

Prevention and Treatment of Allergies and other Adverse Reactions to Bee Products

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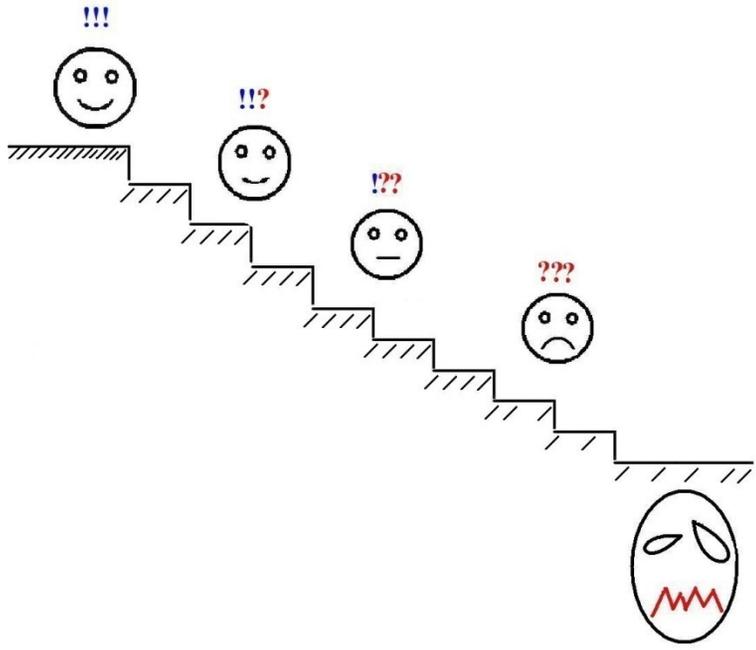
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**The best doctor is the one that
can eliminate or neutralize the
causes of the „causes“...!**

*What are the main causes of the
adverse reactions and allergies
to bee products?*

Who or what is responsible for the adverse reactions/allergies/anaphilactic shocks?

- the bee product itself?
- the beekeeper/producer?
- the patient/customer?
- the medical doctor/therapist?



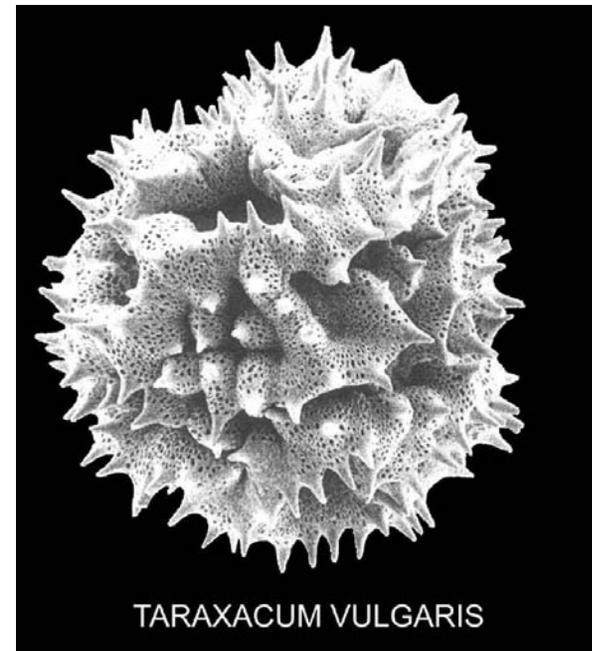
One possible cause of the adverse reactions is related to the quality and/or quantity of the used bee product

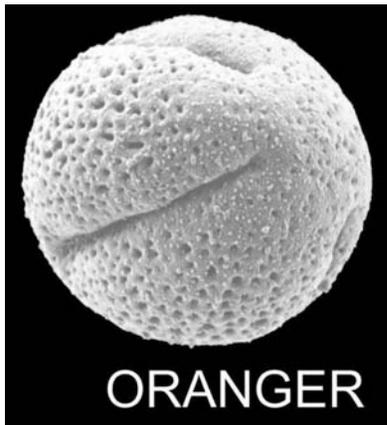
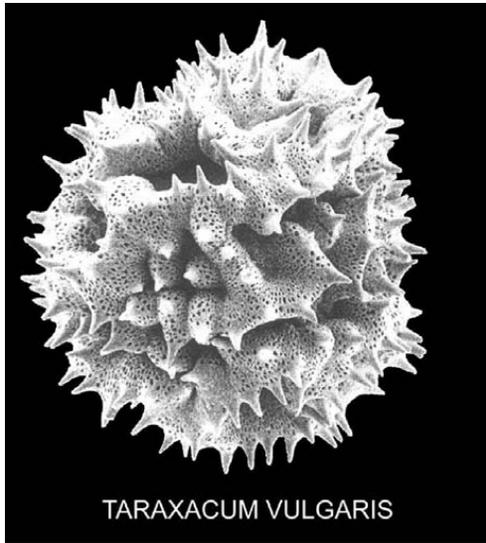
- **Poor quality** (inappropriate processing and **storage** that leads to the presence of various un-wanted or even toxic substances or micro-organisms inside the bee products)

- Too large quantity taken from the very beginning due to inadequate description written on the commercial label, in the leaflets and/or in Internet on how to take/use the bee product;

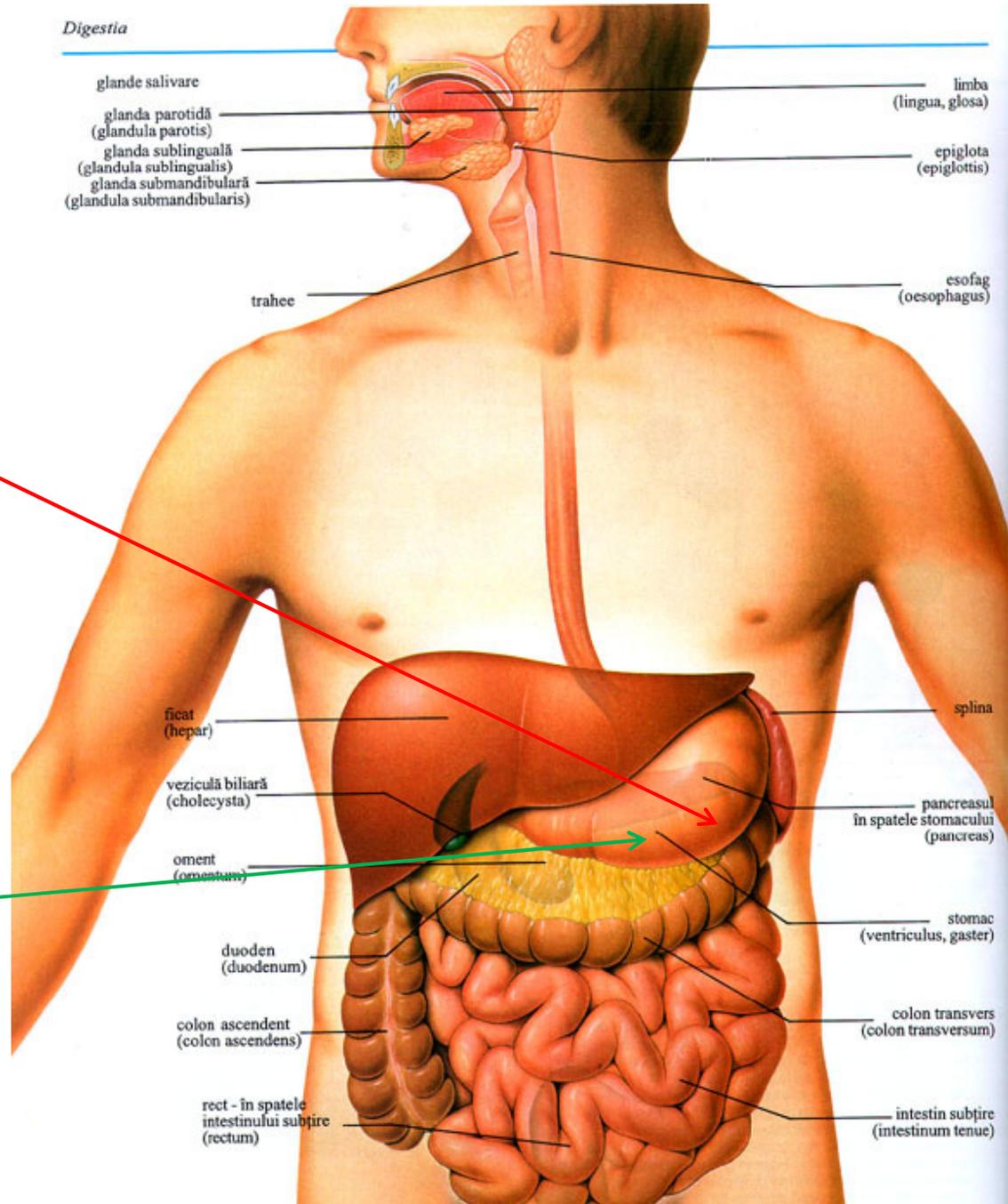
example:

