

Honey - the Ancient Secret of Longevity.

The innumerable attempts have been made to discover the secret of **eternal youth and the deferment of old age**. The Elixir Vitae was a problem of all times and still is today. If we scan ancient records we find an infinite list of tricks, schemes, suggestions, dietetic regimens and substances from the mineral, plant and animal worlds employed to preserve and regain youth or to stave off old age.

Bees are perhaps the oldest living species on our planet, and it is no accident that they have remained unchanged in their existence for many millions of years. Mother Nature created a perfect environment when creating the honeybee, and at the same time equipped the honeybee with all of the **tools required for longevity**, come what may.



According to one Egyptian myth, **honeybees were the tears of the sun god Ra**. Their religious significance extended to an association with the goddess *Neith*, whose temple in the delta town of Sais in Lower Egypt was known as *per-bit* - meaning 'the house of the bee'. Honey was regarded as a symbol of resurrection and also thought to give protection against evil spirits. Small pottery flasks, which according to the hieratic inscriptions on the side originally contained honey, were found in the tomb of the boy-king, Tutankhamun.



Unification 3050 BC. Egypt is unified by Menes, a local ruler of Thebes. The unification is celebrated in **symbols in Egyptian Art throughout the next 3000 years**, for example the sedge and the bee. The sedge is the symbol of Upper Egypt and the bee is the symbol of Lower Egypt. This example is taken from the Kings List in the Mortuary Temple of Setil, constructed 1500 years after Menes.

There are many instances in history that confirm the belief that a **liberal consumption of honey is conducive to prolongation of life**.

- **Pythagoras**, who was a great philosopher and also a physician, laid down the principle that simple food is the best means to sustain life. He went even further when he made the statement that there is no disorder to which human

nature is incident that could not be cured by such simple things as the Almighty Creator has provided. Honey was for Pythagoras No.1 on the list . "Bread and honey was the Pythagorean's meat."

- **Hippocrates** prescribed honey to those who "wished" to live long; he himself reached the age of 109 years.
- When one of Augustus Caesar's guests, **Pollio Rumilius, 100 years old**, was asked by the Emperor how he preserved the natural vigour of his body and mind, he answered: *Intus mulso, foris oleo* (Honey within, and oil without). This old gentleman was very fond of dipping his bread into honeyed wine.
- **In old Egypt, honey was used in making potions said to cure sterility and impotence.** Mead, a fermented drink made from honey, was consumed by "honeymooners" who believed drinking it would "sweeten their marriage." Honey is rich in several B vitamins, required for testosterone, and in boron, which is important in the production of both estrogen and testosterone.
- The **Russians** at our days are much more advanced than other countries in terms of **longevity research that connected to beehive product.**

The villagers residing in the Caucasus Mountains fascinated **Dr. Nicolai Tsitsin, Russian Chief Biologist and prominent member of the Academy of Sciences.**

These hardy souls seemed to sail effortlessly past the age of 100. Remarkably, more than **200 individuals were over 125** – still actively working and participating in daily activities. After some physical examinations, Dr. Tsitsin discovered that many exhibited signs of "silent heart disease" and scars of "silent heart attacks," which would have certainly been lethal to a modern man.

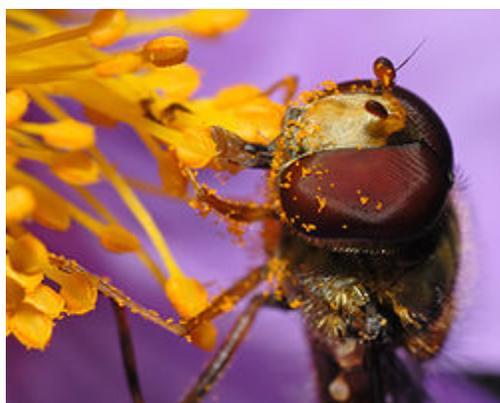


The doctor believed that being extremely active and working hard well into old age was a contributing factor to their longevity, but he still remained puzzled. He knew there had to be some other factor entering into the equation. He was on a mission to find the common denominator. Then he stumbled on it.

These people all kept bees! Beekeeping is a profession that in itself historically confers some sort of "magical" life protection on its members, a fact confirmed by today's scientific research.

