



Living Medicines

Founded by
Tamara Wolfson, L.Ac. & David Kukkola

Apitherapy

Honeybees & their Sacred Medicine

by Tamara Wolfson, L.Ac



Apitherapy utilizes products provided by the honeybees as medicine for the body. The five products used for healing include honey, propolis, royal jelly, pollen and homeopathic extractions of bee venom.

Honeybees have played a vital role throughout history, not only for what they produce but also for what they inspire and have come to represent. They have been seen as symbols of truth, purification, industriousness, love, royalty and mystical ability. In addition, the bee society has been characterized as a harmonious, well-organized family where all participants work for the common good and are ruled by one sovereign being. Some might say a possible model for the ideal human society. The Mayan peoples certainly believed this to be so. They were so devoted to the honeybee that the meaning of word for bee in Mayan, *cab*, was synonymous with "beehive", "honey", "earth", "village", "nation" and "world."



The honeybee family can contain up to 60,000 members. The hive maintains shared and rotating tasks from food gathering and child rearing to sophisticated engineering that is appropriate to the age, strength and knowledge of each individual bee. They are an amazing example of teamwork, social interactions and complex communication. In fact, the language of bees is shared through a complex dance which provides information about nectar and pollen locations up to three miles away from the hive. From studying this behavior, we know bees have intricate memories and the ability to communicate intricate information. Pheromones are also used by all the different members of the group to relay specific information about the queen, brood, food storage, feeding needs, defense, etc. They are not functioning randomly but discussing continuously how to best serve the community.

Bee products have been used to enhance human health as far back as the Mesolithic era (circa 10,000-3,000 BC). Apitherapy, or "bee therapy" (api from the Latin apis from the Greek word is the medicinal use of honeybees. Growing that various bee by improving inflammation, and immune response. The are bee venom, honey, propolis and beeswax.



meaning bee and therapy meaning "caring service") products made by scientific evidence suggests products promote healing circulation, decreasing stimulating a healthy six precious bee medicinals bee pollen, royal jelly,

Bee venom therapy was practiced in ancient Egypt, Greece, and China-three Great Civilizations known for their highly developed medical systems. Hippocrates, the Greek physician known as the "Father of Medicine", recognized the healing virtues of bee venom for treating arthritis and other joint problems.

Conditions Apitherapy Treats

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| Sciatica | Mood disorders |
| Arthritis | Fibromyalgia |
| Bursitis | Raynaud's Disease |
| Tendinitis | Chronic Fatigue |
| Lyme Disease | Herniated discs |
| Surgical scars | Neuropathy |
| MS | Bell's Palsy |
| Lupus | Carpal Tunnel |
| Shingles | Numbness |
| Pulled muscles & cramping | Poor circulation |
| Torn ligaments & tendons | Bone fractures |
| Injuries to: knees, elbows, wrists, ankles, shoulders | |



Honey can be used as a great energy source and has significant antibacterial qualities. Great for sore throats and to soothe coughs. It is also great as a topic to assist wound healing. One interesting note, foraging bees visit 5 million flowers to produce 1 pint of honey. Precious indeed!

Collected in tiny pouches on the back of the honeybee's legs, pollen is the male portion of the flower. It is the seed needed to activate the plant's production of fruit, grains, legumes and vegetables. Without these

pollinators we would be losing about 40% of our food supply. Pollen is an incredible source of vitamins, minerals and amino acids. Generally, one gram of pollen will have 9.2 milligrams of B1, 18.5mg of B2, 5mg of B6, 200mg of niacin, 30-50mg of pantothenic acid, 7-15mg of Vitamin C, 10mg Beta Carotene, 3.4-6.8mg of folic acid and trace amounts of Vitamin E.

About ½ ounce of pollen will provide all amino acid needs, the building blocks of proteins, for one day. Pollen has been noted for treating allergies; it is best to find local pollen for this treatment.



Royal Jelly is the mother's milk of the Queen bee. This is the food that turns the bee into a Queen. It contains all the B-complex vitamins, plus Vitamin A, C, D, and E, as well as enzymes, RNA, antibacterial and antiviral qualities. I generally prescribe this very special product in the severest of health cases as one pound of royal jelly consumes the lives of 1,000 three-day-old Queen bees.



Propolis is strong antibiotic glue used by the bees to repair their hive and seal the nest from invasion. The beehive is one of the most sterile environments found in nature. Propolis is made from the resin of the poplar and fir trees mixed with enzymes, pollen and wax from the bees. It is highly antimicrobial and a natural form of penicillin. Great for inflammations, infections, swellings, skin issues, sore lips and gums and sore throats!



Wow, they surely are blessings in this world and how about this for an idea...What is the flavor of the land where you live? How does it taste? Simply eat some of the local honey made by the bees from your local flowers and you shall see!

Apitherapy Sessions Available By Appointment

Please Contact:

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Clinic Hours:

Walk-Ins Welcome!

MONDAY

9am - 7pm	Shiatsu	David
4pm-7pm	Apitherapy	Tamara

Living Medicines Session with David & Tamara Available

TUESDAY

9am - 2pm	Osteopathic Acupuncture	Tamara
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THURSDAY

2pm - 6pm	Osteopathic Acupuncture	Tamara
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FRIDAY

9am-12pm	Apitherapy	Tamara
3pm - 7pm	Shiatsu	David

Living Medicines Session with David & Tamara Available

SATURDAY

2pm - 6pm	Osteopathic Acupuncture	Tamara
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Apitherapy Sessions

Homeopathic Acupuncture technique utilizing bee venom.

\$140 per session

Please allow for 2 hours of treatment time.