*“take our bee pollen,
before meals, 3
teaspoons a day”*



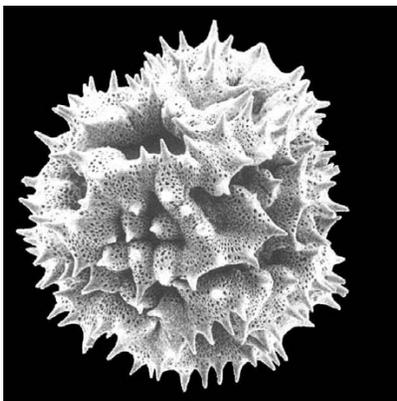


Digestia



- this kind of recommendation (“*take our bee pollen, before meals, 3 teaspoons a day*”) may lead to intolerances, adverse reactions of up to 50% of the customers that are taking for the first time in their life a bee product like bee pollen;
- as a result, the beekeeper/re-seller may loose up to 50% of his/her new potential clients due to a simple mistake present on the label of his/her products...

too much



before
meals

=

~~€ €~~
~~€ €~~

+

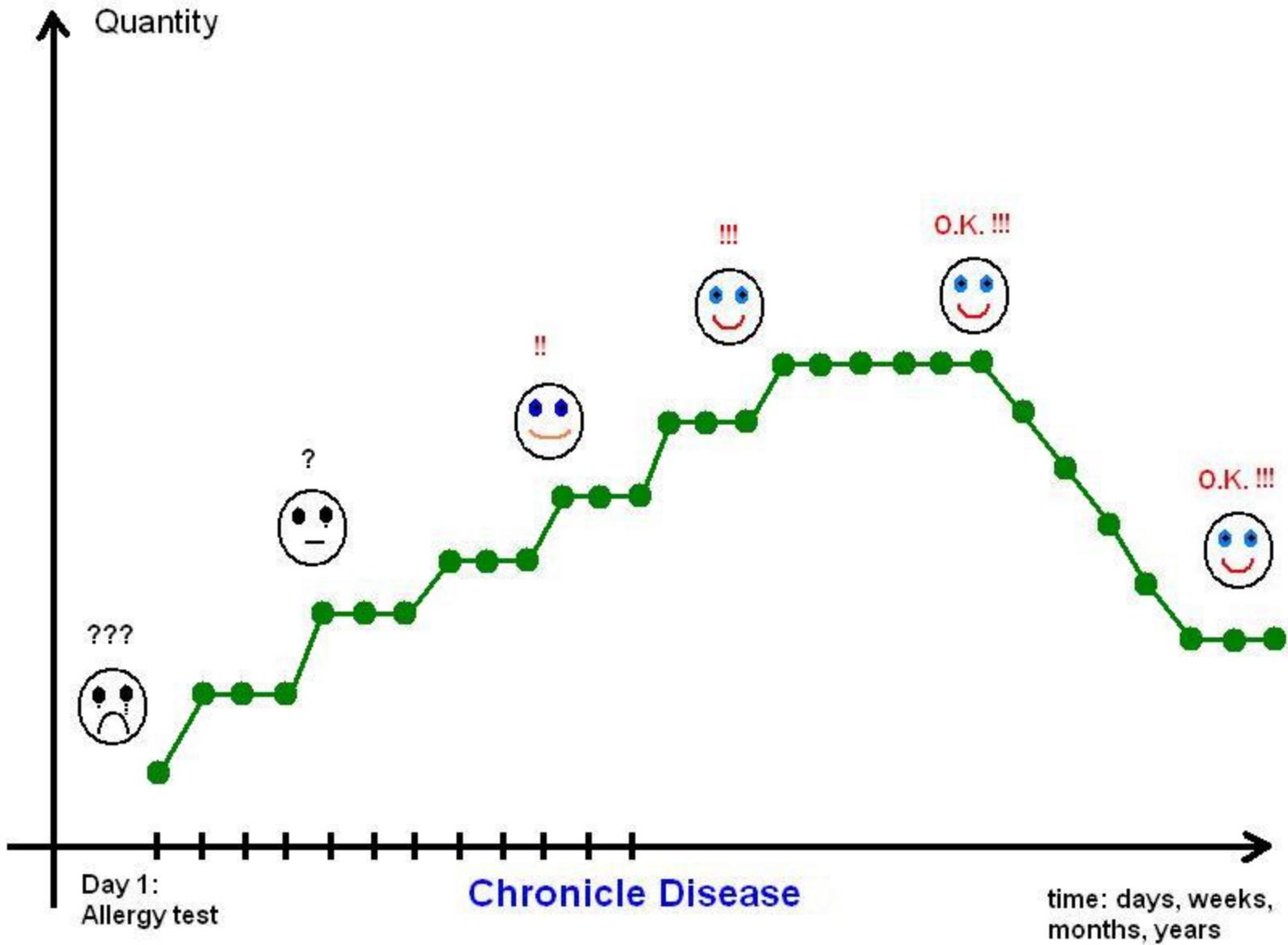


What to do in order to prevent such negative situations both for the customer and the producer/seller?

- Allow the **digestive tract** and the **immune system** **to accustom to** **the new food/remedy** at least a **couple of weeks** before reaching **the normal/therapeutic doses**; it is wiser to write on the labels of all bee products, among other information, a general sentence like this:

“If you are using this product for the first time in your life, we strongly recommend you to take it during the first 2-3 weeks in small doses, after the meals, well diluted in water at least 30 minutes before swallowing it.

Once you are accustomed with our product, you can increase gradually its dose up to a level that gives you maximum of satisfaction/benefits”.

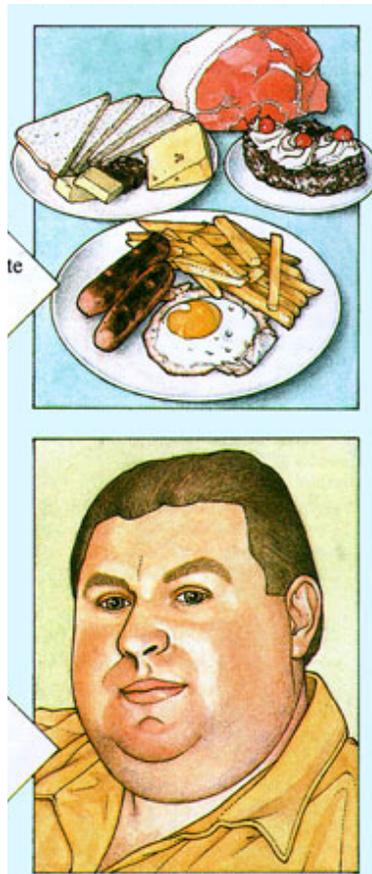


Why some people are allergic/sensitive to well-made bee products and others are not?

