

PROPOLIS

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CMG Archives

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IMPORTANT

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Introduction

Propolis is a natural substance collected by honey bees from buds and trees. Propolis contains tree resin, essential oils, waxes, and bioflavonoids. It is believed that the antioxidant effects of bioflavonoids may help to maintain a healthy immune system.

Propolis is an antioxidant that also has anti-inflammatory properties. Some studies have indicated that Propolis helps to promote heart health, and reduce the risk of cataracts. It is also thought that propolis can also be of benefit to dental health.

Propolis is an immune system stimulant, an antioxidant and an antibacterial, antiviral, antifungal, and anticancer agent. It is also a stimulant to cell regeneration.

In studies it is claimed that propolis Inhibits pancreatic cancer cells.

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Dosage

Take the max dose as per the manufacturer's recommendations.

A common daily dose is 10-12 drops of Propolis tincture in a teaspoon of honey. Take for 3 days, then miss two days, and then repeat for as long as necessary.

In chronic conditions some authorities recommended taking 2 to 3 full droppers of a raw propolis tincture daily.

For herpes outbreak, use a 3% propolis ointment applied to the blisters 4 x daily.

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Contra Indications

There are reported instances of contact dermatitis in an extremely small number of people. However, the dermatitis disappears with discontinued contact with propolis.

If an individual is highly sensitive to various substances, or wishes to exercise caution, they may want to test their sensitivity to propolis. Simply put a small amount on the skin of the inner arm and see if irritation develops - if it does, do not extensively use propolis.

Allergies

Do not use propolis if you are allergic to bee by-products including honey, conifers, poplars, Peru balsam, and salicylates.

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