



# **Bee Propolis: Natural Healing from the Hive (Nature's Remedies)**

*James Fearnley*

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Propolis, which bees process from the plant and tree resin they gather and use to protect the health of their hives, has been shown to have powerful antibacterial and anti-inflammatory effects in humans. It has been proven effective in treating skin conditions, wounds, burns, and in the treatment of respiratory problems such as asthma and bronchitis. This guide explains how to use propolis as a part of an everyday health routine to boost the immune system and as a possible substitute for antibiotics. Also included is a list of propolis products that are on the market and instructions for consumers to make their own propolis remedies.



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