- Insufficient internal anti-allergic mechanisms (especially weak/overstressed adrenal glands)
- Aggravating factors
 - other allergies (to foods, drugs, etc.) are present

- Other medical problems?
 - Lungs, immune system, kidneys, but also liver, endocrine and nervous system with various degrees of weaknesses or dis-functionalities;
 - Inappropriate use of non-steroidal anti-inflammatory drugs (NSAID) TOGETHER with working in the apiary (and thus receiving bee stings) or receiving BVT (Bee Venom Therapy)

So, other category of causes is related to the patient, seen as a person with other medical problems



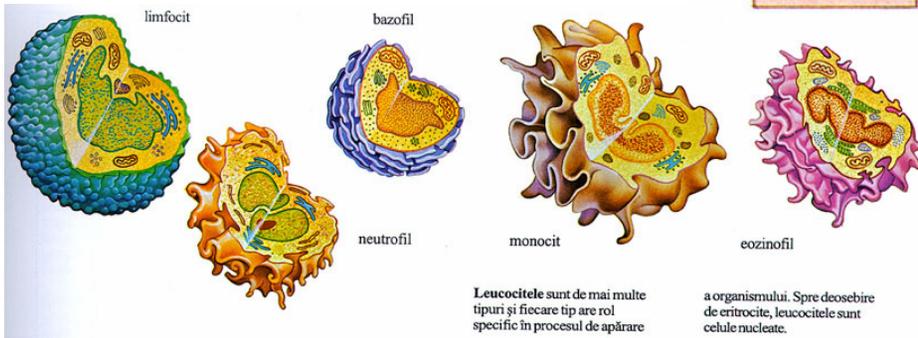
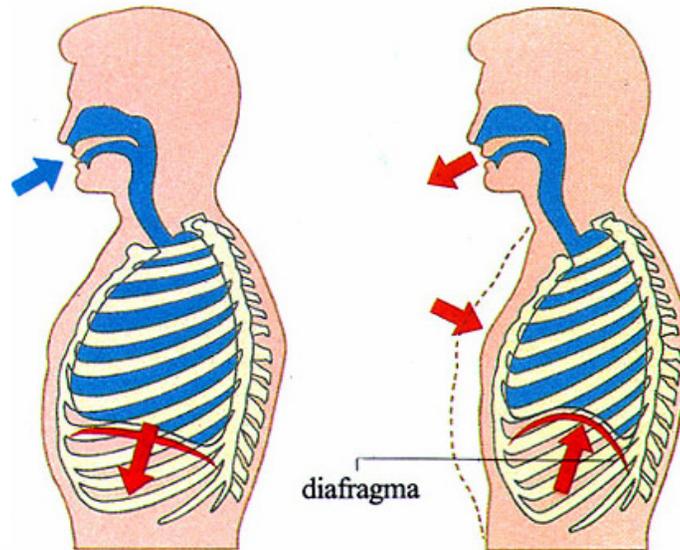
- **1) History of various intolerances and allergies to other foods and/or remedies.**

A person that is for example already allergic to various foods (milk, eggs, peanuts, fish, sea food, etc.) or other allergens (drugs, airborne pollen, etc.), has a 2 to 10 times higher risk to *be allergic or at least intolerant to most of the bee products!*
(Müller, 2009)

2) *Weaknesses* in the body that can be caused by:
wrong diet, bad life style, not enough good sleep, over stress, problems in the vertebral column due to lifting too often of heavy (honey) loads, etc.).

Before you go working in your apiary or start taking/using a bee product, especially bee venom, check with your family physician and your local/regional allergist if you have any of the following weaknesses:

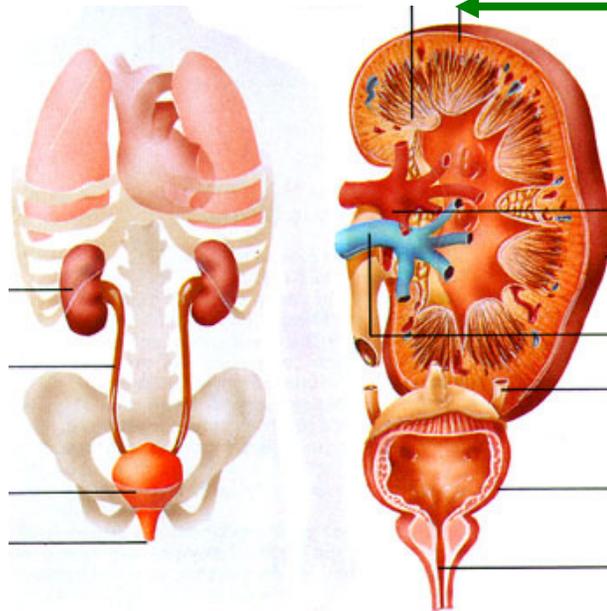
Weaknesses/Disorders in the Immune & Respiratory Systems?



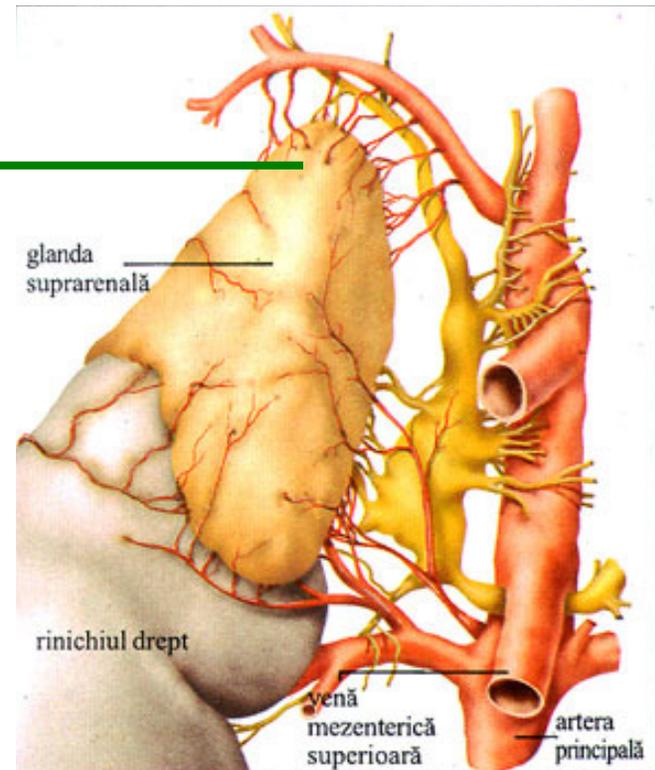
White blood cells

Capillary

Weaknesses in the Kidneys and Adrenal glands area?



Kidneys

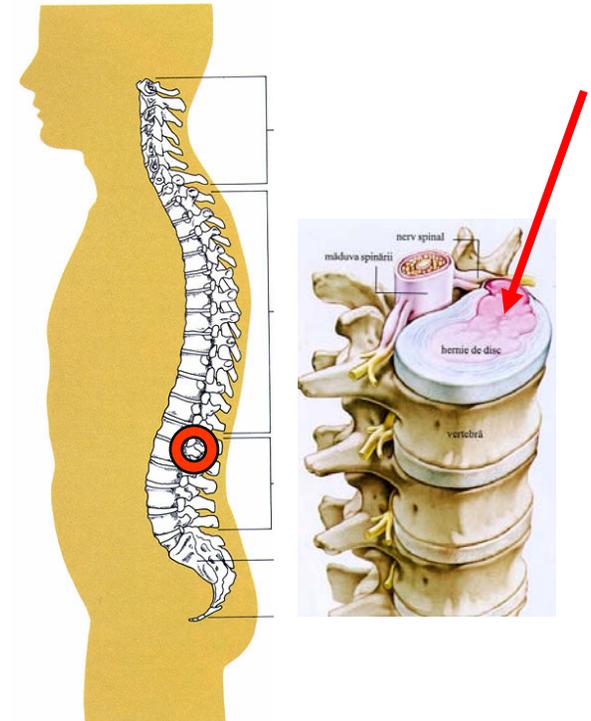


Right Adrenal gland

Weaknesses in the Vertebral Column area?

