OP-023 [Apitherapy]
Bee products for fertility and perimenopausal women. Case studies

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For humankind, fertility is important for maintaining social, mental, and physical health status. However, fertility is greatly impacted by modern lifestyle. Frequently, modern women delay the moment of conception after the age of 30. The most fertile period for a woman is between the ages of 20 and 30. Fertility gradually declines at the age of 30. Every month that a healthy, fertile woman in her 30s tries to get pregnant, the chance of success is 20%. From the age of 40 and onwards, a woman's chance is less than 5%. In Romania, 23% of births are obtained with medical help. More and more people are looking for natural support in their efforts to have a child.

However, bee products have been utilized by humans since ancient times for promoting health but also fertility of men and women. Given the chemical constituents of them (specific proteins, lipids, glucides, antioxidants, vitamins, and minerals), honeybee products showed a wide range of biological effects on reproductive functions via several biological mechanisms/pathways.

Honey, royal jelly (RJ), propolis, and bee pollen were demonstrated to improve female reproductive performance.
RJ has been related to positive impacts on women's fertility, as it is effective on osteoporosis, perimenopausal symptoms, and improving the hormonal balance and the fertility by promoting folliculogenesis and increasing ovarian hormones.
Bee pollen, with a high nutrient content, can improve reproductive performance and can regulate sex steroidogenesis, specifically progesterone and estradiol.

Here we show the therapeutic effects of Romanian royal jelly and bee pollen combined with Api-nutrition for perimenopausal women aged between 38 and 44 years, with at least one pregnancy loss in their history. In these cases, 100 to 200 raw RJ grams/kg was used, 2 weeks/month, 15 to 25 grams of raw bee pollen daily, and a healthy diet, resulting in better health for women and obtaining the desired pregnancy.

In conclusion, these promising results should be beneficial for women who are infertile due to hormonal imbalances or age. Though, more studies can be done on these great natural resources.

Bee products for fertility in perimenopausal woman. Clinical cases.

Bi-produkter til fertilitet hos kvinder i perimenopause perioden. Kliniske tilfælde.

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Fertility is important for maintaining social, mental, and physical health status

Is greatly impacted by modern lifestyle circumstances: *increased exposure to environmental and behavioral stresses, but also delaying the age for conceiving a baby.*

Fertility gradually declines at the age of 30, especially after the age of 35.

Chances of healthy, fertile 30-year-old woman to get pregnant is 20%

From age 40 onwards, a woman's chance is less than 5%.

In Romania, 23% of births are obtained with medical help.

More and more people are looking for natural support in their efforts to have a child.

Frugtbarhed er vigtig for at opretholde social, mental og fysisk sundhed

Er stærkt påvirket af den moderne livsstils omstændigheder: *øget eksponering fo miljø- og adfærdsmæssige belastninger, men også udsættelse af alderen for at blive gravid.*

Frugtbarheden aftager gradvist efter 30-års alderen, især efter 35-års alderen.

Chancerne for, at en sund, frugtbar 30-årig kvinde bliver gravid, er 20 %.

Fra 40-års alderen er en kvindes chance mindre end 5 %.

I Rumænien foregår 23 % af fødslerne med lægehjælp

Flere og flere mennesker søger naturlig støtte i deres bestræbelser på at få et barn.

Bee products have been utilized by humans since ancient times for promoting health but also fertility of men and women.

Showed a wide range of biological effects on reproductive functions via several biological mechanisms/pathways.

Honey, royal jelly (RJ), propolis and bee pollen were demonstrated to improve female reproductive performance.

Biprodukter har siden oldtiden været brugt af mennesker til at fremme sundheden, men også fertiliteten hos mænd og kvinder.

Har vist en bred vifte af biologiske effekter på reproduktive funktioner via flere biologiske mekanismer/veje.

Honning, gelée royale (GR), propolis og bi pollen har vist sig at forbedre kvinders reproduktive evner.

RJ has been related to positive impacts on women fertility, as it is effective on osteoporosis, perimenopausal symptoms and improving the hormonal balance and the fertility by promoting folliculogenesis, increasing ovarian hormones, and is antioxidant.

Honey improves egg quality and reduce toxic effects of BPA, by restoring the level of FSH and LH hormones.

Bee pollen, with a high nutrient content, can improve reproductive performance, can regulate sex steroidogenesis, specifically progesterone and estradiol.

GR har været forbundet med positive virkninger på kvinders fertilitet, da det er effektivt mod osteoporose, perimenopausale symptomer og forbedrer hormonbalancen og fertiliteten ved at fremme follikulogenese, øge æggestokkens hormoner, og er en antioxidant.

Honning forbedrer ægkvaliteten og reducerer de skadelige virkninger af BPA ved at genoprette niveauet af FSH- og LH-hormoner.

Bipollen, som har et højt næringsindhold, kan forbedre reproduktionsevnen og regulere kønshormonproduktionen, især progesteron og østradiol.

Andreea, 38 years old

miscarriage at 5 months.

due to emotional shock, menstruation stops.

few months later: gynecological consultation (hormone tests, ovarian reserve, US). The gynecologist diagnoses early menopause, recommends that she has to get used to the idea and eventually start hormone replacement therapy.

