

Bee products for reproductive wellbeing

September fertility and lifestyle with Justine

The new moon is on August 30 which reminds us that it is time to re-focus and begin a new cycle to build step by step fertility and hormone balancing lifestyle.

As I will be flying to Ibiza during this new moon I have drawn the cards early and found myself linking with **BEE wisdom** ([card 42. Fertility Superfoods from the Creation Fertility toolkit](#)) to support reproductive and immune wellbeing as the wheel of the year seasonally turns. Bees provide an array of goodies including beeswax, honeycomb, bee bread, bee nectar, bee hive air; bee venom, honey, royal jelly, propolis and bee pollen. All have their own attributes and benefits but this month I am focusing on 4 natural bee products to support your reproductive wellbeing and inviting you to try the yogic exercise “bee breath”.

Bee products for reproductive wellbeing:

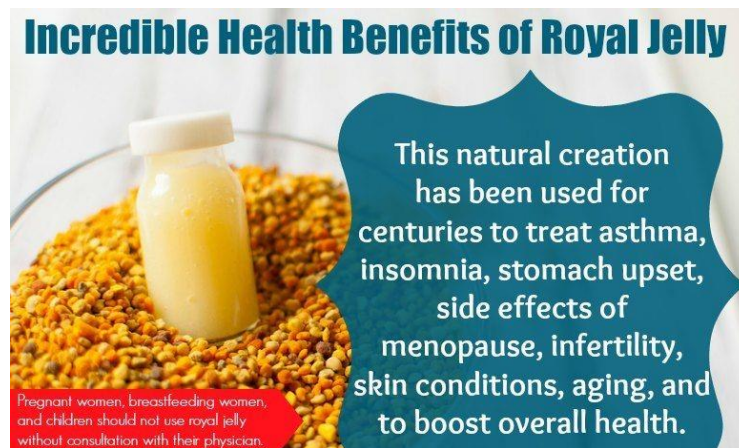
Please watch my video and/or read this article for complete **BEE LOVE**. Once you have watched/listened or read I suggest you choose any 1 or 2 of my suggestions plus the bee breath exercise or mudra to focus on throughout September. For ease you can print this article off which also includes all the science references and some yummy recipes. Enjoy.

Bee products for reproductive wellbeing

Royal jelly Bee pollen Local honey Propolis	All contain an enormous range of nutrients, co-enzymes a much more! They truly are living powerhouses used to stimulate cellular growth, build libido, energy; endurance, calm mind and body, increase sperm health, support ovaries, reduce endometrial pain; help balance uterine lining, encourage conception, relieve constipation, are a natural antihistamine and build immune function. They are even used to treat burns, encourage wounds to heal and support radiation treatment not to mention their humungous anti-ageing benefits.
Bumblebee breath Pranayama	The yogic bumblebee breath is a simple mindful form of pranayama used to reduce anxiety; support hormone balance, open your throat chakra, calm; soothe and relax body/mind and help reduce headaches and sinus issues.
Spiritual and symbolic meaning of the Bee	Ted Andrews in his book Animal-Speak explains “Bees are long time symbols for accomplishing the impossible. The bee is the reminder to extract the honey of life and to make our lives fertile while the sun shines. The bee reminds us that no matter how great the dream there is promise of fulfilment if we pursue it. The elixir of life is as sweet as honey, and the bee is a symbol that promises us that the opportunity to drink of it is ours if we but pursue our dreams”.
Self-reflective questions	Are you doing all you can to make your life more fertile? Are you busy enough? Are you taking time to savour the honey of your endeavours? Are you a work-a-holic or attempting to do too much? Are you keeping your desires in check so you can be more productive?

Bee products for reproductive wellbeing

1. Royal jelly



What is it? Secreted from the glands that produce saliva in worker bees it is the main food source for bee larvae for the first 3 days of their development..... but the exclusive food for the Queen Bee throughout her life. This jelly triggers the full development of her ovaries which is needed to create the millions of eggs she will lay in her lifetime.

The Queen matures in 5 days and weighs double that of a worker bee so you can see that royal jelly is super powerful. Did you know a worker bee only lives 30-45 days but the Queen lives for 5-6 years and can lay up to 2000 eggs a day?

Contains: amino acids, 10-hydroxydecenoic acid (10-HDA), lipids, fatty acids, sugars, vitamins, and proteins. Vitamins A, B complex (including folic acid and inositol), C, D and E, and has ample levels of iron and calcium. Royal jelly also contains acetylcholine, which is needed to transmit nerve messages from cell to cell.