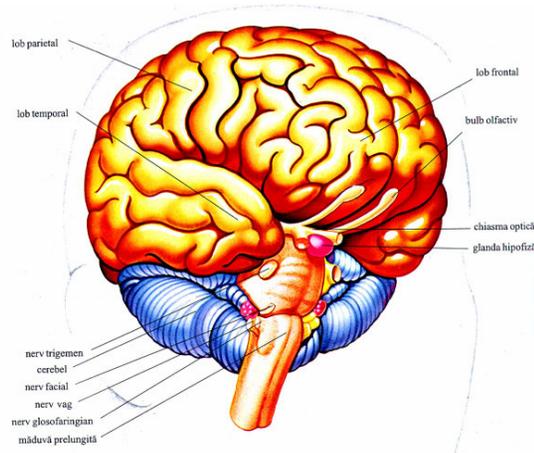
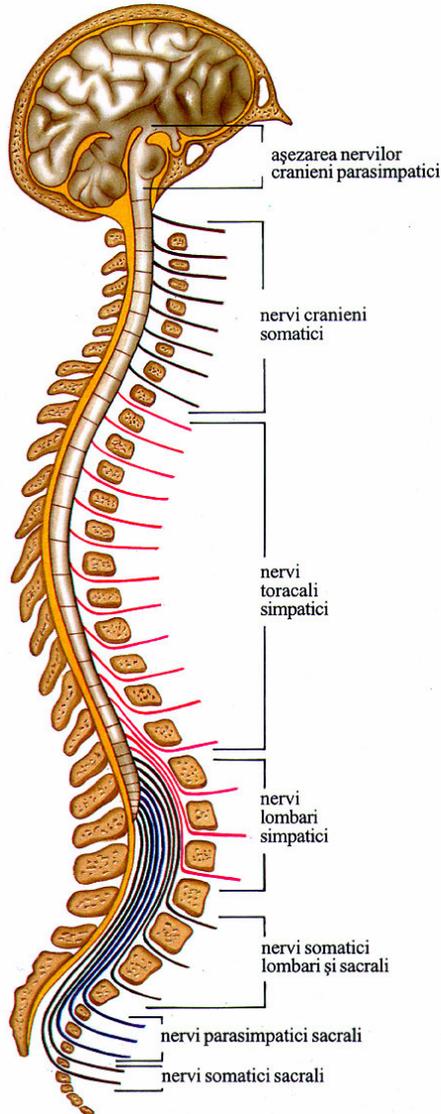


Too many and/or too heavy beehives?

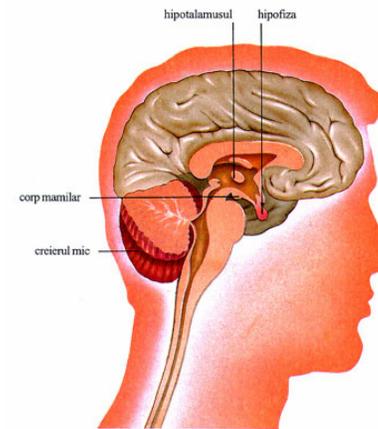


Weak vertebral
column?

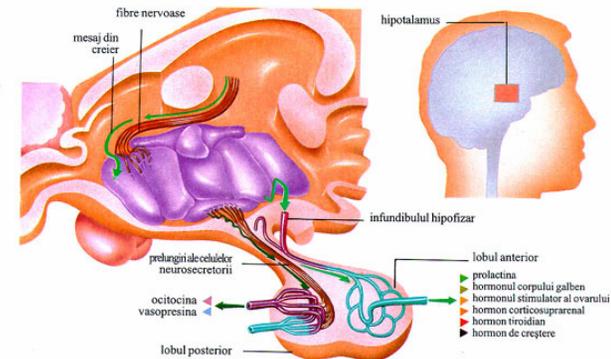
Weaknesses in the Nervous & Endocrine Systems?



Brain



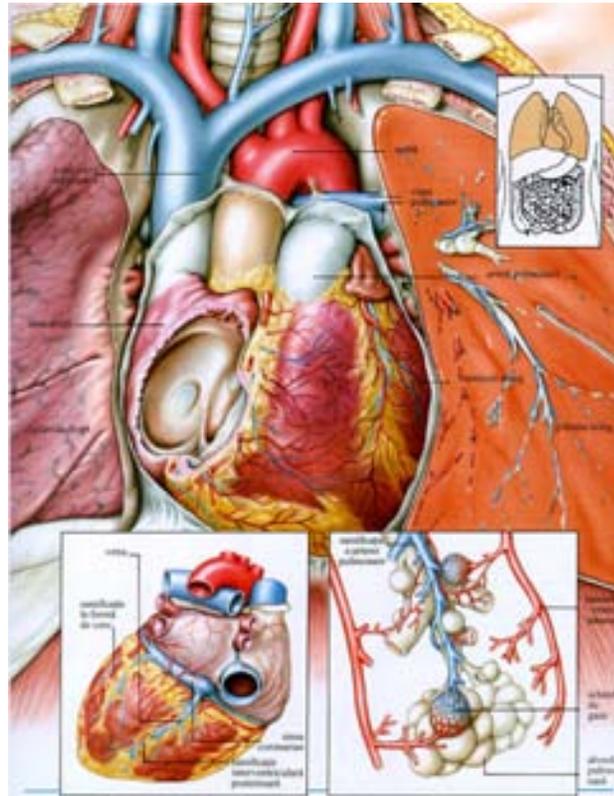
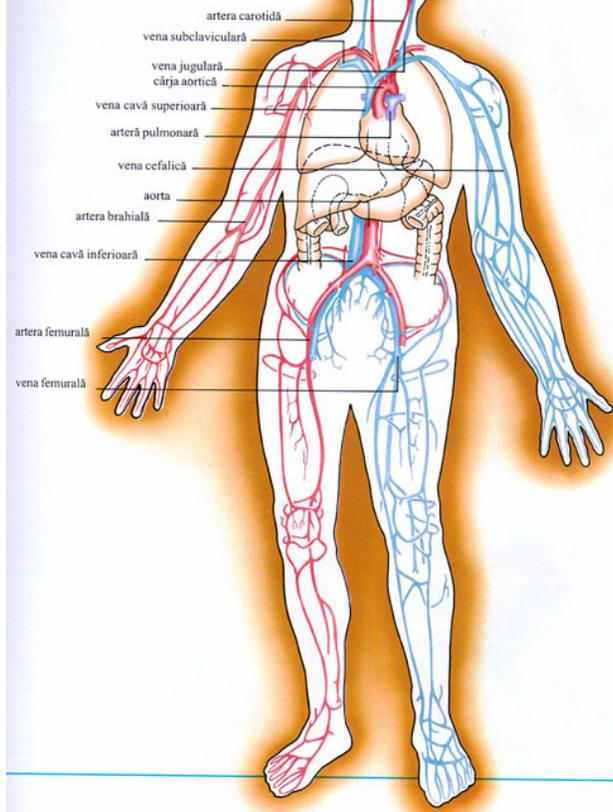
Hipotalamusul și hipofiza sunt una lângă alta legate prin vase de sânge și nervi. Impulsul pornit din creier ajunge prin nervi la hipotalamus și-l stimulează pentru eliberarea hormonilor. Unii hormoni, de ex. ocitocina și vasopresina se depozitează, prin canalele neurosecretore din hipotalamus, în hipofiza posterioară. Se eliberează când este nevoie de ei: ocitocina este necesară în timpul travaliului stimulând contracția uterină, iar după naștere declanșează lactația. Vasopresina (hormon anti利尿etic) este necesară la împiedicarea pierderii exagerate de lichide și asta se petrece prin creșterea reabsorbției la nivelul rinichilor. Alți hormoni hipotalamici sunt transportați prin vase capilare în hipofiza anterioară unde își dezvoltă efectul imediat. Prolactina și hormonul corpului galben având efect care stimulează maturizarea ovulului, asupra mamelelor și asupra ovarelor; hormonul adrenocorticotrop (ACTH) este hormonul stimulator al suprarenalelor, provoacă eliberarea hormonilor corticizi, hormonii tiroiziene activează tiroida, hormonul de creștere (somatotrop) provoacă dezvoltarea organismului la copii.



Hypothalamus & the hypophysis system

Weaknesses in the Cardiovascular System?

Un ansamblu de vase de sânge de mai multe mii de kilometri lungime asigură circulația continuă a sângelui în întreg corpul. Acest sistem circulator permite inimii să pompeze sânge oxigenat de la artere (*roșu*) la țesuturi și să aducă la inimă prin vene sânge cu produși de descompunere (*albastru*). Prin circulația mică sângelui este transportat la plămâni, unde se eliberează de dioxidul de carbon, și revine apoi la inimă încărcat cu oxigen.



Heart



Capillary

The wise men says that
*„Prevention is always better than
treatment!“*

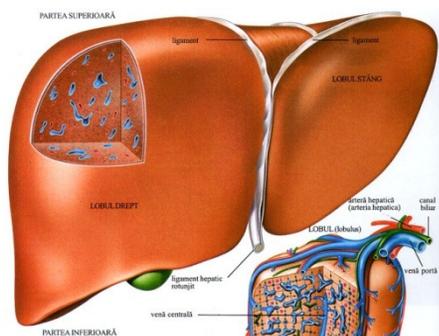
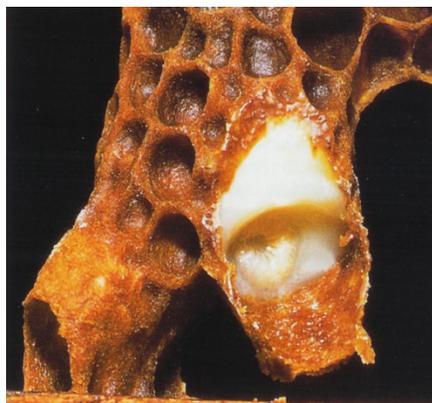
*So, what do we need to do in order to
prevent unpleasant or dangerous
situations?*

Start thinking to create in your own company/apiary/office/shop a set of Rules and Principles in order to be able to PREVENT and if necessary TREAT any adverse reaction!

