



dogs **naturally**

May - June 2018

Special Cancer Issue

**ANAL GLAND
HEALTH**

GAMES THAT
TEACH RECALL

BECOMING A
CANCER DETECTIVE

**THE MANY ROADS
TO CANCER**

**KETO DIET
IS OLD NEWS**

CANCER FROM A DIFFERENT
PERSPECTIVE

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Bee Pollen

Bee pollen is a nutrient-dense powerhouse supplement packed with vitamins, minerals, trace minerals, protein and fats. It has one of the most complete nutritional profiles in the world. Bee pollen contains 35 percent protein, 50 percent carbohydrates, is extremely high in chromium, cobalt, niacin and phosphorus, and also has a good amount of potassium, selenium, zinc, iron, folic acid and trans-cinnamic acid (that the body can use to make its own antibiotics).

Bee pollen is gathered by worker bees and mixed with nectar and bee saliva. The bees then pack this blend into a granule that sticks to their back legs; they carry it back to the hive where it feeds bees in all stages of development.

The type and quality of pollen varies by location, plant source, whether fruit or forage, and weather. It's possible for pesticides or heavy metals to contaminate the pollen, so you need to know your source and make sure you buy toxin-free bee pol-

len. The most expensive and sought-after pollen comes from desert areas.

Antioxidants of flavanol, resveratrol and lycopene along with vitamins A, B, C, K and E help to ward off infections by strengthening the body's ability to overcome and prevent inflammation while regenerating the cells. Bee pollen is antimicrobial, antifungal and antiviral.

Bee pollen contains a variety of fatty acids. About 70 percent are omega-3 fatty acid in the form of alpha-linolenic acid, five percent are omega-6 (linoleic acid), necessary for growth in dogs, and the rest is mono-unsaturated and saturated fats. It also contains nearly a dozen major enzymes and several thousand minor enzymes and co-enzymes to help with food digestion and absorption of nutrients as well as regulating the immune system.

And gram for gram, bee pollen contains more amino acids than beef, fish or eggs!

Adding bee pollen to your dog's daily diet can provide many benefits.

Bee pollen powers the detox process of the liver and kidneys. It's hepato-protective, meaning it protects and promotes a healthy liver and can help heal a compromised liver.

It improves muscle mass, boosts metabolism, and blunts allergic reactions thanks to quercetin, a natural anti-histamine contained in bee pollen.

It also contains rutin, which offers cardiovascular support, strengthening blood vessels and capillaries. Bee pollen increases blood flow to the nervous system, helping to relieve stress and anxiety.

Bee pollen is alkaline and balances the body's overall pH, helping to promote a healthy urinary tract.

Bee pollen can improve moisture in the skin, which can speed healing of wounds. Its antimicrobial properties help rid the gastrointestinal tract of invading pathogens and can improve digestion.

The dose for a 50 lb dog is 1 teaspoon daily in food. Start this by giving $\frac{1}{3}$ tsp for three days, then increase to $\frac{2}{3}$ tsp for days four, five and six. By day seven you can give the full teaspoon as long as your dog hasn't shown any sensitivity to the bee pollen. If you notice any allergic reaction in your dog, stop giving bee pollen. 🐾



Joyce Belcher is an herbalist and formulator of pet supplements and herbal medicinals for veterinarians and is the founder of Herbs for Life Inc. She lives in York, Maine with her husband, two dogs and two cats; they are all rescues. Visit Joyce at petwellnessblends.com