Benefits of royal jelly

Increase libido and promotes hormone balance. Royal jelly has been used to support pre-menstrual syndrome, diabetes 2, and during the menopausal years with good effect. A study published in 2007 (*Evid Based Complement Alternat Med.*) showed that royal jelly can mimic human oestrogen, similar to plant phytoestrogens. Oestrogen is essential for healthy bone formation and gene expression, and is vital for a healthy menstrual cycle; helps strengthen thin or weak uterine lining and muscle. Another study also demonstrated how royal jelly can support the menopause due to its oestrogenic values.

Diminish and reduce the signs of aging and improve wound healing - it is an amazing antioxidant and used in many skin care applications

Naturally boost the body's immune system associated with xenoestrogens - there has been some research on royal jelly's influence over BPA growth-promoting effects on human breast cancer MCF-7 cells. BPA (bisphenol A) is a harmful chemical used in plastics that is a known xenoestrogen. The results of the study showed that royal jelly inhibits the stimulated growth of BPA on MCF-7 cells. Not only has BPA been linked to breast cancer, it has also been linked to poor egg health.

Protect fertility - *International Journal of Fertility and Sterility* found that this wonderful substance "promotes folliculogenesis [the maturing of follicles in an ovary] and increases ovarian hormones..."

Support the nervous system – helps combat chemical imbalances in the **brain** caused by anxiety. **Royal jelly's** high nutrient content of around 13% protein, 15% carbohydrate and 6% lipids, as well as essential fatty acids can help the body to recover.

How much to take? Royal jelly comes in different forms - 15 ml vials, gels, tablets/capsules or within a cream. There are no formal recommendations but benefits seem more likely if dosage is between 150 mg – 1500 mg daily.

2. Bee pollen



What is it? To create bee pollen, the pollen from the plants is mixed with nectar and/or the saliva from the bees as it makes the trip back to the beehive. Once in the hive, it becomes nutrient-rich fuel. As with most bee products the composition of bee pollen is dependent upon the plant it comes from..

Rich in: carbohydrates, protein, essential amino acids, B complex vitamins, phytonutrients; lipids, as well as minerals and vitamins A C K and E. Roughly 32.8% of dried bee pollen is protein!

Bee pollen benefits

Reproductive hormones and fertility. Like royal jelly bee pollen really can influence hormones. One of the flavonoids found in bee pollen, chrysin, is an aromatase inhibitor. If you don't know what aromatase is let me explain. It's an enzyme that converts testosterone into oestrogen so has the potential to help oestrogen production; balance/regulation and also influences testosterone, oestradiol and progesterone. Put simply it can support many fertility and reproductive health concerns for both men and women.

Menopause – did you know bee pollen has the potential to diminish menopausal symptoms especially when combined with honey? A study on postmenopausal women has found that a mixture of bee pollen, royal jelly, and perga (a fermented flower pollen) might provide an alternative hormonal treatment to relieve menopause symptoms. Participants consumed the products for a period of 12 weeks and the results indicated significant menopause symptom reduction. The Kupperman Score decreased an impressive 16 points, which is similar to results using estrogen patches, gels, or intranasal preparations. Wow!

Increases antioxidants – bee pollen is rich in polyphenol and antioxidants including flavonoids, quercetin, and phenolic acids which protect against oxidative stress-related diseases BUT the health benefiting properties will depend on the type of bee pollen and plant source.

Reduces toxic effects of some medications, chemotherapy and insecticides - A study has found that bee pollen lessens damage caused by chemotherapy medications and the insecticide propoxur due to its antioxidant activity reducing lipid peroxidation but increasing glutathione production.

Helps cellular turnover and damage control – by supporting proteasome (plays a role in the turnover of proteins, normal cellular turnover and damage control). A study on Greek bee pollen found it stimulated the activation of proteasome which helped expand the lifespan of the cells. I think this is really interesting and worth considering during ART (assisted reproductive treatments) and all forms of surgery.

Protect against pathogens – like all bee products bee pollen has huge antimicrobial and anti viral properties. Bee pollen bacteria is most effective on strains of *S. aureus* which are commonly associated with respiratory health disorders. Bee pollen has also been shown effective as an antiviral agent *in vitro*, including against strains of flu so fabulous during the autumn time and potentially used during pregnancy providing you are not allergic to it.

