Caveat Concerning Royal Jelly and Bee Pollen

“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.” - Mark Twain (Samuel Clemens)

If you have ever experienced the unique taste of royal jelly, you may agree with Mr. Clemens. Bee pollen has a more pleasing taste, but can also be a problem for some people who have consumed mostly sugar-sweetened products. (Actually, bee pollen is a misnomer as the pollen comes from flowers and is merely “harvested” by bees.)

For many people, the “medicinal” taste of royal jelly can be too intense. It has an inherent sweetness, but there can also be a slight bitterness or burning sensation that comes with sublingual ingestion. So for some people, the preference is to mix royal jelly into some yogurt or other food and swallow it quickly so they don't have to taste it.

Those who are truly serious about their anti-aging regime and not prone to “wimp out” because of the strong flavor will want to experience all the anti-aging benefits of royal jelly by consuming it sublingually (under the tongue). In this way, the numerous potent health-revitalizing ingredients can more readily enter the bloodstream.

If you are planning on ordering fresh bee pollen or royal jelly, we MUST have your initialed, signed and witnessed Legal Liability Release Agreement already on file, or mailed to us along with your order before these products can be shipped. These fresh products need to be kept refrigerated, so to get them to you cold, we keep them stored in a freezer and upon order, ship them via U.S. Priority mail or UPS 2nd day air (U.S. customers ONLY) to ensure they are in your hands quickly. Once received, they should be refrigerated immediately and kept cold during their entire period of use.

Why are these products so costly?

Bee pollen is a by-product of the hive and more honey is obtained from the bee hive than pollen. Pollen is a nutrient dense food and its nutritional makeup is described elsewhere in the literature we provide. Royal jelly is difficult to obtain and very little of it is produced by the nursing bees because it is reserved exclusively for the queen bee. Properly extracted raw honey is removed from the wax honeycomb by uncapping the honeycomb cells and placing the entire comb into a centrifuge where it is spun until the raw honey flows out. It then drains through a fine screen and is collected and bottled without the use of any heat (to preserve its enzymes). On the other hand, royal jelly is extracted from each individual honeycomb cell through the use of a hypodermic needle, a very painstaking and labor-intensive process. Both bee pollen and royal jelly must be kept refrigerated and are best stored in glass containers.

Potential Detoxification Reactions

We need to mention this up because the vast majority of Americans are walking toxic waste and chemical repositories. When you suddenly begin taking into your body a
powerful, nutrient-dense food, such as royal jelly or bee pollen, the body responds by letting go of (or pushing out) these waste materials and toxins. Most toxins are stored in the fat cells, so as you lose weight or take in high-energy nutrients, these toxins and wastes are dumped into the bloodstream for detoxification by the liver and elimination via any of a number of routes including the urine, feces, skin, lungs, etc.

What about babies and children? How toxic can they be? On page 145 of the book “Our Toxic World – A Wake Up Call”, by Doris J. Rapp, M.D., she states: “Some babies literally are marinated in a soup of chemicals as they float about in the uterine fluid throughout their entire gestation.” So before your children have had a chance to come into this world, the toxins in their mother's body may have already affected them, causing permanent developmental damage.

Skin disorders could be a sign that one or more of the other organs of detoxification and elimination (besides the skin) are not working as they should, and now your skin is being asked to do the job that your kidneys, liver or colon should be doing. It is normal for your skin to eliminate some waste, but long-standing conditions such as psoriasis and eczema are a sign that your body has become overburdened with toxic waste.

