THE LONGEVITY SOLUTION: **STABILIZED ROYAL JELLY**

by Dr. Cass Ingram, DO

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WHAT IS ROYAL JELLY?

Royal jelly is made by the glands of the nurse bees. They synthesize it from bee pollen, propolis and other things, and produce it with their enzymes. Then they secrete it into the comb and give it to the queen bee.

BACKGROUND INFORMATION

In 1959, in *Nature* magazine, research was published about the medicinal potency of royal jelly by a team of Canadian researchers from three different Canadian universities including the University of Toronto and Guelph University. *Nature* is one of the most prestigious research journals, and this research was extremely well conducted, very thorough and very unbiased. They used about 1000 mice over the years. The first group of mice was injected with cancer cells; a second group of mice was injected with cancer cells combined with royal jelly. They, in effect, made a royal jelly vaccine. All of the mice injected with cancer cells developed tumours and all eventually died. The caveat is that all of the mice that got the royal jelly survived. This research led to a reaction from certain industrialists, which led to the diminution of the value of royal jelly. And so we were never really able to determine its effectiveness.

Another problem with royal jelly was quality control. Royal jelly is a natural substance and therefore it is subject to issues such as the quality of the product and the strength of the product. It is an expensive substance and there is a limited amount produced. In addition, because it is such a valuable substance, in order to keep the cost down, it is not always sold in full concentration either in a capsule or in a bottle.

Therefore, manufacturers have marketed a low quality royal jelly and the public was not able to obtain the top quality which was used by the researchers. And because the pharmaceutical industry and others felt very threatened by royal jelly, they disseminated information saying it was ineffective and did not produce results. So, it never really caught on, even though it was very popular in the 1940s, '50s and '60s. Let's revive it because it is a very important substance which can save lives and save us a lot of misery.

VITALITY AND REJUVENATION  Do you feel that you just don't have enough energy? Do you have a cup of coffee with your breakfast or do you take herbal stimulants like ginseng? If that is your source of
energy, it is false energy. It is a stimulant type of energy, which can desert you. You need energy and strength on a regular basis. Are you tired all day long, or when it comes to night, then you can't sleep? Something is not right. The symptoms of lack of energy, exhaustion, feeling easily fatigued - all of these are warning signs of serious imbalance and nutritional deficiencies in the tissues. We do not need an energy pill; we need a tonic that has rejuvenatory powers, that can lift us up and give us strength.

After more than ten years of royal jelly therapy, Dr. H.W. Schmidt, a German researcher for the German Medical Association, said that royal jelly was the most prominent valuable, rejuvenatory substance for reviving the body. After many years of research with human subjects, researchers have found that royal jelly rejuvenates the tissues in the elderly.

So we need to take a serious look at high-grade effective royal jelly products. Compelling research has demonstrated that stabilized unprocessed royal jelly, whether in the liquid form or powdered form, can offer us the best possible healthy lifestyle with vital and vibrant energy. And I believe that is our right.

NUTRITIONAL PROFILE OF ROYAL JELLY It is extremely important to look at the nutritional profile of royal jelly so you can get an idea of its power and why it works.

- Royal jelly is very high in protein. It is 13% protein by weight. It is also very high in fatty acids. The most important kind of fatty acids it contains are hydroxy acids, which are necessary for the immune system.
- It is also very high in phospholipids which are needed for brain function. That is why researchers are finding royal jelly useful for Alzheimer's Disease and Parkinson's Disease.
- It is extremely high in RNA and DNA which are also very important for brain function. RNA and DNA are the genetic materials.
- Royal jelly is high in acetylcholine and globulin. Globulin is very important for boosting the immune system. There is no other good source of globulin in nutrition, other than royal jelly. If your immune system is low, royal jelly will gradually boost it.
- Royal jelly is also extremely rich in B vitamins. If you want a good source of natural B vitamins, royal jelly is the top source of pantothenic acid, bar none. There is nothing richer. Pantothenic acid is needed to make cortisone. It is needed to make all the steroids in the adrenal glands. It is needed for ovarian hormones; it is needed for estrogen metabolism. We must have it for the function of the heart to keep the heart pumping. Pantothenic acid is crucial for stimulating the production of immunoglobulins, the proteins that the white blood cells produce to protect us against viruses, bacteria, fungus and so forth.
- Royal jelly contains choline and PABA and inositol. It contains some B12; it also contains vitamins A and D. So, if you did nothing else but take four capsules of the Royal Kick, which is fortified with pantothenic acid to stabilize it, you would get a base line of natural B vitamins without any concern of toxicity or synthetics.
- Royal jelly is also the absolutely top source of riboflavin and the best source of pyridoxine, vitamin B6.
- Royal jelly is also a supreme source of albumin. Albumin is a critical thing. It is absolutely necessary for the function of the heart. It is needed for the blood and for carrying protein, and it binds the calcium and carries it to the bone. If you have a low calcium count, then the royal jelly can be helpful.
- Royal jelly has an unknown substance which is four percent by weight. Nobody knows what it is. So it is one of those rare things that can't be duplicated. We don't know everything else that is in royal jelly. It has some unusual unknown catalysts or enzymes that help in rejuvenation.