Pregnancy - Bee pollen contains amino acids which are useful in the repair and maintenance of body cells as well as strengthening the immune system. This is helpful with allergy risk families (more of this below). It has a cleansing effect on the blood and some consider it reduces the risk of developing high blood pressure during pregnancy because it encourages cell oxygenation. *I am interested in researching the use of bee pollen and associated risk/reduction of miscarriage because I have been unable to find recent research on its effects.*

Reduce symptoms of allergies and inflammatory response- Intake of small quantities of bee pollen might actually help reduce symptoms of allergies. How? Well it seems that it helps to reduce the activity of mast cells; reduce antibodies such as IgE and help reduce the response of basophils. Bee pollen also contains fatty acids which help mitigate the release of inflammatory responses to allergens and contains quercetin and kaempferol which are known to calm inflammatory response. What is important to remember though is that some people cannot tolerate bee pollen so please be very careful and take a small dose if you have not used it before.

This is just a start to the health benefits provided by bee pollen. Studies have also found it to be protective to the liver, and beneficial for treating anaemia.

How much to take? Take loose (1-2 teaspoons daily) or in capsules or tablets. Most capsules/tablets contain 480-500 to 1000 milligrams of bee pollen. The recommended dosage by most manufacturers is 1000 mg twice-three

times daily. However, no evidence exists in the medical literature to either confirm or refute this amount as studies have not yet been conducted on the therapeutic dosage of bee pollen for any illness.

Disclaimer: Even though I am discussing natural substances there are contentions about the safety of bee products to both mother-to-be and the unborn child. This article is meant for general information only and should not be construed as any form of medical or other guidance or recommendation. The suggestions do not take into account whether you are pregnant, trying to conceive, taking any form of medication or suffer with food sensitivities or allergies nor any other health issue. Naturopathic consultations and assessment are recommended on an individual basis and it is important to consult your doctor or health practitioner before changing your diet.

3. Honey



What is it? Honey is the complex substance made when the nectar and sweet deposits from plants and trees are gathered, modified and stored in the honeycomb by honey bees. It is a food source for the colony and contains a wonderful array of nutrients. Benefits range from a form of natural sweetness; as an antiseptic, antibacterial, anti viral and wound healing to its possible sex boosting properties! Most of the honey sold in stores has been heated and processed with destroys many beneficial enzymes so look for raw honey when possible. Regular honey: clear and syrupy. Raw honey is usually more solid, buttery and opaque and some contains beeswax, honey

comb and pollen.

Contains: amino acids, folate, vitamins B2, C, B6, B5 and B3. Minerals include calcium, copper, iodine, iron, magnesium, manganese, phosphorous, potassium, selenium, sodium and zinc; plant nectar, tree pollen, bee saliva and 22 amino acids.

Honey benefits

Immune support and season related allergies: Allergies are triggered by continuous exposure to the same allergen over time. Honey made by bees contain tiny amounts of pollen so honey acts as a sort of vaccine if taken in small amounts--a few teaspoons per day--for several months and can provide relief.

Nourishes the body and promotes sexual health: Honey is a rich source of enzymes, B vitamins, amino acids and hormones that supports hormone regulation including libido, PMS, sperm production, nourishes the ovaries, and supports the menopause. Its hormone balancing properties is also useful in effectively treating migraines, post-natal depression, and acne.

Increase semen quality - Research indicates that regular honey consumption can increase the quality of semen and the percentage of fertility in a person. Some couples use honey as a lubricant to improve the chances of conception

It has been used as a topical lubricant to support conception and nourishes the reproductive system. Adding cinnamon with raw honey to your daily diet or smoothies can help provide flow of blood to reproductive organs. It has a good concentration of amino acids –great for ovarian function!

Antioxidants and Phytonutrients - Honey is rich in powerful antioxidants and cancer-fighting phytonutrients, which can be found in the propolis, or "honey glue" that the bees use to sterilize the beehive. Raw honey contains some of these compounds while pasteurized honey does not.

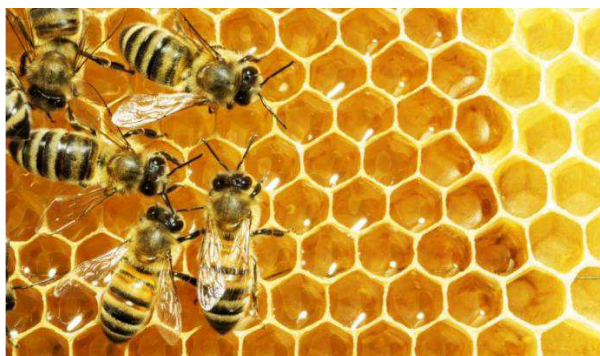
Digestive Aid - In its natural honey contains many enzymes that can help some people digest food more easily so it has been used to support gastro intestinal health issues including ulcers and diarrhea.