In an article titled “Death Begins in the Colon”, some of the effects on skin health caused by toxic waste that remains too long in the colon is medically described:

**THE SKIN:** Formation of wrinkles, thin, inelastic, starchy skin; pigmentationstion of the skin – yellow, brown, slate-black, blue, muddy complexion: offensive secretion from skin of flexures: pemphigus; pruritus, herpes, eczema, dermatitis, lupus erythematosus, acne rosacea; cold, clammy extremities; dark circles under the eyes; seborrhea, psoriasis: alopecia (loss of hair, baldness), lichen, planus; jaundice: "An infinitesimal amount of poison may suffice to cause skin eruptions.” [End quote]

Improving your skin requires certain lifestyle changes. Some examples: elimination of sugar from the diet, drinking enough pure water (and avoiding liquids such as soda, coffee and alcoholic beverages which merely dehydrate the body or make it more acidic); avoiding irradiated and genetically modified foods, quitting smoking; avoiding soaps and shampoos that plug the skin's pores and introduce harmful chemicals into the cells; avoiding cosmetics that smother the skin, clog the pores and pollute the body with cancer-causing ingredients; avoiding the consumption of trans fats and harmful vegetable oils (such as soy, canola, safflower, corn, sunflower, etc.), whether “cold pressed” or partially hydrogenated; avoiding chemical deodorants, shaving creams and synthetic fragrances; obtaining the good fats in your diet such as virgin coconut oil, butter (raw and organic is preferable) and the fats from grass fed lamb and beef; avoiding soy products (especially soy protein isolate, soy lecithin, soy oil and soy milk); avoiding low fat and diet products, MSG, Aspartame and other toxic food additives, not cooking with a microwave oven or in aluminum or Teflon-coated cookware, avoiding shots and vaccinations (i.e. flu), etc. (This is just a partial listing of recommendations
The “Healing Crisis”

When you use royal jelly and/or bee pollen on a consistent basis, you may eventually experience a “healing crisis”. A “healing crisis” is described by Dr. Stanley Bass in his article “What Symptoms to Expect When You Change Your Diet”. Changes in the diet can often have a dramatic impact on the skin and it may go through various breakouts or flare-ups as it releases trapped toxins or cellular memories of previous illnesses that did not completely heal.

**DEFINITION: Healing Crisis** – The process associated with heightened cleansing and cellular rebuilding. A sign of improving health. Results in better health as disease-causing factors are removed. Is not harmful. Only occurs to the degree at which the body can tolerate without injury and therefore will not cause harm.

There are several good health books with descriptions of the healing crisis. In order for you to have a better idea of what you may experience, some relevant quotes from one such publication by Bruce Fife, N.D., titled “The Healing Crisis” are offered below:

“The healing crisis is one of the most misunderstood aspects of natural healing. Even many health practitioners, including medical doctors, do not generally understand it. They will treat it as a sickness with medicines that stop symptoms and abort the healing process. Knowing what the healing crisis is, why it happens, when it happens, and what to do about it is of vital importance in reclaiming and achieving better health.”

“In traditional medicine, disease is often viewed as a set of symptoms, and treatment is focused at removing those symptoms. The problem with this approach is that the symptoms are not the cause of the disease; they are only the body's response to it. Suppressing or masking the symptoms will not cure the disease.”

“In natural medicine, symptoms are viewed as part of the body's healing process. The body is viewed as being smarter than human intellect; it knows best how to heal itself. Natural healing methods support and encourage the body's own healing forces. This way the symptoms are taken care of as the cause of the illness is removed.”

“All drugs have adverse side effects! All drugs are toxic to some degree. But people use them because they are perceived as providing the quick fix.”

“Most traditional methods of healing that involve the use of drugs, radiation, and surgery do not stimulate a cleansing crisis because, by their very nature, they induce trauma to the body and therefore cause stress and damage. The body's vital energies are channeled toward dealing with this trauma rather than cleansing or healing.”
“The way to recover health is to rid the body of its toxic overload. Removal of disease-causing agents can lead to a healing crisis.”

“During the cleansing process, excess fat and hardened mucus and toxic wastes throughout the body emulsify and wash out into the bloodstream to be discarded. This influx of toxins into the system brings on symptoms of sickness. People who have had problems with skin rashes or eruptions will frequently eliminate poisons through the skin and new rashes will develop. The skin, as a cleansing organ, is becoming more active.”

