

# Ruthie Recommends Cold-Care Remedies From the Bees



"Dr." Ruthie makes it all feel better.

BY RUTH NESBITT

Here it is, the time of year when we all want to just stay inside and slip back into bed at around 4:30 in the afternoon, when the sun does. Along with the fatigue we normally experience during the winter comes the seemingly endless array of sicknesses we pass to one another. The reigning question is: What's the best way combat this torment of coughs and colds?

There is an unusual yet effective alternative medicine that can alleviate and help stop the onset of colds; an amazing natural remedy called Bee Propolis. As the name suggests, we have our friends the bees to thank for this powerfully antiviral compound. Bees synthesize Propolis from the resin of pine trees and use it to seal off their hives and to protect the sterile living space inside. Propolis is extremely high in flavonoids (well-known plant compounds with antiviral, antioxidant and antimicrobial properties). Unlike antibiotic drugs, which can only eliminate bacteria, Propolis actually kills viruses and stops them from multiplying. It also contains high levels of B-complex vitamins and vitamin C to strengthen the

immune system. When used medicinally by humans, it is most often formulated into a tincture, a highly concentrated liquid taken internally. After being squirted onto the back of the throat, Bee Propolis immediately begins to form a thick waxy coating as it kills bacteria and viruses that cause colds and flu. It takes about fifteen minutes for the Propolis to work its magic, during which time you should not eat or drink as this may cause the Propolis to be washed off of the throat. Taken at least twice daily (but no more than five times) Bee Propolis can shorten the length of your cold and begin to alleviate sore throats and congestion. It has also been proven to be a great preventative measure against developing a cold, and even stopping an oncoming cold in its tracks.

In the Market, you can find Bee Propolis at many of the honey stands or in it's highest concentration (65/45) at Tenzing Momo and Co., an herbal apothecary, in the Economy Atrium. Bee Propolis is safe for children and does not reduce the effectiveness of other medicines, natural or otherwise. However, people who are allergic to bee stings should not take Bee Propolis as it may cause a severe allergic reaction.

So... this winter when you get sick and tired of being sick and tired, don't get mad, get Bee Propolis instead.



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