



Bee Well Bee Wise

Bernard Jensen

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Dr. Jensen was a true health pioneer, clinical nutritionist, author, and health researcher. A true believer in the virtues of honey bee products, he considered bee pollen to be the ultimate in nutritional excellence. Readers are shown the nutritional composition of bee pollen and how the vitamins, minerals, and amino acids are active in both tissue building and tissue cleansing. Allergies, inflammation, arthritis, impotence, and heart disease are some of the conditions for which bee pollen has proven to be a highly effective remedy. Beneficial in improving the performance of athletes, pollen is of immense value in boosting the health of animals as well. Dr. Jensen also explains the therapeutic value of bee propolis, honey and royal jelly and gives recommendations on how to enjoy longevity in the best of health through wise food and lifestyle choices.

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