

Pollen

Location: Pollen consists of the dust like, air- or insect-borne male reproductive cells of flowering plants. Pollen is collected by, rather than made by, bees.

Description: The pollen used in herbal medicine is collected from various species by hand. Pollen may be used raw or micronized into separate grains. While pollen is a plant product, it is not technically an herb, and it has been called the miracle food. It contains vitamins, minerals, carbohydrates, fats, proteins and fatty acids.

Uses: Pollen both protects the prostate gland and stimulates the production of testosterone, and has some beneficial effects in radiation therapy. It has been suggested that pollen has positive effects in treating rheumatoid arthritis and disorders of the liver, gallbladder, stomach, and intestines. It is also beneficial for people with hay fever. Many studies have shown that pollen contains antibiotic substances that act against bacteria, including Colibacilli and certain strains of Salmonella. Benefits of pollen for specific health conditions include treatment of allergies and hay fever; benign prostatic hypertrophy and prostatitis as well as cancer.

Doses: Raw pollen is given in doses approximately 10 times larger than micronized pollen, raw pollen is the easiest form to use. Pine pollen, thought to stimulate testosterone production, is available in micronite form for the treatment of reduced sex drive.

Warnings: Many people have allergies to inhaled pollens, and reactions to ingested pollen have been reported. If you have severe hay fever or other respiratory allergies, you should use pollen with caution, and only under the supervision of a knowledgeable health-care professional.