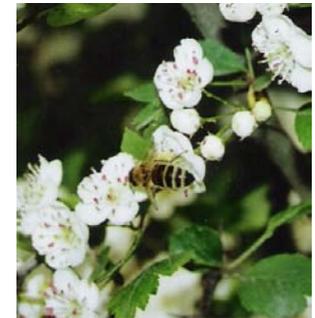
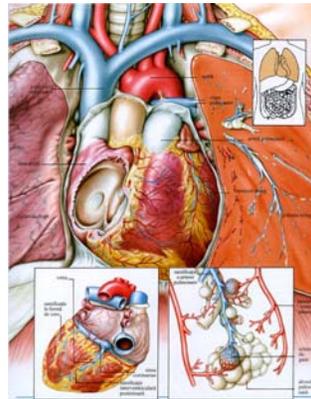
Advise all your clients to always start taking the bee products (raw or processed) in the smallest possible doses in order to test for any possible intolerance or adverse reaction

Bee products and herbs good to detox

the liver



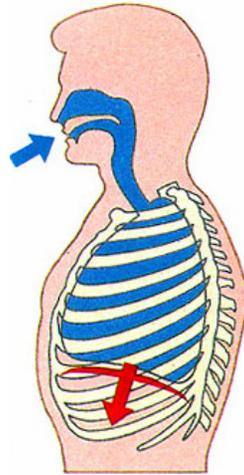
Bee products and herbs good to help the heart and the c.-v. system



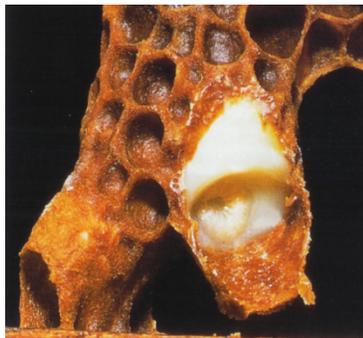
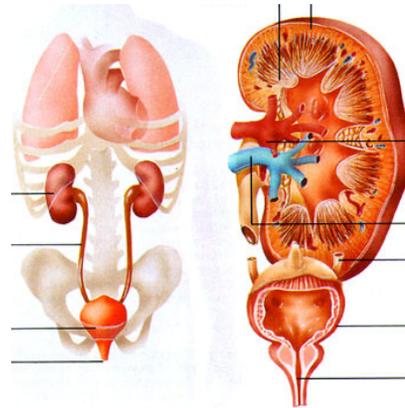
Titulo: Abeja libando una flor de espliego



Bee products and herbs good to detox the lungs



Bee products and herbs good to detox and help the kidneys



How to test for a possible allergy?

- Through 3 simple tests:
 - Forearm skin test
 - Sublingual-mouth mucosa test
 - Stomach mucosa test

How to test for a possible allergy?

Forearm skin test

- First with the raw, then with the processed preparation/product

How to test for a possible allergy?

Sublingual-mouth mucosa test

- First with diluted raw bee product, then with diluted preparation/product
- Second with non-diluted preparation/product

How to test for a possible allergy?

Stomach mucosa test

- First with diluted raw bee product, then with diluted final preparation/product, after the meals
- Second with non-diluted raw and processed product, after the meals, then second or third test day, before meals

The final *dose* of each bee product must be ideally established with accuracy by the medical doctor/apitherapist, according to the **age, weight, general/local condition of each patient, time of use, etc.**

In case you give/receive BVT,
the *time* of treatments should be
elected in harmony with the
biorhythms of the body;

Best time for BVT (Bee Venom
Therapy) is in the morning, between 6-9
a.m., when the functioning of the adrenal
glands is at its maximum)

REMEDIES for Bee Venom
ADVERSE REACTIONS

What kind of reactions can we expect after a bee sting?

- mild or normal reactions
 - moderate reactions!
 - severe reactions!!!

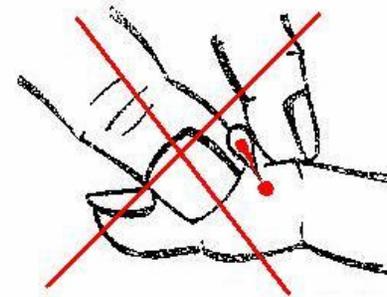
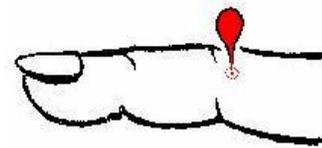
- **Mild or normal reactions** include:
 - redness
 - mild swelling and
 - heat in the area of the sting.



Recommended treatment in case of **mild reactions** that occurs to **non-patients**

STEP 1:

Eliminate the stinger and its bee venom sack from the skin in a correct manner



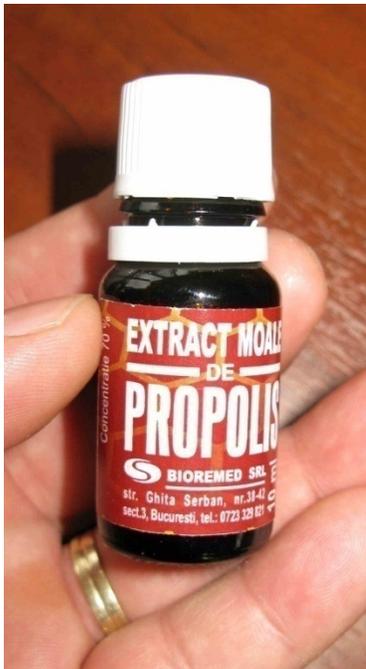
Step 2

Clean the area of the sting(s) with water and soap, then apply an **ice cube** or **cold compress**;

Step 3

Use of natural anti-inflammatory and antihistaminic remedies like:

Propolis Cream or Soft Propolis Extract



Propolis Spray: apply to the skin



Propolis Tincture + Honey + Tea

5-10 drops of tincture, 3 - 4 times per day to be used externally and/or taken internally + honey and several cups of tea (or warm water)



**Cataplasms of fresh or dried
leaves from:**

*** *Plantago lanceolata* and/or
Plantago major leaves**



* *Petroselinum sp.* (parsil) leaves



* *Ocimum basilicum* (basil) leaves
and/or essential oil



* *Salvia officinalis* (sage) leaves



* Tincture of *Urtica dioica* (*stinging nettle*) diluted with water, 1:1:



* *Citrus bergamia* (**Bergamot**) oil or herb; (avoid in sunlight!);



* Essential oil of *Lavandula off.* (lavender)



* Gemmotherapy with buds from *Ribes nigrum* (black curant)



Step 4

From the local pharmacy (if still needed):

- **Anti-itch creams** with hydrocortisone (ask for more details your local pharmacist) - apply to the skin in the area of the sting;
- **“Bee Sting Lotion”**: mix 100 ml water + 5 ml vinegar + 5ml salt; apply this solution to the affected area; repeat as needed.

Moderate reactions include:

- fever
 - nausea
 - fatigue or flu-like symptoms
 - rash, itch locally or generalized
-
- no respiratory, cardiovascular or nervous system life threatening symptoms or signs

Recommended treatment in case of moderate reactions

**A) Double dose of the previous remedies used at
mild/normal reactions +**

B) Allopathic treatment

- Ask your local pharmacists and/or medical doctors what are the best **anti-allergy/anti-histaminic preparations** they have.

