

Propolis

Propolis has long been used as a remedy for various types of ailments, and is touted as having anti-inflammatory, anti-bacterial, and anti-viral properties.

Bees use this resin mixture as both a sealant for their hive and as a lining for brood cells (baby bee nurseries) when the queen is ready to lay eggs. The fact that bees use propolis to line brood cells makes a lot of sense considering its anti-bacterial properties; propolis ensures the health of the larvae by creating a hospital-clean environment.



Humans have taken a cue from the bees and have started using propolis to achieve their own health-related goals. Uses of propolis are wide and varied, and include

1. **Treatment for burns and cuts**
2. **Remedy for urinary infections**
3. **Remedy for dental plaque**
4. **Immune system strengthener (propolis attacks harmful bacteria, but not healthy)**
5. **Treatment for cold sores, genital herpes and other viruses**
6. **Treatment for dermatitis and acne**
7. **Relief for sore throats or inflamed tonsils**
8. **Preventative treatment to ward off oncoming colds**
9. **Treatment for ulcers**
10. **Relief for arthritis and other joint pain**