Russian scientist Olga Lipesinskaya, in her book "Life, aging and longevity," scientifically proves that the normal continuation of human life should not be less than 150 years, if everyone properly follows the laws of the nature and the health. In the Russian meticulously run statistics the majority of the people above 100 years are beekeepers".

Honey is a Healthy Food



Bees make honey by traveling from flower to flower, removing the rich nectar, storing it briefly to mix with their enzymes, and then depositing the honey in their hives. Throughout the ages, honey has been recognized as a **premium natural food - a storehouse of energy** that is easily digestible.

Dr. D. Jarvis M.D., a famous nutritionist, writes: "Human body works on the minimum of needs, and honey contains that minimum." **Nutritionists think that honey is super food of the cells, tissues and organs.**

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Honey, when used appropriately or combined with other food items, can **promote growth and regeneration of body tissues** and strengthen a healthy physical body or its optimum function, it's vital to humans.

Honey keeps its nutritive values for a long time. American researcher Dr. T.M. Davis, in discovering the tomb of Queen Tai's parents, found a hermetically closed dish of honey, which even after 3.300 years had its characteristic aroma.

It has been proven analytically that that specific jar of honey has kept its nutritive value. The ancient Chinese made a kind of noodles from honey and pollen, which they kept for years in the case of drought or floods.

In honey's natural unfiltered and unpasteurized state, there have been identified over **180 nourishing ingredients**. With filtration and pasteurization honey loses its essential ingredients.



Honey as an Aphrodisiac.



The word **aphrodisiac** comes from the name of the Greek Goddess of sexual love and beauty, **Aphrodite**.

Honey is also known as the nectar of **Aphrodite**. Sticky, runny, viscous, butter-texture, deliciously sweet, honey it is as much a sensual experience as it is a delicious indulgence.

My neighbours, a retired couple but very active nonetheless, have as a hobby cycling and apiculture. In their back garden they have several beehives that they take care of with diligence.

Every morning very early I can see them from my bedroom window walking up the hill to take care of their beloved bees. After lunch it is almost sure that they will spend the afternoon cycling on the countryside and for what they say, they spend very active nights as well!

This singular couple who last summer cycled France from north to South confessed to me that they owe their energy to their bees. They systematically consume honey and pollen every day. Honey on toast, pollen and yougurt, honey and crepes, tea and honey. They even make their own jams, breads and biscuits with honey. It is not a surprise my retired neighbours could manage the "Tour the France". Honey is one of the most seductive foods available worldwide and as it is a form of sugar provides sustained high energy.



Being easily metabolized and rich in B-vitamins, enzymes and amino acids it helps to pump the energizers through your system.

- This faith in honey as an aphrodisiac and energy booster reminded me the tradition of the honeymoon. In ancient times it was traditional to present the newlyweds with honey to help them enjoy their first sexual encounters and aid to procreate a child!
- The use of honey as an aphrodisiac is also mentioned in the *Kama Sutra* and *The Perfumed Garden*. Where it is said that honey spiced with nutmeg is said to heighten an orgasm.

The «*Love Juice*» is an ancient recipe made with honey, ginger and lemon.

You should peel and extract the juice of 100gr. of ginger and mix that extract with water until you make a litre of juice. Leave to stand for a few hours. After that, you should squeeze the juice of 5 lemons and add to the water and ginger mixture. Add some good quality runny honey, enough to make a delicious sweet but refreshing drink. Serve very cold in long glasses. It is great first thing in the morning or as a non-alcoholic aperitif. The taste is sharp and fresh, ideal to awaken the senses.

[Source: Hub page](#)

Add 2 ounces Aloe Pit's and Pitch to your glass of "Love Juice" before drink it and you will get power energy for whole day!

We don't recommend you to drink it at the evening time because you won't be able to sleep. Or may be it is what you need?

