



SYNERGISTIC  
EFFECTIVENESS OF BEE  
PRODUCTS INFUSED WITH  
BERRIES AND  
HERBS

Presented at Apimondia 41<sup>st</sup> International Congress on  
September 18<sup>th</sup>, 2009  
Darya and Galina Adzhigirey



# Introduction

- Our work consists of:
  - research concerning the different components in our products
  - systematic observations of the effect of our products
  - personal experience
- How we came to realize that certain berries and herbs can enhance healthy properties of bee products?
  - Began by offering a combination honey, propolis, pollen, and bee bread; observed the effect on our customers
  - Added berries and herbs to that mixture
  - Observed greater impact than just the mixture of bee products
  - Surprising results
- I would like to share with you why we think our products are so effective; bringing to your knowledge some of the surprising results we observed.

# How it all started

- Galina and Bronislav began their work in Russia.
  - antibiotics are frequently powerless and too often, are dangerous
  - began to pick and preserve fresh black currant in honey
- In 1994, our family moved to the US.
- In 1999, we opened our business and started producing bee products.
- We observed:
  - overwhelming portion of chronic and degenerative diseases can be traced back to a weak immune system, stemming from the overuse of antibiotics and/or improper nutrition.

# Modern medicine

- Modern/allopathic medicine tends to isolate thousands of diseases
  - a) we see that often the use of drugs compromises the immune system, often furthering the disease into a more chronic form.
  - b) drugs are mainly developed with intention to relieve or conceal symptoms
  - c) symptoms generally reflect how hard our bodies are working to fight off diseases
- If immune system is compromised (over-the-counter drugs and antibiotics) our body doesn't have strong enough ammunition to win the battle



# Nutrition

- Without adequate nutrition, the immune system becomes deprived of the components needed to generate an effective immune response.
  - vitamins A, B complex, C, D and E, minerals such as iron and zinc, amino acids, carbohydrates and lipids play a crucial role in the maintenance of a competent immune system
  - our bodies cannot manufacture a lot of the micronutrients; they must come from food or supplements
- Deficiency of vital micronutrients for a prolonged period of time can be the cause of many chronic and degenerative diseases.
- In many cases this disease or condition can be reversed when the micronutrients are resupplied.

# Improper nutrition: now what?

## ➤ Large amounts of:

- processed and refined foods (preserved with harmful additives)
- corn syrup
- meat grown on steroids and antibiotics

## ➤ Body becomes polluted by dangerous toxins and burdened by inflammation and disease.

1. at this time, nutrition is critical
2. with proper nutritional support the body can regain its ability to cleanse and defend itself
3. The mixture of bee products, berries and herbs is a raw food that offers the much needed nutritional and immune system support

# High nutritional value

- We use honey as our base
  - excellent preservative properties
  - studies have shown that it inhibits the growth of harmful bacteria
- We get our honey from a region in northern Washington.
  - mountain region
  - region contains practically no genetically modified or pesticide-treated crops.
- Dry climate and high altitude:
  - moisture content of this honey is 1% lower than regular honey
  - takes longer to crystallize than most honeys.
- We don't have to heat our product for it to retain an even consistency (Heating a product greatly decreases its stock of essential nutrients)

# Our combination

- We first started out by incorporating the following into honey: propolis, pollen, bee bread , and royal jelly.
- We continued to add fresh, chemically unprocessed, ground berries:
  - black currant (*Ribes nigrum*)
  - aronia (*Photinia melanocarpa*)
  - sea berry (*Hippophae salicifolia*)
  - Magnolia Vine (*Schisandra chinensis*)
  - elderberry (*Sambucus nigra*)
  - highbush cranberry (*Viburnum opulus*)
  - european mountain ash (*Sorbus aucuparia*)