SYNTHETIC VITAMINS I guarantee that the unknown factors in these beautiful natural vitamins help produce more energy than the synthetics. In my experience, I have found that people with fatigue, exhaustion, absolute collapse, nervous collapse, all of these souls do better on royal jelly than they do on synthetic B vitamins. That is really important for you to understand. When you are spending your hard-earned money to get energy, you want something that will produce results long-term. The synthetic B vitamins are just a group of synthetic vitamins. They stimulate the body, but they don't nourish the tissues.
THE ACTIVE INGREDIENT IN ROYAL JELLY: 10-HDA Royal jelly is also high in a very special hydroxy acid called 10-HDA. It is the active ingredient of royal jelly and this substance helps boost the immune system. German and French researchers have shown that 10-HDA helps the body kill viruses. Somehow the 10-HDA in the royal jelly gets into the white blood cells and stimulates the white blood cells to kill viruses, including the viruses that cause herpes virus (cold sores and genital) and hepatitis. One of the best things we can give anyone who has a low white cell count is the royal jelly, because it will help take a low white count gradually up to a normal value. Remember that it is a highly nutritionally dense supplement.

HORMONES If you have hormonal problems, like hot flashes, or endometriosis, royal jelly is a great source of natural steroid hormones and those steroids are safe, natural, and they are absolutely non-toxic. Clinically, I have seen hundreds of people improve.

One of the steroid hormones it contains is DHEA. How many of you have been wanting to take DHEA? Here is a natural source for the elderly, for boosting the adrenal glands and for providing a natural blood level of DHEA. Royal jelly is also a supreme source of progesterone and estrogen. It is important to know the scientific composition. If we understand what is in it, we can really get some benefits. Women who have hot flashes, who have menopausal syndrome, frequently are deficient, or they have an imbalance in the right kind of estrogen. Royal jelly is high in estradiol and the form of estrogen it contains is safe. Therefore, young women who have problems with their menstrual cycle can take a good royal jelly to get that back into balance. It also has an absolutely immense benefit for women who have hot flashes during menopause. It is quick, fast and effective for hot flashes because it provides the deficient hormones that lead to the hot flashes.

Royal jelly provides a major improvement for ovarian cysts and endometriosis. We had two of the most severe cases of endometriosis improve. That is when the menstrual fluid backs up into the abdomen, the uterus and the ovaries, and causes inflammation and severe pain and agony. For problems of low libido or impotence, I can tell you from personal experience that the regular intake of Royal Kick, the royal jelly product of high grade, is fantastic for getting a more natural love life. It makes good sense that hormonal problems can be helped by royal jelly because the Queen bee is not any old bee. She is fed royal jelly. She is the only one that gets it, and she produces 2,000 eggs a day. I think we have a hard time laying one a month. That clearly indicates the potency. If it has that kind of potency, there is nothing like it for the hormonal system. All kinds of individual supplements, DHEA, ginseng, and herbs will not have that effect. Royal jelly is not just an herb, not just a cure. It is a nutrient-dense substance that has rejuvenatory powers.

PEDIATRICS A number of investigators have found that royal jelly therapy helps to reverse pediatric diseases. Royal jelly can reverse terrible skin problems like eczema, psoriasis, itchy skin, cradle cap, diaper rash, fungus on the skin, seborrhea, especially under the age of five. If children aren't growing properly, royal jelly in its nutritional density provokes the entire system to work better. If children are malnourished, royal jelly will help remedy that problem.

HEART DISEASE Researchers have shown that there are tremendous benefits in cardiology. Problems like angina, a weak heart, enlarged heart and arrhythmia, may well benefit from royal jelly.

HIGH BLOOD PRESSURE Royal jelly boosts adrenal function, and the adrenal glands are needed to control the heart rate. If you have a fight or flight syndrome you can have a very fast heartbeat. The fast heart-rate comes from adrenaline, which comes from adrenal glands that are hyper-reactive. So if you have hyper-reactive adrenal glands and therefore high blood pressure, royal jelly will relax the heart rate. Research shows that regular use will return the blood pressure to normal.
ARTERIOSCLEROSIS  Research shows clearly that hardening of the arteries has been reversed in experimental studies.

HIGH CHOLESTEROL  Royal jelly has been found to produce a 10 to 15% reduction in cholesterol.

ARTHITIS  Major research out of South America shows that it improves arthritis.

DIGESTION  Major research shows that the intestines improve, colitis, irritable bowel, and so forth.

ALZHEIMER'S AND PARKINSON'S  Major German research shows that brain function dramatically improves, that the brain becomes fully nourished and the aging process in the brain has halted. So memory loss, Alzheimer's Disease and Parkinson's Disease have improved with royal jelly.