Bee Pollen - the World's Most Complete Food



- Bee pollen is the world's most complete food. It contains every basic vitamin, mineral, enzyme, amino acids, hormones, enzymes and fats, as well as significant quantities of natural antibiotics, essential for general well being and good health.
- Most of the known vitamins in pollen exist in perfect proportion, which further enhances their value. In its fresh, natural form, it is completely absorbed by the body and is **100% digestible**.
- The **protein content of pollen** ranges from 10 to 35 percent (according to its plant origin), with a mean average of 20 percent. **Forty to fifty percent of this may be in the form of free amino acids**. All pollens contain the exact same number of 22 amino acids, yet different species produce varying amounts. The amino acids found in whole dry pollen fluctuate between 10 and 13 percent (26.88% protein or albuminous substances). This equals from 5 to 7 times the amino acids found in equal weights of beef, milk, eggs or cheese.
- **Approximately 35 grams of pollen each day will supply all the body's protein requirements** . However, only 25 grams of pollen ingested daily will sustain a person in terms of providing sufficient amounts of each of the essential amino acids.

- Pollen gathered by bees is superior to that obtained directly from flowering plants. The bees are extremely discriminate about selecting the best pollen from the millions of grains that are present and the bees only select those grains of pollen that are rich in all the nutrients, especially nitrogenous materials . The bees mix the pollen grains with a sticky substance that is secreted from their stomachs, which allows the pollen to adhere to their rear legs in "pollen baskets" in order to safely transport it to their hives.



- Professor Alain Callias, Ph.D. at the Academy of Agriculture, Paris, France, investigated whether referring to bee pollen as “nature's perfect food” was accurate, and if humans could survive on bee pollen alone for an extended period of time. During the course of his studies, he found that 36 grams of bee pollen a day would supply the average man with every necessary nutrient!
- During many years of testing, pollen has been notable for its lack of harmful side effects. Few medications rank with bee pollen in terms of its lack of toxicity. It is a completely natural product that is well tolerated by the body and compatible with all other forms of therapy. In addition, it is easy to digest and suitable for all ages. Furthermore, it provides increased protection and greater resistance against any invasive or harmful pathogenic bacteria, and provides increased and sustainable energy levels throughout the entire organism.
- Bee pollen may help with many conditions including obesity. Its ability to act as an appetite suppressant and also a general craving suppressant makes it popular amongst people looking to loose weight or even quit smoking.
- Clinical tests have proven bee pollen to be effective in combating the effects of hay fever and other airborne allergens. In a clinical test, bee pollen was given to individuals suffering from hay fever allergies. It was given over a period and was found to desensitize people from the effects of hay fever and other allergies.

- Dallas Clouatre, Ph.D. is a researcher and author of 'Flower Pollen for Prostate Health'. In his book he reports that controlled bee pollen consumption among men with prostate problems results in significant improvement and alleviation of symptoms. Dr. Clouatre comments that 80% of those people using pollen find marked relief and that pollen may also forestall future problems.

- **Pollen contains over 5,000 enzymes and co-enzymes,** considerably more than is present in any other food. These enzymes are necessary in the body for digestive function and immune function. The enzymes present in bee pollen are considered important in creating a **chemical balance in the metabolism.**

This 'balancing' or 'regulating' function may be the key factor in bee pollen's ability to **assist in weight regulation.**

When taking bee pollen as a diet supplement, it is best consumed **an hour or so before meals.** Where body weight is normal, and there is no desire to loose weight, pollen may be consumed with, or directly following a meal.



Source includes BW HealthWire, Nampa, Idaho June 9, 2000.

- Valued by many for its **energizing and stamina building function,** it offers so much more than a quick energy-boosting tonic.

World's Oldest Champion uses Bee Pollen Superfood

Experts have long considered bee pollen a potent healer and a source of prolific power. One of the best case studies illustrating this would be that of the legendary Noel Johnson.

In 1964, at age 65, he was diagnosed by his doctor as having a seriously damaged heart. The doctor forbade him any physical activity. What Noel did instead of waiting for his death was to reassess his diet and life style, and discover what he called "the bee's gifts."

At age 70, he started to consume bee pollen daily.

At age 78, he won his first **gold medal** in the Senior Division of the Marathon race. For years after that, he held the title of World's Senior Boxing Champion, defeating opponents half his age. He was presented with the Presidential Award for Physical Fitness by President Reagan.