According to **Prof. Dr. med. Ulrich Müller** (Bern) best option is to take:

- **2 tablets of an anti-histaminic drug** (like Claritine) +
 - **2 tablets of a corticosteroid drug** like Prednisone, Prednisolone;
- Calcium based preparations;
 - *the **pulse** and the **blood pressure** must be taken every 30-60 minutes; in case of worsening of the situation the hospitalization may be needed.*

C) **Complementary** treatment

- Drinking enough **water** to help the cardiovascular and lymphatic systems to clean better;
- Enough and good **sleep** to help the nervous, endocrine and immune system to regenerate better;
- **Vitamin C** ideally from **rosehip fruits**;
- Higher dosis of **propolis tincture** (20-30 drops, 5 times a day);
- acacia **honey** (20-40 grams per day) (to offer enough energy to all anti-allergy mechanisms in the body)

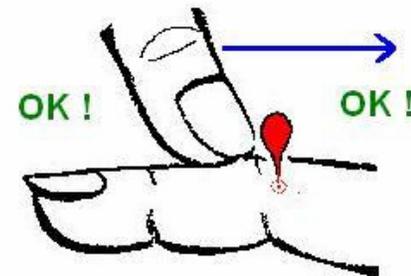
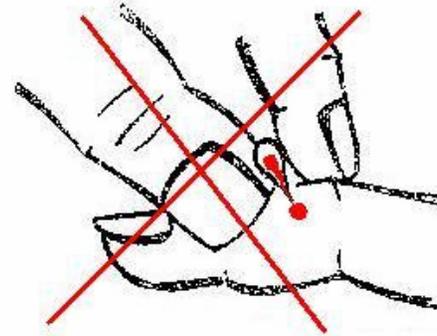
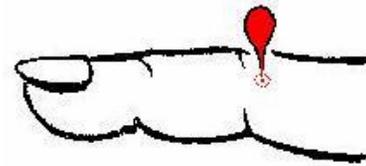
Severe reactions may include:

- Breathing difficulties
- Tachycardia (over 100 heart beats per minute)
- Extreme swelling (locally and all over the body)
- Anaphylactic shock
- Bradycardia (less than 60 heart beats per minute)
- Cardiac arrest >>> Death...

Recommended treatment in case of *severe reactions*

STEP 1 (seconds 1-5
from the sting):

Urgently and
correctly eliminate
the stinger and its
bee venom sack
from the skin



STEP 1b:

- *Simultaneously with extracting the stinger(s) from the skin, ask your friends or family members to **urgently** call by (mobile) phone the ambulance, your nearest family doctor or your allergist or contact the nearest medical office!!!*
- *Be sure to have registered in your own **mobile phone** these extremely important phone numbers, like “**112**”*

STEP 2 (seconds 5-10
from the stings):

In case of only a few bee
stings that can be fast and
exactly located,
**coagulate the bee
venom proteins** with the
help of **heat**, including
by using a cigarette or
special electric devices



STEP 3 (seconds 10-15):

- Block the spreading of the venom towards the heart with the help of a **tourniquet** in case the stings were on the hands or on feet +
- Put **ice** on the stung area

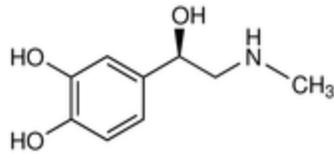


Step 4a (seconds 15-20):

- a) in case the symptoms are not too acute (respiratory and cardiovascular symptoms), an anti-histaminic drug in liquid form + 2-4 tablets of a corticosteroid must be taken

Step 4b (seconds 20-25):

if the symptoms are becoming more dramatic and no ambulance came, self-injectable adrenaline (like “Anakit” or “Epipen”) must be injected in the thigh.



STEP 5:

- Waiting for the ambulance or during the transportation try to block biochemically the circulating bee venom by taking a generous amount of propolis ethanol extract (tincture): 5 ml., diluted in 10-15 ml. of water + 1 teaspoon of honey, every 3-5 minutes

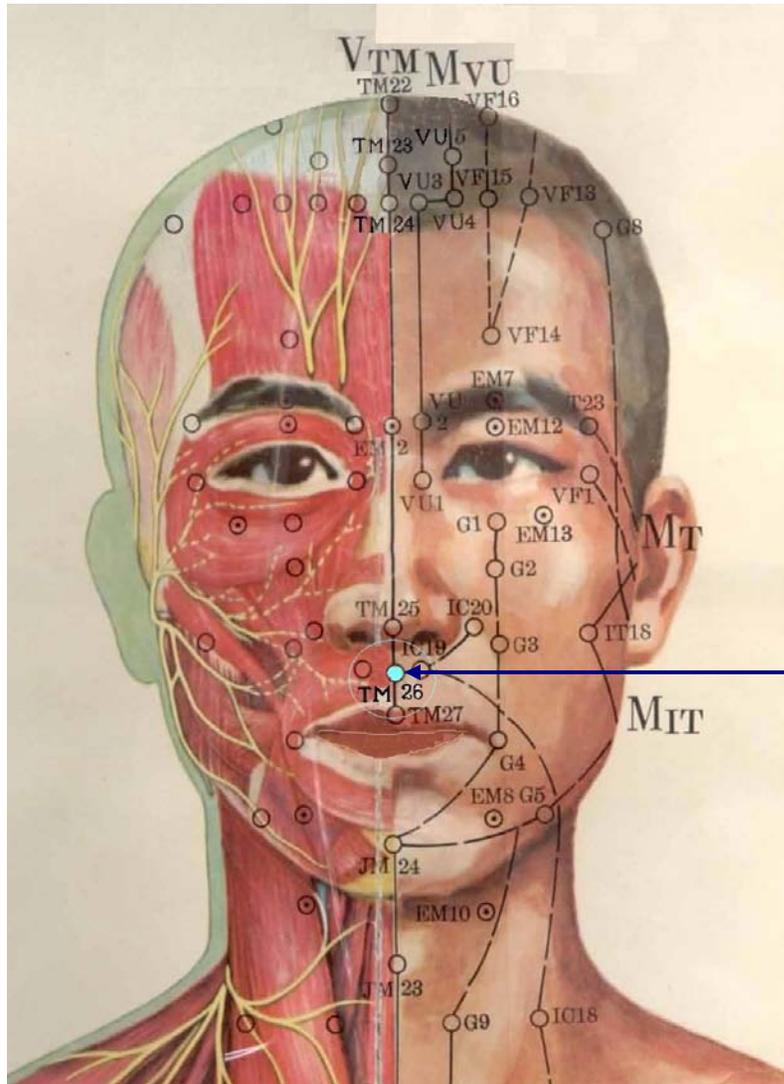


STEP 6:

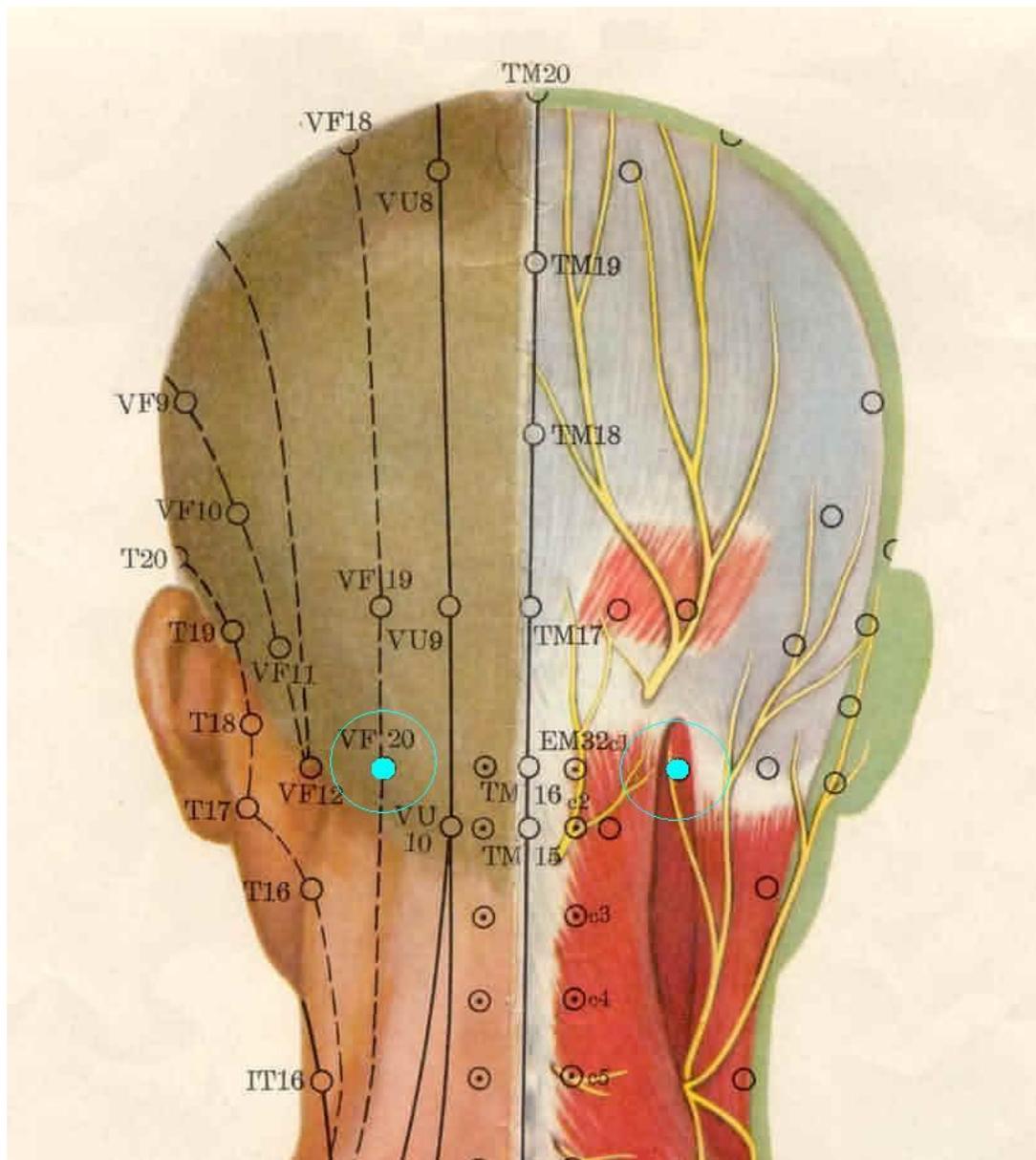
- Block micro-biochemically the circulating bee venom by taking “*Apis*”, a well known anti-allergic **homeopathic** remedy