OSTEOPOROSIS  Royal jelly is super rich in collagen, and super high in zinc, which is needed for bone density.

JET LAG  It has remarkable results for jet lag. I don't get jetlag because I use the Royal Kick and the Royal Oil consistently.

MIGRAINES, ULCERS  With long-term use, it will heal migraine headaches and ulcers.

RADIATION  This is the best tonic I have ever used to maintain strength during the very caustic and damaging radiation and chemotherapy treatments.

AUTOIMMUNE DISORDERS  It is wonderful for lupus. Lupus is caused partly by adrenal exhaustion, and fungal overload due to the adrenal exhaustion. It is an autoimmune disease. Lupus, thyroiditis, fibromyalgia, any of these autoimmune things have wonderful results. No aggravation at all.

SKIN CONDITIONS/ACNE  There is excellent research on improving the acid mantle. Use four to six capsules a day for skin conditions as a tonic dose and also the Royal Oil if you wish to squirt it under the tongue on a daily basis. European studies have shown that various skin disorders due to inflammation benefit, for example redness, hives, erythematosis, seborrhea, eczema.

MULTIPLE SCLEROSIS.  There is no good research on MS; however, because MS patients score a lot higher on the adrenal test than most, four capsules a day could be quite effective.

PARASITES  I know of no research on parasites, but royal jelly is effective against bacteria, fungus, and viruses. Oil of oregano is effective against parasites. Research shows that it destroys amoebas and blastocysts and we know definitely that veterinarians are using it to kill tapeworms.

HYPOTHYROIDISM  If the hypothyroidism is due to endocrine collapse, then this is a good tonic. There is no specific research on this yet.

ALLERGIES TO BEE POLLEN  Royal jelly strengthens the immune system, and that can be an issue for people who are allergic to bee stings. Therefore if they take royal jelly or bee pollen, they can react. It is quite rare with Royal Kick because it is fortified with pantothenic acid. I have never seen an adverse reaction. However, it is remotely possible. One thing you can do is open up a capsule of Royal Kick and take a small amount.
DOSAGE  What is the dosage? Four to six capsules of the Royal Kick we have found to be ideal. For the Royal Oil, use a shot under the tongue twice a day. For a nutritional supplement, you cannot beat the powers of royal jelly as a daily tonic.

ROYAL KICK, ROYAL OIL ARE STABILIZED  You can carry the Royal Oil in your pocket, and it is your lifesaver. Stabilized royal jelly is very effective, and both the Royal Kick and the Royal Oil are stabilized. There is a certain process used in the Royal Oil to stabilize it and you don't have to refrigerate it. The actual refrigerated liquid royal jelly is not stabilized. Note that the royal jelly from the health food store is cut to keep the price low, so usually it is one-third as potent as something that has been stabilized.

QUIZ FOR ADRENAL FUNCTION  This is my own test, out of all of my books.

• Tired and exhausted. Give yourself a 5 if it is all day long or a 2 if it is intermittent.
• Tired all day long, but you can't sleep. 10.
• You get tired after you eat. 2.
• You are jittery inside all the time. 2.
• Hypersensitivity to smell, to perfume, to nervous stimuli, to noise. 10.
• Poor memory. 1.
• Anxiety. 2.
• Depression. 2.
• Back pain. 5.
• Craving for sugar and sweets. 5.
• Craving for salt. You want sugar, then you want salt. 5.
• Migraine headaches. 2.
• Fall asleep suddenly, narcolepsy. But when you lay down you can't sleep. 5.
• Feel like you blood is racing all over the place when you lay down flat. 5.
• You crave alcohol. 5 (destroys the adrenal glands)
• You are a cigarette smoker. 5. (destroys the adrenal glands)
• You are a nut for chocolate. 10.
• You used recreational drugs in the past. 5 (very damaging to the adrenal glands)
• If you drink more than 8 cups of coffee, 5. less than that, 2.
• If you have temper tantrums and fits of rage, that can be a sign of weak adrenals. 2.
• Panic attacks. 5.
• Noise that rings in your head. 2.
• If caffeine or sugar gives you a buzz. 2.
• If you fail to eat salt, absolutely completely. 5.
• If you have cut salt completely out of your diet for more than 10 years, give yourself a 10.

If you get 50 on the test, it is lousy. Normal would be up to 10 maximum.

Use the test in the Self-Test Nutrition Guide to monitor your progress with royal jelly. A lot of people take a nutritional supplement for a while and then quit taking it. To get the optimal benefit, all the research is based on daily use. Assess where you are at in the beginning; get on the Royal Kick or the Royal Oil. Do it for a couple of months, and take the test again and you will see a dramatic improvement. For the optimal benefit all the research is based on long-term use.

There is a daily energy test in The Longevity Solution and there is a thorough test on adrenal insufficiency in the book Self-Test Nutrition Guide.

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