

Unlock the Secrets of **BEE PROPOLIS**—

Nature's Ultimate Healer

Crystal Maceira, CBP, LMT, MH

Bees are known for their ability to produce honey, but they also create another substance that is just as valuable—bee propolis! This sticky resinous material is collected by bees from tree buds and bark, which they use to seal gaps in their hives. However, what many people don't realize is that this seemingly ordinary substance has incredible healing properties that can benefit your health in a variety of ways.

THERAPEUTIC PROPERTIES OF BEE PROPOLIS

Bee propolis contains a wide range of beneficial compounds such as flavonoids, phenolics, terpenoids, and amino acids. These components work together to provide antibacterial, anti-inflammatory, antiviral, and immune-boosting effects. Studies have shown that bee propolis may help to protect against cancer, reduce inflammation, improve heart health, and support the immune system.



HOW IS BEE PROPOLIS USED?

There are several different ways to use bee propolis for your health. It can be taken orally in supplement form, applied topically to the skin, or used as an ingredient in cosmetics. Some common uses of bee propolis include treating colds and flu, relieving pain and swelling, promoting wound healing, and improving dental health.

HEALTH BENEFITS OF BEE PROPOLIS

One of the most significant benefits is its powerful antioxidant effect. Antioxidants are essential for fighting free radical damage, which contributes to aging and disease development.



POSITIVE LIFE CHANGES!

Crystal Maceira, CBP, LMT, MH

IIPA Certified Iridologist, Master Herbalist & Licensed Massage Therapist, Trained in many modalities including: Bowenwork, Pregnancy Massage and Sports Massage. *Quiet home studio.*

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1st Massage only \$55.



By neutralizing these harmful molecules, bee propolis helps to prevent cellular damage and supports overall health.

Another key benefit of bee propolis is its potential to boost the immune system. The flavonoids found in this substance stimulate the production of white blood cells, which play a critical role in defending the body against pathogens. Additionally, bee propolis may help to lower cholesterol levels and promote cardiovascular health.

COMMON APPLICATIONS FOR BEE PROPOLIS

Some of the most common uses of bee propolis include:

1. Treating cold sores and genital herpes—Applying bee propolis directly to the affected area can help to speed up healing time and reduce discomfort.



CRYSTAL MACEIRA is a Certified Bowenwork Practitioner, practicing in Helena. She has been a massage therapist for 23+ years.

She is also a Master Herbalist and certified IIPA Iridologist. She prepares her own single and formula-blend herbal tinctures. Find out more by visiting PositiveLifeChange.info.

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2. Relieving joint pain and arthritis symptoms—Bee propolis has been shown to have analgesic effects, making it useful to reduce pain associated with osteoarthritis and rheumatoid arthritis.

3. Improving dental health—Chewing on bee propolis lozenges or using mouthwash containing bee propolis can help to kill off bacteria and promote gum health.

FINAL THOUGHTS

Overall, bee propolis is a remarkable natural remedy with numerous therapeutic properties. Whether you choose to take it orally, apply it topically, or incorporate it into your daily routine through cosmetics, there are countless ways to reap the benefits of this amazing substance. From supporting the immune system to improving heart health, bee propolis truly deserves its title as nature's ultimate healer! ■

Here at Positive Life Changes, we realize the benefits of the effectiveness of bee propolis. This is a must-have for the medicine cabinet to help the body's immune system stay healthy and strong. Go to our website: PositiveLifeChange.info to stock up today at lower-than-usual prices. You will find many other noteworthy and hard-to-find herbal remedies there as well!

Good Health to You!
— Crystal



Intro to Bowenwork with Crystal Maceira, CBP

Bowenwork is a gentle, effective, noninvasive touch therapy that stimulates the body's ability to heal itself. It is safe and appropriate for all.

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INTRODUCTION TO BOWENWORK®

Bowenwork can be done through clothing. In our four-hour, introductory class, offered regularly, you will learn to apply key elements of Bowenwork to different parts of the body to:

- Ease breathing difficulties
- Relieve muscle tension, joint pain or stiffness
- Ease heartburn, acid reflux and other gastrointestinal complaints
- Relieve neck, back and knee pain
- Address injuries

Bowenwork is safe and appropriate for all—from infants to the elderly and from elite athletes to people with chronic conditions, such as asthma.

Bowenwork—the complement to complementary therapies
—places wellness in your hands!

Contact Crystal Maceira for
Class Availability & Locations.