STEP 7:

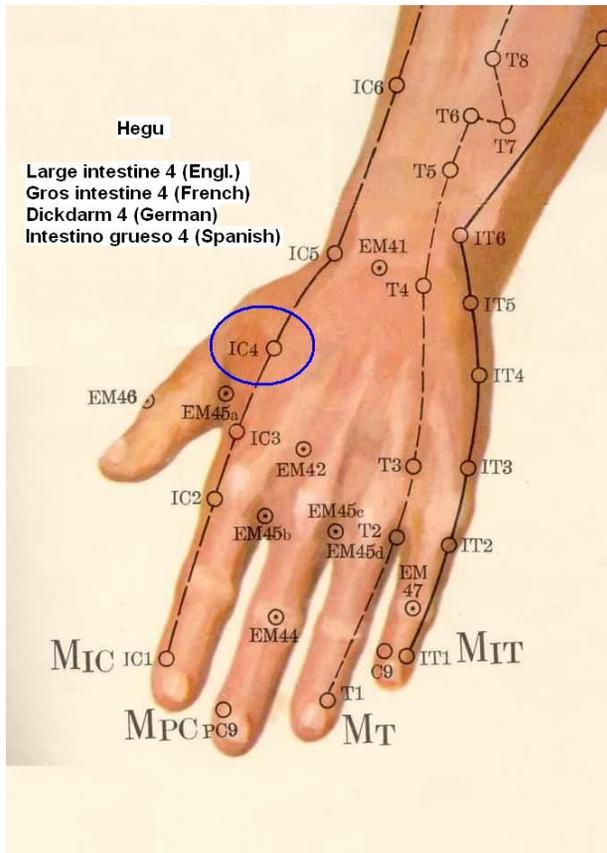
- **Before the patient arrives to the hospital**, start stimulating, as strong as possible, but with maximum of calmness, the following acupuncture points that have sympato-mimetic, adrenaline-like effects:



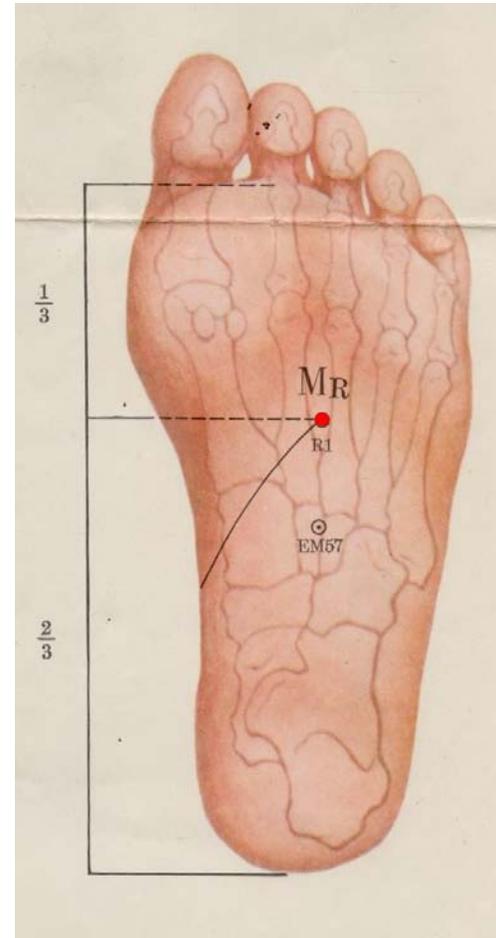
Governing vessel 26
(Renzhong)



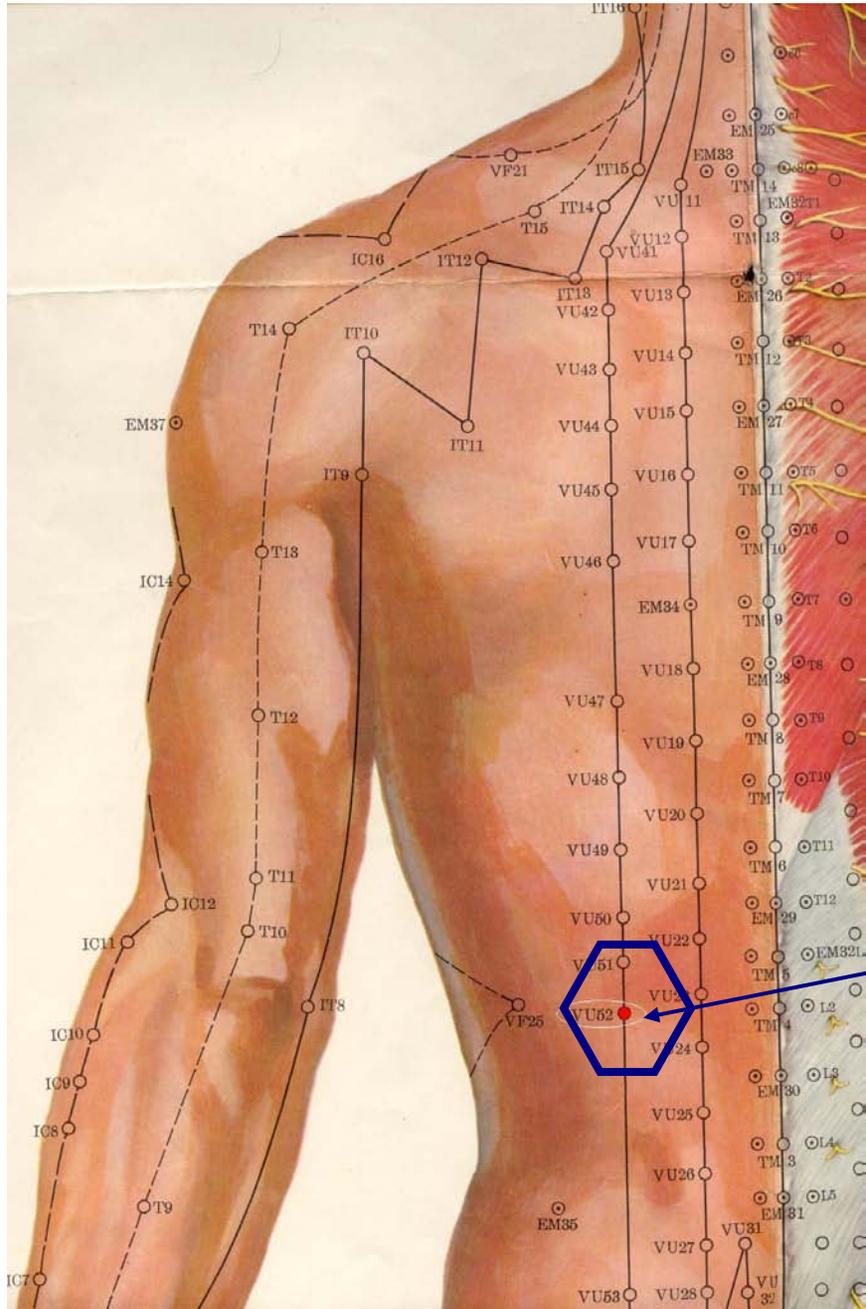
Gall bladder 20
(Fengqi)