Antibacterial and wound healing - Honey can be used as medicine. It has anti-microbial, anti-inflammatory, anti-fungal, and antiseptic properties. For this reason it can be applied topically as a salve to treat burns. I apply it to wasp stings.

Cough Suppressant - Honey has also been found to be especially useful in treating upper respiratory infections. A study at Penn State College of Medicine in 2007 found that a small dose of buckwheat honey was more effective than an over-the-counter cough treatment for children.

Dosage: "How much honey is enough? Generally, three to five tablespoons of honey a day is sufficient. A good regimen to follow is to consume a tablespoon or two of honey in the morning with fruit or yogurt or cereal. Another tablespoon should be consumed at bedtime. In between, another one or two tablespoons can be ingested with fruit snacks, in baked goods, or as used in cooking. Honey contains about 60 calories per tablespoon. Generally, the percentage of ones' total caloric requirements from simple sugars should not exceed 10%. ~ Dr Ron Fessenden, MD, MPM, [The Honey Revolution](#).

4. Propolis or bee glue



What is it? A resinous mixture that honey bees produce by mixing saliva and beeswax with exudate gathered from tree buds, sap flows, or other botanical sources. It is used as a sealant for unwanted open spaces in the hive and is a natural medicine

Contains: the minerals, Manganese, potassium, magnesium, zinc, iron, vitamin K, copper, chromium, enzymes Glucose-6-phosphatase, Acid phosphatase, Adenosine triphosphatase, Succinic dehydrogenase and plenty of fatty acids, bioflavonoids, arginine, vitamin c, A and B complex polyphenols and flavonoids.

Benefits

Antibacterial, anti-inflammatory and anti-viral - Propolis is thought to fight off a number of health conditions while promoting all-round general wellbeing. You can take it for common ailments like cold sores, dandruff and dry skin to supporting the immune system/ allergies and food poisoning. It has also been used to support serious conditions like high blood pressure and bone disease. There are even several studies to suggest bee propolis possesses anti-tumour properties, which could have an effect on cancer cells.

Breast feeding	dental and oral	digestive	vaginal bacteria	wound healing	anti
tumoural	anti-aging	skin health	heart	immunity	endometriosis
		genital herpes	cancer		

Breast feeding – can be taken to reduce mastitis and support breast production and sore nipples

Digestion – I have recommended it in clinic for chronic intestinal inflammation, parasites, as an antacid and to support the liver.

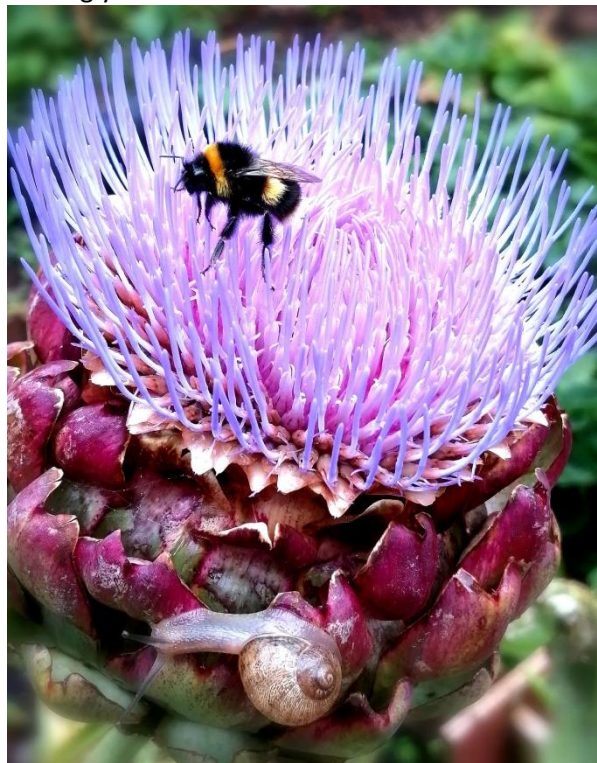
Dental: can be used before or after dental care, and great for mouth ulcers, inflammation, gum and dental hygiene, bad breath and gingivitis

Endometriosis: Women with endometriosis who have been unable to get pregnant may have a more successful outcome by taking bee propolis, according to a preliminary study in *Fertility and Sterility* (2003;80:S32). This is encouraging for the millions of women with endometriosis who are suffering from infertility. In the study, 40 women with mild endometriosis and primary infertility took 500 mg twice a day of bee propolis or a placebo for nine months. The results indicated that those taking bee propolis had a significantly higher pregnancy rate (60%) than those taking the placebo (20%).