# Adding herbs

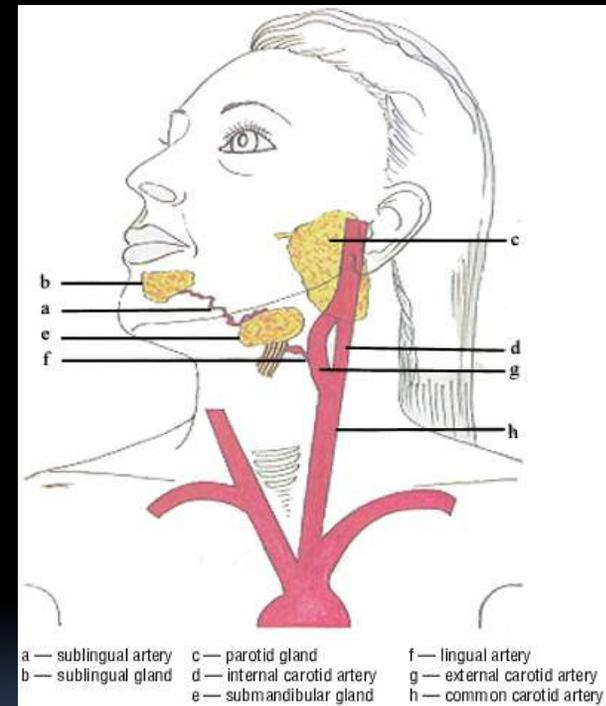
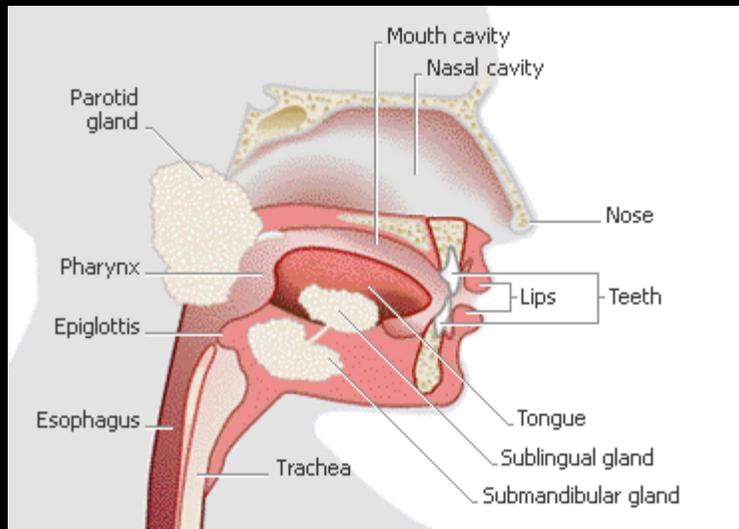
- We also began to offer a complimentary mixture of bee products and berries with the addition of an herbal extract.
- Based on the extensive feedback from our customers:
  - bee products combined with berries and herbs produces a synergistic effect that has an advantage over bee products, berries or herbs individually.



# Absorption of nutrients

- Effective method of consuming our product: holding the mixture in the mouth and under the tongue as long as possible.
- Why is this most effective?
  1. Ways nutrients can be absorbed by our bodies:
    - through mucous membranes in the mouth
    - through the lining of the upper intestine and colon walls
    - through the skin
  2. When food is digested in the stomach, many nutrients may be lost.
  3. Nutrients are absorbed through the mucous membranes in the mouth for a more direct/rapid access into the blood stream, bypassing the gastrointestinal tract altogether.

# Absorption of nutrients



- This method of absorption allows for maximum nutritional benefits and is particularly important for those with ulcers and gastro intestinal difficulties.



# Other properties

## ➤ Preventative power:

- consuming our mixture for a month during spring and autumn: preventative measure against colds, viruses and other diseases.

## ➤ Positive psychological effects during:

- anxiety disorder
- depression
- other neurological disorders

## ➤ Our customers share with us how it can relieve stress, improve memory and strengthen the nervous system.

# Specific mixtures

## ➤ “Live Bouquet”

- bee-product mixture (honey, propolis, pollen, bee bread, royal jelly)
- black currant
- aronia
- sea berry

➤ Has helped people with: intense cough, kidney stones, blood pressure, anemia and sleeping disorders.

➤ Elderly individuals feel the effectiveness of this product on their nervous system.

# Some specific mixtures:

- ❖ base bee product mixture with **schisandra berries**
  - Positive results concerning: nervous and psychological disorders, especially depression, normalization of blood pressure, effective in increasing vitality, and reducing physical and mental fatigue.
- ❖ base bee product mixture with **highbush cranberry**
  - Highbush cranberry is an excellent source of vitamins, especially vitamins B and C. It also contains enzymes, amino acids, carbohydrates, fatty acids, and many other micronutrients.
  - Positive results concerning: high blood pressure, sclerosis, gastric, cardiovascular, kidney, and bladder diseases.
  - Great as a preventative force against various oncological diseases
- ❖ base bee product mixture with **elderberry**
  - Elderberry is known to regulate the water-salt exchange in our bodies, and the proper functions of the gastrointestinal tract.
  - Elderberry working in tandem with bee products has shown to have excellent preventative properties against colds and flu.



# Specific Mixtures

## ❖ base bee product mixture with huckleberries

- Huckleberries have a strong effect on blood circulation, vision, and youthful brain function.
- this product has shown to promote the strengthening of the retina, proper function of the pancreas, liver and kidneys.
- Some of our customers with diabetes used this product with positive results.

## ❖ base bee product mixture with berries and herbs: “Treasure”

- consists of bee products, black currant, aronia, sea berry, and herbs.
- It was developed with the extensive use of the Russian literature concerning medicinal herbs.
- detoxifying and blood cleansing extract from 40 different herbs.
- Helping the body get rid of toxins, while providing the nutrients necessary for proper function of the immune system are the first steps to optimal health.



# Conclusions

- We view the lack of proper nutrition and the overuse of antibiotics as the major reasons why people suffer from chronic disease and why their bodies are incapable of producing a proper immune response.
- The most effective method for the maximum benefits of liquid-form bee products, is holding it under the tongue.
- The conglomeration of bee products, berries and herbs gives our bodies the essential balanced nutrition for an overall well being, both physical and psychological.