

# Bee Pollen

Pollen is the male seed of flowers. It is required for the fertilization of the plant. The tiny particles consist of 50/1000-millimeter corpuscles, formed at the free end of the stamen in the heart of the blossom. Every variety of flower on earth puts forth a dusting of pollen. Many orchard fruits and agricultural food crops do too.

Bee pollen is the food of the young bee and it is approximately 40% protein. It is considered one of nature's most completely nourishing foods. It contains nearly all nutrients required by humans. About half of its protein is in the form of free amino acids that are ready to be used directly by the body. Such highly assimilable protein can contribute significantly to one's protein needs. Bee pollen is a superfood because it provides more energy than is required to digest it.

Bee pollen contains 22 amino acids including the 8 essential ones, 27 minerals and the full gamut of vitamins, hormones and fatty acids. Most importantly, bee pollen contains more than 5000 enzymes and Co enzymes. As earlier mentioned, it is 40% protein and you already know that it contains every B vitamin.

There are some important things to know before taking bee pollen. If you have never taken it before, start slowly with a few grains at a time to test for allergy. You'll know you have an allergy if your throat is severely itchy and you may get watery eyes as well. Rest assured, no one has ever died from the consumption of bee pollen.

I recommend working up to a dose of 1tsp-1Tbsp daily. Even if you do have an allergy, you can still build up a tolerance. I usually divide 1Tbsp up among several (3-4) servings per day, but others in my family take it all at one time.

Typically, you don't want to take bee pollen after 4/5pm because it can keep you awake. We like to eat it with honey, sprinkled over salads and in smoothies. I personally had good success using bee pollen to help overcome nausea during my recent pregnancy. I typically took about 1/8tsp mixed with honey when I awoke and that same does several more times until about 2pm.

Sometimes it was all I could eat.

Our bee pollen is the freshest available, it comes from hives up and down the Rio Grande from the Colorado Rockies all the way through New Mexico and down to Van Horn, TX. This will provide a wide variety of pollen and should help boost general immune system function.

We have 3 sizes available, packaged in glass at \$5, \$10 & \$30. We are available through the local farmers markets (through April 20) listed on the calendar page of our website:

<http://www.fishhugger.com/calendar.html>.

If the markets are not convenient for you, you are welcome to shop at our home (near Thomas Rd & 44th St) by appointment. Please let us know how we can further serve you.

Eat Well,

Brenna Aschbacher~Mrs Fishhugger

<http://www.fishhugger.com>

602.286.9233