Andreea, 38 år gammel

abort i 5. måned.

på grund af følelsesmæssigt chok, stopper menstruationen.

få måneder senere: gynækologisk konsultation (hormontests, æggestokreserve, ultralyd). Gynækologen diagnosticerer tidlig overgangsalder og anbefaler, at hun skal vænne sig til tanken og I sidste ende starte hormonbehandling. .

She starts:

A vegan diet + raw pollen and honey.
A short detox period, then a bee product mixture with honey, pollen, royal jelly in high doses and herbs.

After 2 months: 10 g of royal jelly daily for 10 days, then 5 g/day for another 5 days,
Ovules with pollen, propolis, royal jelly

After the first month, menstruation reappears!

After 4 months, she becomes pregnant

Currently: a healthy, lively, energetic boy, in his second year of school.

Hun starter med:

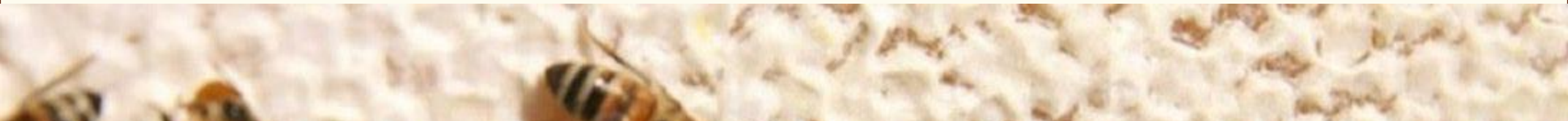
En vegansk kost + rå pollen og honning.
En kort detox-periode, derefter en blanding af biprodukter med honning, pollen, gelée royale i høje doser og urter.

Efter 2 måneder: 10 g gelée royale dagligt i 10 dage, derefter 5 g/dag i yderligere 5 dage, Ovuler med pollen, propolis, gelée royale

Efter den første måned vender menstruationen tilbage!

Efter 4 måneder bliver hun gravid

I dag: en sund, livlig og energisk dreng – i sit andet skoleår.



Simona, 41 years old

2019 - found a lump in her right breast

2018 - was diagnosed with HPV 33,

underwent treatment,

and now PAP test results are PAP II.

She underwent treatment with essential oils: *frankincense, lemon, cypress, and geranium applied to the breast.*

Meat-free diet. At the same time with hop tincture, Sanofem, and raspberry bud leaf extract

Simona, 41 år gammel.

2019 – fandt hun en knude i hendes højre bryst.

2018 – blev hun diagnosticeret med HPV 33,
gennemgik behandling,
og nu er PAP-testresultaterne PAP II.

Før hun kom til os gennemgik hun en behandling med æteriske olier: *frankincense, citron, cypres og geranium påført brystet.*

Kødfri kost. Samtidig med humletinktur, Sanofem og hindbærknopbladekstrakt.

Simona, 41 years old

August 2021 she became pregnant

Mid-October, 2021 - found out that the pregnancy had stopped developing.

The doctors recommended an aspiration.

October 25 – the biopsy was performed after the aspiration – diagnosed a thrombophilia profile

The gynecologist reccommended Aspirin and Femibion, but she did not take them

Simona, 41 år gammel.

I august 2021 blev hun gravid,
Midten af oktober- fandt man ud af, at graviditeten var ophørt med at udvikle sig.
Lægerne anbefalede en udsugning.

25. oktober – biopsien blev udført efter udsugning for graviditet (trombofili-profil).

Gynækologen anbefalede Aspirin og Femibion men hun tog dem ikke

.

November 8

Vegetarian Diet + raw pollen
No sugar, coffee, refined foods

Phase 1: November 8

1. ***Cleavers infusion (Galium aparinae)***
for intensifying the circulation in the lymphatic system, eliminating stasis and congestion at this level. It triggers intense processes of mobilization and extraction of toxins and harmful microorganisms from the body (bacteria, harmful fungi, etc.), which are then eliminated through urine, due to increased diuresis - a good internal cleansing of the body.

8. november

Vegetarisk kost + rå pollen
Ingen sukker, kaffe, raffinerede fødevarer

Fase 1: 8. november

1. ***Udtræk af Burresnerre (Galium aparinae)* ved brug af kogende vand for at intensivere cirkulationen i lymfesystemet og eliminere stasis og overbelastning på dette niveau. Det udløser intense processer for mobilisering og udtrækning af toksiner og skadelige mikroorganismer fra kroppen (bakterier, skadelige svampe osv.), som derefter udskilles gennem urinen på grund af øget diurese – en god indre rensning af kroppen.**

2. Clove oil - anti-inflammatory, antioxidant, antimicrobial, wormwood

3. Castor oil poultices

Phase 2: November 22

- Api mixture
  (nourishes tissues, immune and hormoneregulator)
- 1 kg of raspberry honey
- 500 gms raw pollen
- 40 gms raw romanian royal jelly
- 20 ml soft extract of propolis
- 150 ml water extract of propolis

1 soupspoon x 2 times/day

2. Nellikeolie - antiinflammatorisk, antioxidant, antimikrobiel, malurt

3. Ricinus olie kompresser

Phase 2: December 17

- Api-blanding
  (nærer væv, immun- og hormonregulator)
- 1 kg hindbærhonning
- 500 g rå pollen
- 40 g rå rumænsk gelée royale
- 20 ml blød propolisekstrakt
- 150 ml vandekstrakt af propolis

1 spiseskefuld 2 gange om dagen

Phase 3: December 17

1. **Continue Api-diet, including raw pollen – 15 gms/day, honey**

2. Cleaver and other herbs for breast lump

Breast lump diminushed.