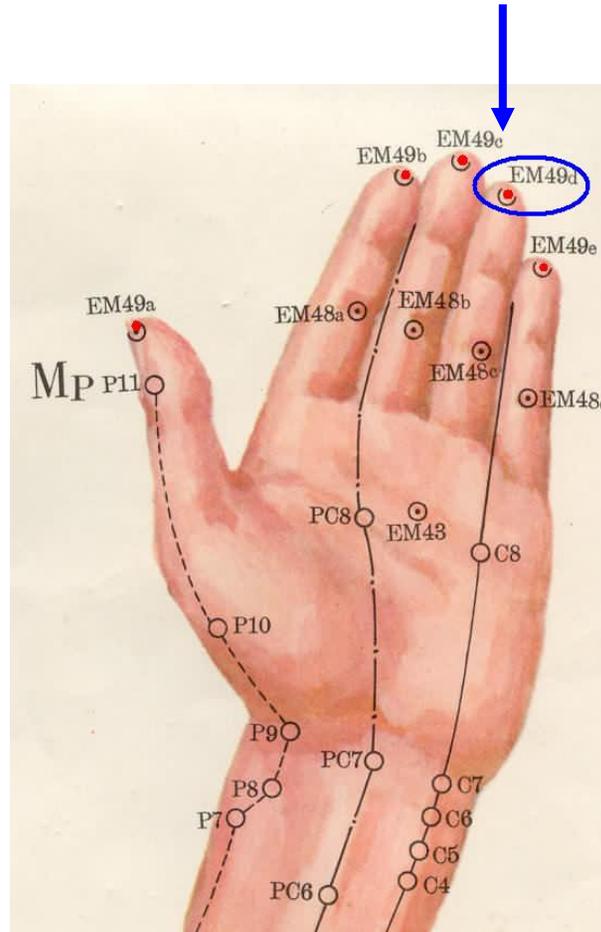
Large intestine 4
(Hegu)



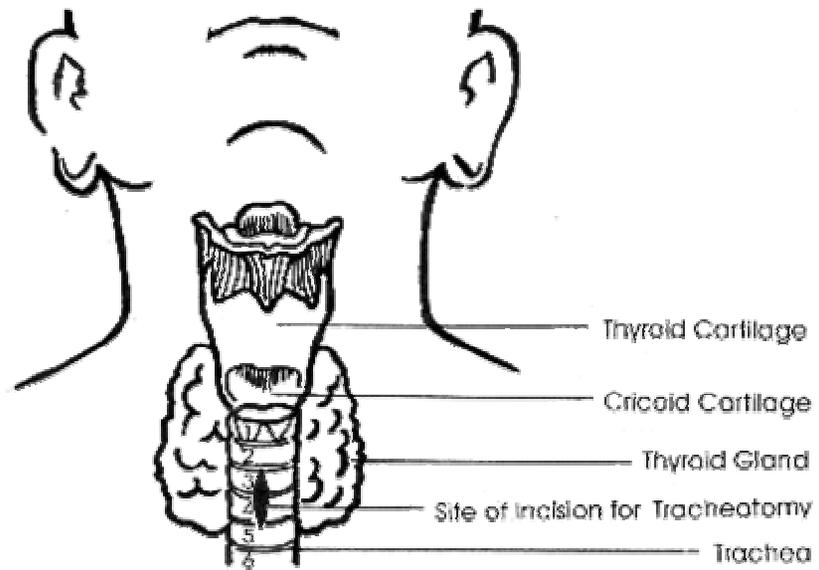
Kidney 1
(Yongquan)



Urinary bladder 52
(Zhishi)



*Bleed the above point with a needle!
(Chinese reflexotherapy method)*

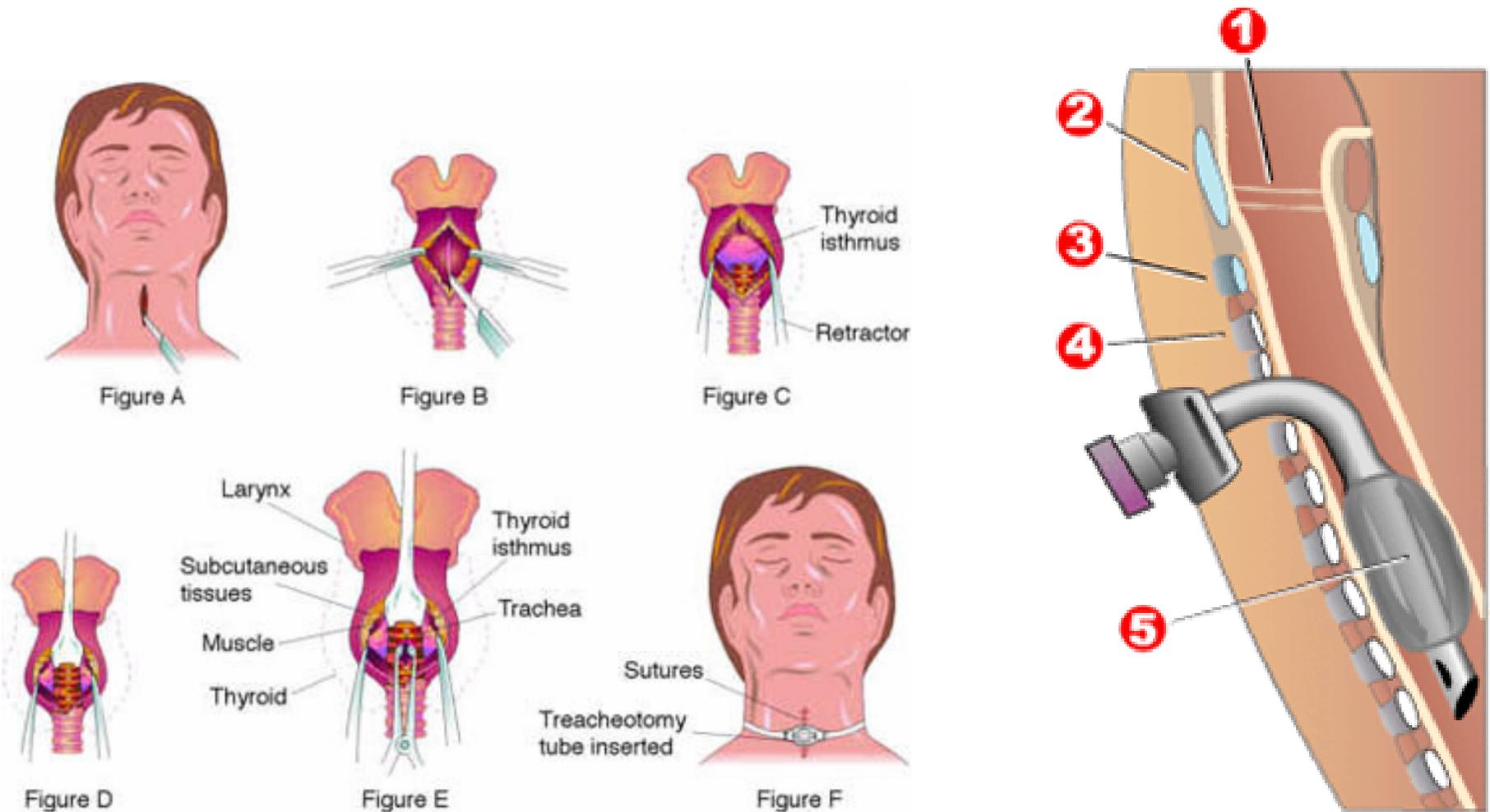


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Step 8:

- In case of laryngeal spasm, tracheostomy, performed by a medical doctor, may be needed!



Keep in mind that
PREVENTION is always better
than Treatment, so ask your local
allergist or medical doctors
specialised in Apitherapy how
such life threatening situations
should be avoided...!

More information:

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