Vaginal and Genito Bacteria: Propolis is a great support for cystitis, vaginal bacteria, vaginitis and urinary tract disorders in both men and women; prostate problems and erectile dysfunction and libido enhancer

Skin – acne, burns, boils, herpes, abscesses, oedema, burns, sunburn, radiotherapy burns, eczema, psoriasis

Emotional: Propolis is a “filter and purifier”. When I am using the Spagyric remedy propolis I link it with both the energetic and physical aspect of the person whom I am recommending it to. In fact propolis is one of the ingredients in my [TTC massage cream and remedy](#). Energetically it helps release ancient energies, idiosyncrasies, old habits and outdated ways. It acts like a bee so think discipline, organisation, fortitude and determination, patience, team work and the bigger picture. Essentially propolis encourages positive change through structure, protection and strength healing your “inner child”.



Dosage: Available in liquid extract, lozenges, energy remedy, cream, capsules, vaginal ointment, and injection. 1000mg up to 4 times per day.

Spiritual meaning of the bee: Fertility and honey of life
Ted Andrews in his book Animal-speak explains “Bees are a long time symbols for accomplishing the impossible. The bee is the reminder to extract the honey of life and to make our lives fertile while the sun shines. The bee reminds us that no matter how great the dream there is promise of full-fulfillment if we pursue it. The elixir of life is as sweet as honey, and the bee is a symbol that promises us that the opportunity to drink of it is ours if we but pursue our dreams.

This brings me on nicely to our yoga pose of the month

BHRAMARI PRANAYAMA THE HUMMING BEE BREATH



yogicwayoflife.com

Yoga Pose for the month

It's Bumblebee breath! This is a yogic vocal breathing exercise, or *pranayama*, that resembles the sound of a bumblebee's buzzing. It is called bee breath or humming breath in English, and *bhramari pranayama* in Sanskrit helping to open the throat chakra.

Bumble bee breath is typically practiced in a seated position, such as easy pose or lotus pose. You can just sit in a chair or kneel with your buttocks on your heels.

So – let's give it a go.

I invite you to sit comfortably, with your back tall and your shoulders relaxed. Start by taking a few natural breaths, and close your eyes if you prefer. Keep your lips lightly sealed, inhale and exhale through the nostrils.

When you are ready let's try the sound: As you exhale make the sound of the letter M which is essentially a humming sound – sustaining the sound until you need to inhale. You can use your thumbs or fingers to close off the ears or go one step further and cover your eyes with the

last three fingers. The inhale is through the nose, followed by an exhale through the nose with the buzzing/humming sound.

Repeat: Inhale through the nose, then hum like a buzzing bee as you exhale. Continue by inhaling as needed and exhaling with this sound for several minutes. You can practice as long as it feels good. The extended exhalation is especially beneficial during pregnancy and is really helpful breathing technique during the early stages of labour.

- Eases thyroid and sinus problems
- Reduces headaches
- Boosts concentration and memory
- Helps encourage restful sleep
- Relaxes and soothes anxiety
- Helps restore joy and contentment
- Release self doubt
- Helps you communicate
- Encourages blood circulation
- Strengthens your throat and vocal chords
- Oxygenating and so good for your complexion

Bhramara mudra (bee hand)



Place your index finger in the thumb fold, and the tip of thumb on the side of your middle fingernail. Extend you ring and little fingers. Do this with both hands. Do 4-8 times per day for 7 minutes. The name of this mudra come from Indian dance and represents the bee. This mudra is supposed to support immunity and allergies so fabulous during this seasonal change.

Recipes

- **Sacred Honey bath**
1 cup milk any kind (I like to use coconut milk, but you can even use powdered milk)
1/4 cup local honey
10 drops essential oil ([Creation Essence](#) springs to mind!)
Handful of rose petals and if you want you could add some nasturtiums or lavender, rosemary, sage or parsley for additional hormone support
- **Skin support - Milk & Oatmeal Bath** also add ½ cup of powdered oats or oat flour. I personally find that it's best to add the oats to a sock, then tie the sock and let it float in the bath or use it as your sponge as you immerse yourself into. Add honey if you wish.
- **Local Honey** – 1 teaspoon of honey mixed with a serving of plain yoghurt will not only provide a probiotic for digestive health but has anti-inflammatory, immune boosting properties. You can also add it to lemons, ginger and apple cider vinegar as tonic to support the immune system.
- Take a teaspoon of cinnamon mixed with **honey** daily to help blood flow to reproductive organs.
- **Heavy bleeding** – 1 cup of sage tea with honey 2-3 times per day during monthly bleed to reduce flooding
- Use honey as a genital lubricant to support conception.

