



June 28, 2012

Bee Venom Therapy

I just returned from visiting a Bee Venom Therapist here in Mexico to treat my shoulder pain. If you are not aware of Bee Venom Therapy or Apitherapy, I would strongly suggest you do some research into this type of treatment. You will be pleasantly surprised. I am going to share with you my bee venom therapy story, but first I want to introduce you to a friend and colleague of mine who is the foremost international expert on this subject.

His name is Andrew Kochan, M.D. Along with apitherapy, Dr. Kochan has been practicing prolotherapy, an innovative non-surgical treatment for musculo-ligamentous pain for over twenty years. In 1989 Dr. Kochan incorporated apitherapy, particularly bee venom therapy into his practice as a treatment for chronic and acute pain. His clinical success with both modalities inspired him to open the Kochan Institute of Healing Arts Research in 2001. Dr. Kochan is a cutting edge pioneer and leading international authority in apitherapy. He is also the President of the [American Apitherapy Society](#). If you live in the Los Angeles or Santa Barbara, California areas, you are in luck because those are the locations of his clinics. I have personally been treated by Dr. Kochan, numerous times, with Bee Venom as well as Prolotherapy and PRP with remarkable results. For more information

about Bee Venom Therapy, Prolotherapy and PRP go to [Dr. Kochan's website](#) as he is the premier physician in these fields, teaching and promoting public and professional awareness around the world.

I have referred numerous patients to Dr. Kochan over



Apitherapy is a therapy that has been around for centuries. It takes advantage of the healing power contained in honeybee venom. Most of us think of a bee sting as unpleasant but with a little education we hope you will see the therapeutic value in treating certain illnesses and chronic pain conditions with bee venom. The practitioner typically uses a live bee to sting the afflicted area but in some cases products containing venom can be used.



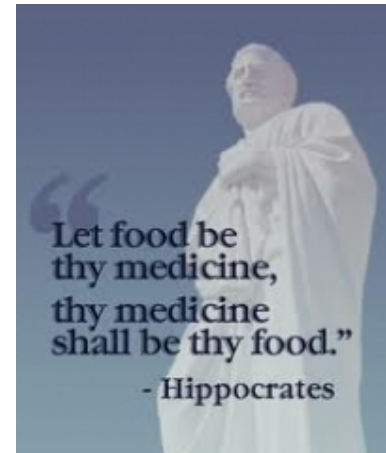
Bees gather propolis from flower buds and tree barks, add salivary secretions and wax flakes and spread the finished product on beehive walls. There are over 500 components in propolis including flavonoids, B vitamins, essential oils and amino acids. Propolis has healing and

the last 15 years and everyone has been beyond pleased with his bedside manner, the thoroughness of his examination, diagnostic skills and exquisite treatment. He is truly a master and the finest physician I have known. And if it sounds like I am bragging about him, it is because I am. I am usually quite underwhelmed with most health care people. This Medical Physician is heads above all and I strongly urge you to investigate his site, his work and his research.

Bee Venom therapy has been used for centuries and for all kinds of conditions with effective results. I have seen phenomenal results with my patients that I referred to Dr. Kochan, with shingles. Other benefits include alleviation or relief of serious conditions like multiple sclerosis, arthritis and lupus. In fact, there are more than 40 different healing components in bee venom, one of which is melittin, a compound identified by Blue Cross Blue Shield as an anti-inflammatory and anti-arthritis element. Melittin and other components work together to boost immunity, quicken the healing process and provide natural antibacterial qualities. Instead of illustrating all of the benefits in this limited space, I will once again direct you to [Dr. Kochan's website](#) so you can educate yourself and see if this is something that would work for you. I hope this has been helpful and you will find Dr. Kochan's site informative.

Ok, let's move on and I will tell you my story. I had shoulder pain from overtraining so I had some stings this afternoon, here in Mexico and it was great. The stings quelled the pain in my shoulder, as well as in my neck and elbow. These are real live bees that the practitioner places on the area of complaint allowing the bee to sting you. The sting is quite comfortable if done correctly and with focused intent. Well, maybe not that comfortable but it's not really too bad and subsides within 30-60 seconds. The practitioner tests you first to see if you are allergic so it is relatively safe. And it is just not the pain resolve I am interested in, it is the entire systemic benefit of the venom. I really feel an overall systemic strengthening affect from the venom, which is more important for me. So, the next time a bee stings you, instead of letting out a blood curdling scream, say thank you because that bee just sacrificed their very existence for your wellness! Seriously. Unless you are allergic, of course, and swell up like the Pillsbury Dough Boy. That is a 911 kind of deal and that is why the practitioner checks for allergy

antimicrobial effects. It can be used to treat mouth ulcers, digestive conditions like peptic ulcers, herpes lesions and infections.



Hippocrates, the Greek physician and "Father of Medicine" understood the value of food as medicine and also recognized the healing virtues of bee venom for treating arthritis and other joint problems.



Raw, unadulterated honey is made of natural sugars, water, trace enzymes, minerals, vitamins, amino acids and

trace elements like potassium and phosphorus. Honey helps mental and physical fatigue and also has healing properties if applied to cuts and burns. Bee Pollen is a mixture of honey and pollen and is the main source of food for honey bees and their larvae. It is made up of trace amounts of B, C, D & E vitamins, minerals, sugar and is high in carbohydrates and protein. For humans, it is used as an immune booster and to enhance memory and energy. It is also used during periods of stress or during pregnancy and breastfeeding.

sensitivities before treating you with bee venom! The good news is it is a rare occurrence and according to the the [American Apitherapy Society](#) only about 7 out of 1,000 people have a reaction and an even smaller percentage risk anaphylactic shock.

At our [Retreat Quixotica retreat center](#) in Zihuatanejo, Mexico, we have access to natural, raw, unadulterated honey. In the wild, honey bees use caves, rock cavities and hollowed out parts in trees as natural nesting sites for their bee hives. In Mexico carpenter bees bore holes directly into the tree so their nesting site is out of harms way. We harvest the raw honey made by these "tree bees" by tapping the tree trunk, much like you would for maple syrup. The bees are totally protected on the ecological reserve where we hold our retreats. It is a uniquely tasting raw honey that we will serve after dinner, kind of like an aperitif, at our next retreat. That alone is worth the retreat experience! Bees are one of the most important creatures we commune with on this planet and we need to do everything we can to keep them safe as these are challenging times for bees due to pesticides, antibiotics administered to bee colonies, GMO foods and crops, disease and more. I will leave it to you to research in more depth but here are a couple of website links to get you started:

[Bee Colony Collapse Disorder Linked to high-fructose corn syrup \(HFCS\)](#)

[Nations honey bees in danger of becoming extinct](#)

All the best.

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Bees are vital to life. They are the major pollinator in ecosystems with flowering plants. Colony Collapse Disorder (CCD), in which bee colonies suddenly disappear and die is gaining international attention. Pesticides have long been known to cause a decline in bee populations. [Recent research](#) now shows that high-fructose corn syrup (HFCS) plays a role in killing bees as most HFCS is derived from genetically modified corn crops containing the pesticide within the plant gene. Commercial bees are often fed HFCS so beware, as 75% of the honey in stores is nothing more than HFCS.

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