

## Pure\* Propolis (100% Chunks or 95% Powdered)

*\*cleaned of hive debris*

Propolis resin is very sticky and will stain like iodine. You can chew propolis chunks but with it being so dark in color, it can stain the teeth over time. Some herbalists/practitioners recommend you either swallow the chunks whole like a pill, or powder them to then blend the powder into a smoothie, yogurt or shake. You can also powder the propolis and put it into a gelatin capsule (available at most health food stores) to just swallow it. If the propolis chunks are too large to use as-is, you can break it into smaller pieces or even down to a fine powder by freezing it in a plastic bag, then taking it out and immediately banging it with something. You can also get Propolis already powdered, with 5% powdered carob added to keep the powder free-flowing.

You may want to consider using powdered Propolis and mixing it into some raw honey, and even adding some bee pollen (both of which you can get from us just about any time).

When used as a dietary supplement, it generally is recommended to take 250 milligrams of raw propolis a day.

It is commonly made into a tincture or extract by dissolving it in a high-proof alcohol. Propolis is entirely insoluble in water, but will dissolve readily in strong alcohol. Some people will squirt the tincture into the back of the throat, bypassing the taste buds.

To make a tincture, put 1 part propolis in a mason jar with 5 parts high proof alcohol. Cap, and steep this for 2 to 4 weeks, shaking every now and again. Strain this (as best you can) through a wire strainer, and fill a dropper bottle for ease of use.

You can use the propolis tincture mixed in cocoa, or diluted in a bit of water and used as a gargle to soothe enflamed gums or a sore throat. Like honey, it also exerts a potent antimicrobial action against *H. pylori*, and is also among the better remedies for addressing cold and canker sores. The tincture applied topically has also been used on herpes sores outside the mouth.

Propolis tincture makes an excellent "liquid bandage". Apply a few drops topically around a wound, rub it gently around to cover, and blow on it till the alcohol evaporates off. You can repeat a few times to get a thicker layer. This "bandage" protects from infection, keeps the wound clean and facilitates healing. Also, because it's not soluble at all in water, it won't come off readily if you get wet, though, eventually, you will sweat it off. Be aware that it will sting, being in an alcohol base.

We are not health practitioners, and do not offer this as medical advice, but this is some of the information we are aware of and how people we know use propolis.

You can probably find more information online, or by consulting with an herbalist or holistic practitioner.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.*