APIMONDIA SCANDINAVIA 2025
SWEDEN | DENMARK | NORWAY

PP-364 [Apitherapy]

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23-27 SEPTEMBER
COPENHAGEN

BEE PRODUCTS
AS NUTRITION AND NATURAL THERAPY

1. MALE, 11 years old – child growth and development

PITUITARY HYPOPLASIA – E23.6/251
THYMOID DEFICIENCY – E34.3/251
WEIGHT DEFICIENCY – E44.1/263

RECOMMENDED TREATMENT:

INGREDIENTS FOR MIXTURE: 3 teaspoons/day

500 g. raw honey
300 g. fresh bee bread
100 g. lyophilized Apilarnil/
100 g. Queen larvae
100 ml brown propolis aqueous extract
50 ml soft brown propolis extract (70%)
10 drops lemon essential oil

RECOMANDED DIET:

Replacing dairy products with plant-based alternatives and also excluding any red meat (according to the food intolerance test)

Consume 1 tablespoon of pollen/day

PROGRESS:

21.05.2024 – started at 11 and a half years old
T= 134,3 cm G= 28,4 kg

13.12.2024 – 12 years old
T= 137.8 cm (gained 3,5 cm height) G= 31 kg

16.08.2025 – 12 years and 9 months
T=148.2 cm (gained 10,4 cm height) G=34,3 kg

The improvement was achieved without the use of synthetic hormonal treatment. Now he even got to play sports (football) professionally.

2. FEMALE, 37 years old – Escara open for almost 3 months

Patient in wheelchair following a spinal cord injury at T7 and L1-L2, underwent surgical intervention on 20.11.2024.

On 10.01.2025 the patient recieved debridement, lavage, secondary suturing and vacuum therapy. Postoperatively, the patient was treated with Ciprofloxacin for 1 month, followed by 2 weeks of intravenous Oxacillin.

The wound remained unhealed due to E. coli infection, and closure was incomplete, necessitating a second surgical procedure on 1 August 2025 at the femoral head. Following this intervention, the wound became fully closed and infection-free within 7 days.

RECOMMENDED TREATMENT:

Take 10 g of Romanian royal jelly daily for 4 days

Apply honey enriched with green propolis directly onto the wound, cover with a sterile dressing, and change the dressing 2–3 times/day

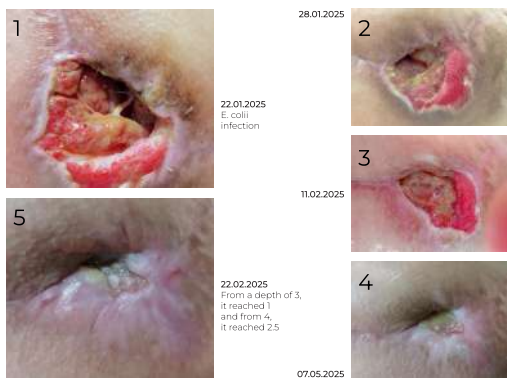
Use 1 propolis suppository in the evening for 10 days to support elimination

RECOMANDED DIET:

Replacing dairy products with plant-based alternatives (according to the food intolerance test)

Take 4 teaspoons of honey blended with green propolis (57% extract, 2% concentration) daily

Consume 1 tablespoon of bee bread/day



MIXTURES OF BEE PRODUCTS CAN HELP WITH VARIOUS HEALTH PROBLEMS AND FASTER HEALTH RECOVERY

Benefits:

Supports healthy immune function

Promotes rapid recovery

Enhances overall mental and physical well-being

1 kg raw honey
500 g. fresh bee pollen or 300 g fresh bee bread
20 ml green propolis extract (minimum 50%)
50 ml soft brown propolis extract (70%)
40 g. royal jelly or 40 g fresh queen larvae or 50 g lyophilized Apilarnil
10 drops lemon essential oil

Recommended Dose:
1 tablespoon per 30 kg of body weight/day

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PP-364 [Apitherapy]
Bee products as nutrition and natural therapy. Case studies

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The diet is the foundation of the illness prevention and preservation of human health. However, bee products have been used by humans since ancient times to promote health.

Introducing bee products such as honey, pollen, bee bread, royal jelly (RJ), drone, and queen larvae into the diet will come with lots of benefits due to their complex composition and source of macronutrients and micronutrients. Bee products also exert therapeutic properties as anti-inflammatory, antimicrobial, immunomodulatory, wound healing, growth stimulator effects, etc.

Bee pollen and bee bread are promoted as functional foods with a wide range of nutritional properties. A high concentration of essential amino acids, unsaturated and saturated fatty acids, sugars, polyphenols, and minerals makes pollen and bee bread very important for the human diet. RJ has unique healing properties and enhances growth and longevity due to the presence of a number of biologically active compounds. Drone and queen larvae play a complementary role in the medical treatment of various health problems.

This presentation will show the effects of Api-nutrition and Apitherapy in some difficult cases where conventional medicine had low results. Using bee products, metabolism was enhanced and speeded the recovery. For example, a 37-year-old woman immobilized for the last 18 years, had a surgical intervention 2 years ago, complicated with a local chronic infection with E. Coli. The postoperative wound never healed, resulting in a crater with a dimension of 3 cm depth and 4.5 cm length. RJ was recommended in a dose of 100mg/kg daily and a mixture of Fallopia japonica honey with green propolis (5%) in a dose of 40 grams daily. Fallopia honey with 5% of green propolis was applied 2 times/day. After 4 weeks, a clean wound, 1 cm deep and 2 cm long, was soon completely healed. Another case refers to child growth and development. A mixture of bee products (honey, drone larvae, bee bread, and propolis) offered 3 months per year, stimulated child development, including a hypopituitarism case.

As a conclusion, bee products are a valuable resource that can be used by humans for their therapeutic properties but also as functional food.