harvests of pollen directly from plantations of specially selected flowers in a vacuum-like process. The goal of standardization is to produce the same product every time at the exact specifications without variances in nutritional value. Standardized flower

pollen extracts are available to us as food supplements, but in many parts of the world they are registered as a pharmaceutical product. Standardized flower pollen extract has been clinically studied by major universities and pharmaceutical companies all over the globe in an effort to discover cures for disease processes such as failing liver function related to toxins and poisons. Upper respiratory conditions, influenza, rheumatism and arthritis, cosmetic and dermatological applications including the treatment of acne and burns, and research related to the trace elements needed by humans to handle stress have all been studied as well. Pollen preparations are not in anyway a substitute for insulin or any other substances which help diabetic people; but it has remarkable benefits in helping the control of many side effects of diabetes such as difficulties with walking, decline of mental and physical powers, menstrual problems, sleeplessness, rheumatic conditions, forgetfulness and lack of concentration, circulatory disorders and chronic constipation.

Probably the most widely studied application for standardized flower pollen extract lies in its ability to decrease the

size and congestion of the male prostate gland. It would be exaggerating to suggest it is always successful, but in over 23 clinical trials conducted all over the globe sufficient evidence is in place authenticating the evidence that pollen plays an important role in the reduction of the size of the prostate related to benign prostatic hypertrophy (BPH), non-bacterial prostatitis, and the regulation of prostate cell growth in about 70% of the tested subjects.

Prostate growth is inevitable in the majority of our aging male population. The biggest concern for men is that BPH, non-bacterial prostatitis, prostatic dysplasia, and prostate congestion of unknown origin are diseases that are becoming more prevalent in men as young as their 30s and 40s. The protection of the prostate gland greatly depends upon lifestyle choices and changes that will enable men to have better control in warding off disease. Some of these changes include decreasing fat and red meat intake, limiting or eliminating alcohol intake, choosing non-impact type of aerobic activities, drinking at a minimum 8, 8 oz. Glasses of filtered water before 3:00 in the afternoon, and daily nutritional supplementation with standardized flower pollen ex-

tracts. Some excellent books to read on this subject are *The Prostate Cure* by Dr. Harry G. Preuss, *Smart Medicine for a Healthy Prostate* by Dr. Mark McClure, and *The Prostate Miracle*.

Standardized flower pollen extract is available under the name Cernitin™, or Cernilton® from Graminex in Saginaw, Michigan. Several products have been formulated using Cernitin™; some of which are for prostate health, immune system regulation, liver detoxification and cell regeneration, energy and endurance, and antioxidant enhancement. It is important to note that when requesting a pollen product it's necessary to specify standardized flower pollen extract, or Cernitin™ to ensure that you are getting a husk-free, allergen free, processed pollen product.

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For information: call Graminex at 989/797-5502, or www.graminex.com