In 1989, he wrote his autobiography, appropriately entitled A Dud at 70 - A Stud at 80. In this inspiring book, he attributed his stamina, superb health and longevity to bee pollen:

"This miraculous substance from the beehive became the cornerstone of my diet... I know that bee pollen has been the single largest contributor to my extended lifespan. I believe it is this incredible food that gave me the 'superman' image ...

Since I discovered bee pollen at the age of 70, this perfect live food has restored my manhood, brought me to full vigour and sexual potency, and continues to nourish every cell in my body while protecting my health ."

Noel Johnson remained active as a marathon runner until his death at the age of 97. Bee pollen is a timeless wonder, an all-natural creation easily available and affordable to anyone. One's search for eternal youth should lead straight to the beehive.

You just have learned about Bee Pollen as a Super food. When you were reading this information, you probably were thinking "WOW!" But what if I tell you that bees have much more powerful beehive product than Bee Pollen. **And this is Royal Jelly.**

Here is the information that will make you astonishingly surprised.



Unique Royal Jelly can increase the lifespan of bees in 40 times.

Let us consider two genetically equal baby bees. They called larvae. One larva is fed on bee pollen. When it grows up, it becomes a worker bee. Its' life cycle is about 35-40 days.

The other larva is fed on Royal Jelly. This one becomes 1.5 times bigger than other bees, lays around 2.000 eggs a day, and lives 40 times longer than the worker bees.

It means that nutritious value of Royal Jelly is hundred times higher then value of Bee Pollen.

What is the Royal Jelly?

It is a substance secreted from the hypopharyngel glands in the heads of worker bees.

Not surprisingly, man has shown much interest in this substance, regarding it as the 'elixir' or 'crown jewel' of the hive. Many studies have been performed in attempt to establish its nutritional content and the effect of its nutrients on living beings.

Royal Jelly contains approximately 12% protein, 5-6% lipids and 12-15% carbohydrates. It's B Vitamin content is high, and with 17 amino acids,

including all 8 essential amino acids, it is a nutritious hormone-rich substance with a wide spectrum of potential benefits. Royal Jelly also contains around 15% aspartic acid, which is important for **tissue growth, muscle and cell regeneration.**

Vitamin Content

| | |
|-------------------------------|--------------------|
| Vitamin B I (Thiamine) | 1.5 to 7.4 mcg. |
| Vitamin B2 (Riboflavin) | 5.3 to 10.0 mcg. |
| Vitamin B6 (Pyridoxine) | 2.2 to 10.2 mcg. |
| Niacin (nicotinic acid) | 91.0 to 149.0 mcg. |
| Pantothenic Acid | 65.0 to 200.0 mcg. |
| Biotin | 0.9 to 3.7 mcg. |
| Inositol | 78.0 to 150.0 mcg. |
| Folic Acid | 0.16 to 0.50mcg. |
| Vitamin C | Trace |

The amino acids in royal jelly are of significant interest to nutritionists. Long associated with the ability to fight 'free-radicals' in the body, amino acids form the very basis of our chemical make-up, and are essential to growth and the ability to fight infection and disease. **In most cases we cannot create our own amino acids, we must ingest them through the foods that we eat.** The importance of amino acids and the fact that they are so abundant in bee products warrants special attention.

Royal jelly is the only **natural source of pure acetylcholine**, which plays a varied and important role in the function of the entire body, provoking **adrenaline secretion.** It has **antibacterial and antimicrobial properties** and has been implicated as beneficial in a wide range of health conditions.

How is it effective for humans?

Dr. Raynaud Allen, in his book "The Royal Jelly Miracle", says:



Not many people knows that Royal Jelly is the

richest natural source of Pantothenic acid (Vitamin B5)

one of the most important substances in the body, essential for the synthesis and metabolism of proteins, fats, carbohydrates and several hormones.

" Experiments in Germany, France, and Italy confirm that the royal jelly is as effective for humans as it is for the queen bee." Prof. Dr. Ricardo Galeazi, the personal doctor of the Pope Pio XII says that the royal jelly is greatly to be thanked for the long life of the Pope. Preventative and therapeutic functions of royal jelly are evidently proved. **60% of the world production of royal jelly is used by Japan - the country with the longest life span.**

As per [U.S. National Library of Medicine](#) and [National Institutes of Health](#) , " Royal Jelly contains significant amounts of pantothenic acid. Pantothenic acid has a long list of uses" .

