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## **Bee Pollen: The Healing Superfood for Optimum Health**



By Sheryl Walters, 3/20/2008

([NaturalNews](#)) Bee Pollen is one of the most well known superfoods on the planet. Its research began with the people of the Caucasus Mountains in the former Soviet Union. Doctors began to study them because of their optimum health and longevity. Many of them were healthily living to 125 years old. A large percentage of them were beekeepers, and it was discovered that the pollen they ate was their magic elixir.

Scientific studies have continuously revealed the incredible health enhancing benefits of bee pollen for decades.

Bee Pollen is a rich source of highly concentrated vitamins, minerals, proteins, amino acids, hormones, enzymes and fats. Most of the known vitamins in bee pollen exist in perfect proportion, so they optimally work together. This further enhances their value. This powerful superfood also contains a vast array of phytonutrients, many of which have yet to be identified.

Its nutritional diversity makes Bee Pollen an ideal dietary supplement and boost to a balanced diet...