

The APITHERAPY of MULTIPLE SCLEROSIS

Multiple sclerosis is a very complex neuro-immunologically disease. It's possible causes: nervous system *infections* with different viruses like herpes viruses; *genetically predisposition*; *auto-immune factors*; *self intoxication* with toxins from the intestines, *depression*.

The symptoms vary from person to person according to their general strength, the psychological ability to resist depression, the length and intensity of the disease etc.

Apitherapy has between its main goals in MS therapy :

- improve the quality of the immune reactions of the body
- to improve the quality of all cellular membranes from all body
- diminish the toxins from the intestines (mainly from the large intestine)
- improve the quality, quantity and circulation of the blood
- improve the functioning of the adrenal glands, kidneys, liver, heart, thymus thus helping the entire nervous system and body.

As well as in many other diseases, ALL bee products should be used to stop the evolution or even to alleviate or cure this chronically condition.

The scientists from the whole world have discovered that the bee products have more than 100 useful pharmacologically effects. Propolis alone have more than 60 proven pharmacologically effects ¹...

BEE POLLEN improves the functions of the liver, gives more strength to the heart, gives ALL necessary amino-acids to the nervous system. It should be taken as pollen extract, as bee bread or mixed with honey in a 1:1 or 1:2 ratio. First week *after* the meals, second week *before* meals and starting with the third week *between* meals.

BEE VENOM has been proven to help a lot the patients having MS ². It diminish the inflammatory reactions in the affected areas, it improves the blood circulation in the nervous system and in the whole body. Bee venom increases also the natural production of the cortisol in the adrenal glands, it gives more energy and stamina.

The use of bee venom for MS is very complex and requires from the therapist much knowledge. The author of this article believes that only the medical doctors and/or the naturopathic doctors can use the bee venom therapy after appropriate courses. The beekeepers should NOT use the bee stinging if they are not working under the professional protection of a doctor (therapist) specialised in Apitherapy.

HONEY gives the best energy to the whole body, cleanse the digestive tube, softly stimulate the immune system, cure the skin wounds and relax the too much contracted muscles. The dosage can be (if there is no diabetes) up to 50-60 grams a day, before meals, in water or ideally in herb tea. The best honeys: honeydew honey, poli-floral honey, linden honey.

PROPOLIS is world-wide known as a very good immune-modulator. It stimulates the activity of the thymus, it has anti-viral, anti-inflammatory, regenerative and anti-toxic properties; it strengthens the cellular membranes of the body and fights very well against the *free radicals*. Propolis can be used *raw* (5-7 grams a day) or in 20-30 % *tincture* (10-20 drops, three times a day) between meals, on a spoon of herb tea. Add eventually 2-3 grams of raw, un-processed and un-filtered honey.

ROYAL JELLY has been proven to improve the quality of the cellular regeneration, to fight against the auto-immune diseases, to increase the longevity. It is the perfect food of the Mother Nature, being responsible for the perfect evolution of the honeybees in the last 600.000 years ... The best royal jelly is, of course, the very fresh one taken directly from a queen cell, but the pharmaceutically forms are also good. Take 100-600 mg. a day according to your condition, in two - three doses, 30 minutes before meals.

¹ Stangaciu Stefan,1997 : "A guide to the composition and properties of propolis".

² For more details, join the American Apitherapy Society which has a lot of experience in MS. Write or phone to "A.A.S., Linda Day, Office Coordinator, 5370 Carmel Road, Hillsboro, OH 45133, Tel: 937-466-9214 Fax: 937-466-9215."

Besides apitherapy, the patients should :

- eat only easy to digest food (i.e. mornings, fruit juices + honey + a raw egg yolk or three-five raw quail eggs. At noon, fruit + vegetables + bread. Evenings, vegetable soup, yoghurt, butter milk, fish, sea weeds, sunflower oil etc.;
- avoid ingesting industrially, refined food;
- avoid constipation; very important is to make, even daily if necessary, colon cleansing; after colon cleansing, introduce in the rectum 4 teaspoons of cold pressed sunflower oil;
- make daily physically exercises ideally with the help of a kinesitherapist. Practice Schultz autogenes training and Yoga in order to learn better how to be more relaxed, how to breath properly and how to focus your mind on specific activities during the daytime;
- keep the skin and the interior of the body and ...mind as clean as possible;
- have harmony in the family and/or as many as possible friends;
- make generous gestures towards other people and smile as often as possible; the patients can practice at the beginning in front of a mirror...

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