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Natural bee pollen.

While not an herb, natural bee pollen is known **to boost the immune system.**

It is also said to **provide some pain relief** for dogs as well.

This is a by-product of the honey industry.

As they collect nectar from flower blossoms, bees also gather pollen, a high-protein food, to carry back to the hive.

While doing so, they spread pollen from flower to flower, fertilizing plants so that they produce berries, fruits, nuts, and vegetables.

Lots of crops grown are pollinated by honeybees.

Bee pollen, which is collected from hives and sold as a health supplement, has long been prized for its proteins, amino acids, vitamins, enzymes, and other nutrients.

Approximately half of its protein is made up of free-form amino acids, which require no digestion; they are immediately absorbed and utilized by the body.

It is unusually high in the bioflavonoid "rutin", which strengthens capillaries, protects against free radical damage and has anti-inflammatory effects.

Proponents claim that bee pollen improves energy, endurance, and vitality, speeds recovery from illness or injury, helps convalescents gain weight, helps the overweight lose weight, reduces cravings and addictions, fights infectious diseases, boosts immunity, improves intestinal function, increases fertility, and helps prevent cancer.

Bee pollen is also a widely used remedy for hay fever and allergies. As with raw honey, which contains small amounts of bee pollen, it is said to be most effective when derived from local hives and taken for several weeks prior to allergy season, then continued through the year.

This desensitization process begins with tiny amounts, such as a single pollen grain or pellet, and continues in gradually increasing amounts until the maintenance dose, as much as a tablespoon per day for human adults, is reached.

Some canine athletes are fed bee pollen to improve their strength and stamina; some owners give it to their dogs as an all-purpose supplement or to prevent allergy symptoms.

For best results, avoid inexpensive imported heat-processed pollen in favor of raw, unprocessed pollen from local beekeepers. Fresh bee pollen is slightly moist and requires refrigeration.

Like people, dogs can have allergic reactions to bee pollen, including wheezing, breathing problems, and even anaphylactic shock. Start with a single grain of bee pollen and carefully check your dog's response.

If he shows no symptoms of discomfort, give two grains the next day, and slowly increase the amount over several weeks to a maintenance dose of 1 teaspoon per 15kg of body weight per day, mixed with food.

Bee pollen is often blended with honey.