February 2022 – got pregnant

Fase 3: 17. december

1. **Fortsæt med Api-diæt, herunder rå pollen – 15 g/dag, honning.**

2. ***Burresnerre* og andre urter mod brystknuder.Brystknuden er blevet mindre.**

Februar 2022 – blev gravid

October 22, 2022 Natalia was born

Today, she is a healthy, energic little girl with a very happy mom

22. oktober, 2022 blev Natalia født

I dag er hun en sund, energisk lille pige med en meget glad mor.

Now, Simona is 45 years old

- she is very active
- This summer she obtained her second license (in psychology), as she was working in IT area

This year started her perimenopause journey

Helping her with bee products, especially raw royal jelly and royal jelly ovules

Simona er nu 45 år gammel

- Hun er meget aktiv
- Denne sommer fik hun sin anden eksamen (i psykologi), imens hun arbejdede inden for IT-området

I år begyndte hun sin perimenopause-rejse

Vi hjælper hende med biprodukter,især rå gelée royale og gelée royale-ovuler

Carmen, 44 years old, ambulance nurse

Patient with a history of hyperprolactinemia (since September 2023)

Hashimoto disease (autoimmune thyroiditis), light thyroidian atrophy

At 33 years old - Pregnancy terminated at 5 weeks

Never got pregnant again despite her tries, never used contraceptive methods

Last 2 years – perimenopause changes in her menstruation (shortage of periods, abundant blood losses), low progesterone (the hormon of fertility)

Carmen, 44 år gammel, Ambulanceplejerske

Patient med en historie med hyperprolaktinæmi (siden september 2023)

Hashimotos sygdom (autoimmun thyroiditis), let skjoldbruskkirtelatrofi

33 år gammel – graviditet afbrudt i 5. uge

Blev aldrig gravid igen trods forsøg, brugte aldrig præventionsmidler

De sidste 2 år – perimenopausale ændringer i hendes cyklus (sjældne menstruationer, kraftige blødninger), lavt progesteron (frugtbarhedshormonet)

Carmen, 44 years old, ambulance nurse

March 2024

Routine screening – Pap test showed a precancerous modification - ASCUS and infection with Cocobacilli

Multi cysts on both ovaries

AMH – 0,115 ng/ml

Progesteron, estradiol – lower than normal

Was recommended Duphaston (progesterone) which she did not take

Check up after 3 months

Carmen, 44 år, ambulanceplejerske

Marts 2024

Rutinemæssig screening – Pap-test viste en præcancerøs forandring – ASCUS og infektion med Cocobacilli-bakterier.

Flere cyster på begge æggestokke.

AMH – 0,115 ng/ml

Progesteron, østradiol - lavere end normalt

Fik anbefalet Duphaston (progesteron), som hun ikke tog

Kontrol efter 3 måneder

Carmen, 44 years old

April 2024

- **Detox cure – for 15 days**

Api diet with raw bee bread (stomach pain from bee pollen) and honey.

Therapy with soft extract of propolis with clove essential oil, black walnut, sweet wormwood.

Ovules with pollen, propolis and herbs

Carmen, 44 år gammel

April 2024

- **Detox-kur – i 15 dage**

Api-diæt med rå bi-brød (mavesmerter fra bi-pollen) og honning.

Terapi med blødt ekstrakt af propolis med æterisk olie af nellike, sort valnød og sød malurt.

Ovuler med pollen, propolis og urter

Carmen, 44 years old

May 2024:

Diet + bee bread and honey daily

Api – mixture:

500 gms honey
300 grams raw bee bread
40 gms royal jelly
20 ml soft extract of propolis
100 ml water extract of propolis
200 gms of anti-inflammatory herbs

1 full teaspoon x 2 times/day

Carmen, 44 år gammel

Maj 2024:

Diæt + bi-brød og honning dagligt

Api – blanding:

500 g honning
300 g rå bi-brød
40 g gelée royale
20 ml blødt ekstrakt af propolis
100 ml vandekstrakt af propolis
200 g antiinflammatoriske urter

1 fuld teskefuld x 2 gange/dag

Carmen, 44 years old

- June 2024 got pregnant
- September 2024 – Pap test is normal.
- March 11, 2025 she gave birth to a healthy boy, Alexandru

Carmen, 44 år gammel

- I juni 2024 blev hun gravid
- September 2024 – Pap-testen er normal.
- Den 11. marts 2025 fødte hun en sund dreng, Alexandru

Thank you!
Tak!