bee pollen: the allergy cure?

A farmer’s bit of simple advice saved Canadian reader Gregory B. Gallagher from a life of allergy woes

By Gregory B. Gallagher

It was springtime, and I was muzzled with my usual combo of stuffy sinuses, runny nose, and itchy eyes. My neighbor, a farmer, chuckled as I went into one of my messy fits and told me he could fix my problem easily. Being a city slicker and having tried many remedies over the years, I scoffed at his confidence. “Oh really?” I said. “Exactly how would you do that?” His calm response was, “Bee pollen.” I had never even heard of such a thing.

Eventually I would discover how few products in our kitchen pantry can rival bee pollen for its nutritional value and fabled curative effects. Contained in its mysterious golden granules is the veritable stuff of legends. No wonder it’s often called the “most complete food on the planet.”

I listened carefully to the farmer’s explanation of how I should begin taking bee pollen. He suggested starting with a few granules morning and night to see if my body would tolerate it. After several days at this pace (and if I experienced no adverse reaction), I could increase the dose to 1 teaspoon twice daily, working up toward 2 tablespoons daily for 90 days. After that, he said I could stop taking the supplement altogether.

I bought some bee pollen and immediately began following my neighbor’s protocol. After using his recipe just once, I have never experienced another allergy problem in my life. A shocking but true story!

I have shared this allergy therapy with approximately 20 people per year; only a handful have been unsuccessful in eliminating their allergies with bee pollen.

I am especially pleased about my stepson’s success with bee pollen: For decades, he suffered allergy problems every spring and fall. I vividly remember racing him to the hospital while he writhed in the car beside me from unbearable sinus pain. Having suggested bee pollen to him for more than 15 years, he finally tried it last year. To his pleasant surprise, it worked wonders in reducing the annual misery.

Bee pollen is easily digested by people of any age. In fact, “bees knees,” “bees bread,” or “bee glue,” as bee pollen has been nicknamed, is recommended for the elderly because of its complete set of proteins, minerals, amino acids, and enzymes. Many athletes use bee pollen to improve strength, endurance, energy, and speed during competitions. It is also low in calories and helps the body adjust to its optimum weight. The risk for allergic reaction is surprisingly low. Start with one or two grains per day and gradually increase by a few grains to see how your body reacts.

I wish I could find that farmer to thank him—and to share the success stories of all the folks who have found relief because of his wise advice. •

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Product Examples

American Health’s Premium Bee Pollen Complex: Bee pollen is combined with propolis and royal jelly (two nutritious bee foods) in these easy-to-swallow tablets.

Natural Factors’ Bee Pollen Plus Energy: These capsules contain pollen extracted from bee hives in Alberta, Canada. The company upholds stringent testing standards for purity and potency.

Y.S. Organic Bee Farms’ Fresh Bee Pollen: These whole raw granules come from the Canadian northern frontier. The product is also preserved with a low moisture content—less moisture means fresher pollen.

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