“The healing process works in cycles. You will have feelings of health and well-being separated by periods of discomfort caused by the elimination of toxins. If you have had problems with psoriasis, when you improve your diet and start a cleaning program, it may greatly improve the condition, although not completely clear up. You may be relatively free of skin problems for a couple of months and feel the new way of eating is slowly working. Then, red, itching, flaking skin will suddenly reappear and become as bad, if not worse, than it ever was before, even though your diet is clean. Your first thought is that you are having a resurgence of the skin problems you’ve had for years. It may last a month or more but then clear up completely. After this you will feel and look great. The dry, flaky skin rash was the body’s way of ridding itself of toxic debris. Now that the diet is clean, new toxins are not being infused into the cells and tissues, and the body was finally able to purge them from the system.”

“To be physically healthy, you must also be mentally and emotionally healthy. Our thoughts, actions, reactions, and interactions with others have a great bearing on our physical health. Anger, fear, greed, hate, and other negative feelings affect the function of the body and secretion of hormones.”

“While your body is cleansing, you will re-experience many of the illnesses you have had in the past, all the way back to childhood. This is called the “reversal process”. In the 19th century a Hungarian homeopathic physician named Constantine Hering made a discovery that is now known as Hering’s Law of Cure. He stated, “All cure comes from within out, from the head down, and in reverse order as the symptoms have appeared in the body.” In other words, healing starts from the inside of the body and works outward and from the top of the head works downward, occurring in the reverse order in which sickness afflicted the body.”

“Toxins from poor-quality food and putrefying fecal matter in the colon poison the entire body, including the brain. As a result, emotions are affected. This spawns discontent, anger, moodiness, and impatience, which leads to social and family problems. These problems, in turn, aggravate emotional disturbances that increase the acidity and toxicity of the body. Toxins aggravate emotions, which in turn increase toxicity. The cycle feeds itself, growing worse and worse.”
“When a person first encounters a severe healing crisis, it is common to worry. Even though well informed about the discomforts of the healing process, the person doesn't really believe, accept, or understand it. What often happens is that the person begins to wonder if the crisis is really a disease crisis. If it is a disease crisis, the person may feel a need to get medical attention so it doesn't get worse. After all, medical doctors are well trained to handle emergencies and life-threatening situations. The discomfort of the crisis may get worse with each day. The person worries and begins to believe that it must be an illness and needs medical help. The person goes to the doctor. If you go to a doctor, what can he/she do for you? Diagnosing an illness won't cure it. All the doctor will do is give you some drugs to suppress the symptoms.”

“The body has to heal itself whether it is encumbered with drugs or not. It can usually do a better job of healing without the added burden of dealing with toxic chemicals. The body does the healing, not the doctor and not the drugs. Taking medications during a cleansing crisis to treat symptoms stops the cleansing process.”

“Nature's way of purging harmful toxins from the body and restoring health is by way of the healing crisis. Crises can be so mild they are unnoticeable or so dramatic you almost think your life is about to end. In order to remove dis-ease from the body and achieve health and well-being, you must go through the cleansing crisis. Prepare yourself mentally for it. Look forward to it. When it comes, be happy that you are healing.” [End quoting]

Complete cleansing the intestinal tract (especially the colon) is essential in order to speed up the process of detoxification. Once the intestinal tract and colon are functioning better, a high-quality probiotic is necessary to reestablish good bacteria. We recommend Sedona Lab’s iFlora.

For external skin cleansing, we recommend the chemical-free Miracle II products (Soaps, Neutralizer, Gel and Skin Moisturizer). These products work to detoxify the skin and will open and cleanse the pores.

Some other products for creating healthy skin, hair and nails are Tropical Traditions organic virgin coconut oil, Maca, real “vitamin C” (not ascorbic acid which is synthetic) and MSM (Methysulfonylmethane), an essential organic nutritional sulfur. See our product listing for more information about these and ask us for related articles, descriptions and recommended protocols for their proper use.

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