BLUEBERRY BANANA SMOOTHIE BOWL WITH COCONUT MILK (willfrolicforfood.com)

- 1 frozen banana
- 1 1/2 cups frozen blueberries
- 1 cup coconut water
- 2 tablespoons full fat coconut cream
- 2 tablespoons bee pollen (more or less to your liking)
- 1 tablespoon maca powder

toppings: chopped pistachios, fresh blueberries & blackberries

Combine all of the ingredients except for the toppings in a high powered blender and whizz until everything is smooth and creamy. Pour into your favourite bowl. Add toppings as you like!

Spirulina Truffles

125g ground almonds

1 tsp spirulina powder

1 tsp ground flaxseeds

1 tbsp honey

3 tbsp water

Cinnamon powder and 1 teaspoon of bee pollen for rolling the truffles in

In a bowl mix the almonds and the spirulina, then fold in the honey. Add the water until it turns into a paste. Shape into small balls, and roll in cinnamon and bee pollen. Place in fridge for half an hour before eating.

References:

Study on the effect of royal jelly on reproductive parameters in streptozotocin-induced diabetic rats.

<https://www.ncbi.nlm.nih.gov/pubmed/25918599>

Royal Jelly Ameliorates Behavioral Deficits, Cholinergic System Deficiency, and Autonomic Nervous Dysfunction in Ovariectomized Cholesterol-Fed Rabbits<https://www.mdpi.com/1420-3049/24/6/1149/htm>

Royal Jelly Promotes Ovarian Follicles Growth and Increases Steroid Hormones in Immature

Rats<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5641457/>

Inhibitory effect of honeybee-collected pollen on mast cell degranulation in vivo and in vitro.

<https://www.ncbi.nlm.nih.gov/pubmed/18361733>

Antioxidative properties of bee pollen in selected plant species

<https://www.sciencedirect.com/science/article/pii/S0308814605008617>

Evaluation of protective effect of bee pollen against propoxur toxicity in rat.

<https://www.sciencedirect.com/science/article/pii/S0147651308001796>

Chemical analysis of Greek pollen - Antioxidant, antimicrobial and proteasome activation properties.

<https://www.ncbi.nlm.nih.gov/pubmed/21699688>

Beneficial effects of chrysin on the reproductive system of adult male rats <https://www.ncbi.nlm.nih.gov/pubmed/21486424>

Effects of an herbal medication containing bee products on menopausal symptoms and cardiovascular risk markers: results of a pilot open-uncontrolled trial. <https://www.ncbi.nlm.nih.gov/pubmed/15775873>

Honey Supplementation to Semen-Freezing Medium Improves Human Sperm Parameters Post-Thawing

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4064758/>

Pure Honey a potent fertility booster: Activities of Honey on sperm parameters in young adult rats IOSR Journal of Dental and Medical Sciences (IOSR-JDMS)

Bee Propolis May Improve Infertility Associated With Mild Endometriosis <https://www.medscape.com/viewarticle/463182>.

Honey, Propolis, and Royal Jelly: A Comprehensive Review of Their Biological Actions and Health Benefits

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5549483/>

Antioxidant Potential of Propolis, Bee Pollen, and Royal Jelly: Possible Medical Application:

<https://www.hindawi.com/journals/omcl/2018/7074209/>

Composition and functional properties of propolis (bee glue): A review

<https://www.sciencedirect.com/science/article/pii/S1319562X1830189X>

Bumblebee breath: <https://www.yogapedia.com/definition/9607/bumblebee-breath>

<https://www.yogajournal.com/practice/buzz-away-the-buzzing-mind>

Chakra Meditation – Swami Saradananda

Animal Speak: Ted Andrews

Mudras – Gertrude Hirschi

Justine Evans ND – Hormone Alchemist is the founder of Creation Fertility and it's products. She connects life with natural cycles and seasons, integrating Western science with traditional medicine and yogic philosophy. A Registered Naturopath, Nutritional therapist, Reiki Master/ Teacher, Justine connects with Goddess energy and runs a private hormone health and fertility clinic in Surrey, London and Stroud.