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What is Propolis?

A GLUE-like substance used by bees to protect the hive against infection. Propolis is a resin collected by the honey bee from the leaf buds and bark of trees and plants, mixed and blended by the insects and used to seal up the hive. It provides the hive with an immune system which makes it one of the most sterile environments in the world.

Propolis contains an estimated 160 elements including essential oils, bioflavonoids, amino acids, vitamins and minerals. It is very effective in treating

- 1) Sensitive teeth or tooth
- 2) Mouth Ulcers (single or Multiple)
- 3) Cracked lips and corners of the mouth
- 4) Bleeding gums during pregnancy
- 5) Cold sores

There are no known side effects and there is as with anything a minute chance of mild allergic reaction in which case its use should be stopped.

It has been used successfully for centuries and is making a come back as manufacturers realize the public are willing to spend on alternative and natural remedies. Propolis is now my treatment of choice for the above conditions.