Overestimate the **importance of pantothenic acid (vitamin 5)** for our body is impossible, since this list is very long.

If you are going to check this website out, we would like to clarify the following sentence for you as it is really important to understand: "*although there isn't enough scientific evidence to determine whether it is effective for most of these uses*" talks about t he property of **synthetic isolated pantothenic acid**. Clearly, it can not be compared with the **quality of natural sources**, that bear a combination of nutrients which in synergy actually can have a positive effect on the symptoms listed on this website.

[Click here](#) to find out about effectiveness of **pantothenic acid** in more details, but we need to mention here that they only talked about only **one single component** of Royal Jelly.

Royal Jelly is very special, extremely powerful, rich and nutritious bee food. You can imagine how many benefics bears this unique bee product!

In short, **Royal Jelly** has been noted for its **positive benefits** on:

- energy
- chronic fatigue
- stress management
- skin/hair/nails/bones/joints

- hormonal regulation
- sexual vitality/impotence
- weight regulation
- rejuvenation - recovery from illness
- immune system
- cardiovascular health

Propolis is an excellent way to help defense your aging process.



Bees do produce another product, that they make **use of themselves** - propolis. Propolis is a resin type substance, produced mainly from bees collecting tree sap, mixed with some pollen.

It has **antibiotic properties** due to its content of biologically active flavonoids.

Propolis means 'before the city' or 'a defense' when you translate it to ancient Greek. Honeybees create propolis **to sterilize the hive and to protect it against outside intruders and infection**. It is also used to seal cracks in the hive, and for this reason is often termed 'bee glue'. It's so effective, the **interior of the beehive is said to be safer than most operating rooms**.

Bees usually carry waste out of and away from the hive. However if a small lizard or mouse, for example, found its way into the hive and died there, bees may be unable to carry it out through the hive entrance. In that case, they would attempt instead to seal the carcass in propolis, **essentially mummifying it and making it odorless and harmless**.

The fact that viruses and bacteria are unable to build tolerances against propolis is particularly significant to the medical field. In an age where prescription **antibiotics are commonly over prescribed**, it is becoming more difficult for scientists to remain one step ahead when creating antibiotics to treat viral/bacterial conditions. When antibiotics are taken too frequently, the

harmful bacteria that they are designed to eliminate begin to build a resistance to the antibiotic, rendering it impotent.

The anti resistance-**building properties of propolis** have been clinically verified under controlled conditions.

Prominent Danish scientist, Dr. K. Lund Aagaard has **conducted many tests into the properties of propolis** and believes that in propolis he has found a substance with the greatest efficiency to **support your immune system**.

The healing properties of propolis have been known since the ancient times. As a food, **propolis has a 5,000-year old history**. The Assyrians and the Greeks used propolis to help maintain good health. **Propolis is easily absorbed in the organism, it does not harm the natural intestinal flora, and does not lead to resistance of the microorganisms.**

Dr. Mercola, is an osteopathic physician, health activist says:

“Many doctors, including me, consider it one of the most potent and useful natural substances to **acutely support your immune response**.”

Stimulate the immune system,” according to **Professor S. Scheller**, “and it is possible to **control the aging process**. Propolis holds the key to this form of **inner rejuvenation**.”

It has been used to help build immunity and resistance to stress, as well as **supporting periodontal health and healthful aging**.

In fact, in the **first double-blind placebo controlled study** of this food, Professor S. Scheller, heading a team of four other doctors at the **Institute of Microbiology** at the Medical Academy in Sabrze-Rokitinea, Poland, discovered that propolis... **directly stimulates the immune system to release substances that protect against normal cellular deterioration... and boosts your immune defense**.

Why?

Because it contains phagocytes (white blood cells) that initiate the activity and cleansing action to protect your white blood cells.

Many hospitals, clinics and universities throughout Europe are now testing propolis for its immunity benefits. One report alone, recently translated by

two doctors in America, shows that propolis has been successfully used in more than **70 different studies over the last 17 years.**

But we have to warn you: get your propolis from the trusted sources. Otherwise, instead of highly effective Immune Supporter you might end up with the diluted substance with no quality.