



10 Amazing Health Benefits of Bee Pollen

Bee Pollen is made by **honeybees**, and is the food of the young bee. It is considered one of nature's most completely nourishing foods as it contains nearly all nutrients required by humans. Bee-gathered pollens are rich in proteins (approximately 40% protein), free amino acids, vitamins, including B-complex, and folic acid.

Bee pollen is a complete food and contains many elements that products of animal origin do not possess. **Bee pollen is richer in proteins than any animal source. It contains more amino**

acids than beef, eggs, or cheese of equal weight. About half of its protein is in the form of free amino acids that are ready to be used directly by the body.

It is important to recognise that a one teaspoon dose of pollen takes one bee working eight hours a day for one month to gather. Each bee pollen pellet, contains over two million flower pollen grains and one teaspoonful contains over 2.5 billion grains of flower pollen.

Dr. Gabriel Cousens MD, has listed bee pollen as one of his 22 most recommended food energies. Bee Pollen can be used medicinally for a wide range of conditions from prostate health to skin conditions and can help correct specific nutritional imbalances within the body.

Here Are Just 10 Great Reasons To Add Fresh Bee Pollen To Your Daily Diet!

1. Energy Enhancer - The range of nutrients found within bee pollen makes it a great natural energiser. The carbohydrates, protein and B vitamins can help keep you going all day by enhancing stamina and fighting off fatigue.

2. Skin Soother - Bee pollen is often used in topical products that aim to treat inflammatory conditions and common skin irritations like psoriasis or eczema. The amino acids and vitamins protect the skin and aid the regeneration of cells.

3. Respiratory System - Bee pollen contains a high quantity of antioxidants that may have an anti-inflammatory effect on the tissues of the lungs, preventing the onset of asthma.

4. Treating Allergies – Pollen reduces the presence of histamine, ameliorating many allergies. Dr. Leo Conway, M.D of Denver Colorado, reported that 94 percent of his patients were completely free from allergy symptoms once treated with oral feeding of pollen. Everything from asthma to allergies to sinus problems were cleared, confirming that bee pollen is wonderfully effective against a wide range of respiratory diseases.

5. Digestive System - In addition to healthful **vitamins, minerals and protein**, bee pollen contains enzymes that can aid in digestion. Enzymes assist your body in getting all the nutrients you need from the food that you eat.

6. Immune System Booster - Pollen is good for the intestinal flora and thereby supports the immune system. According to holistic health expert Dr. Joseph Mercola, bee pollen has antibiotic-type properties that can help protect the body from contracting viruses. It's also rich in antioxidants that protect the cells from the damaging oxidation of free radicals.

7. Treats Addictions – Used holistically for healing addictions and inhibiting cravings by suppressing impulses. Because bee pollen crashes cravings, it is a very useful research is needed into this benefit, particularly when it comes to weight management.

8. Supports the Cardiovascular System - Bee Pollen contains large amounts of Rutin; an antioxidant bioflavonoid that helps strengthen capillaries, blood vessels, assists with circulatory problems and corrects cholesterol levels. Its potent anti-clotting powers could help prevent heart attack and stroke.

9. Prostate Aid - Men who suffer from benign prostate hyperplasia can find relief by using bee pollen. Bee pollen can help reduce inflammation to stop frequent urges to urinate.

10. Infertility Problems - Bee pollen stimulates and restores ovarian function, therefore may be used to assist in accelerating pregnancy. As well as being a hormonal booster it is also a great aphrodisiac!

ANNUAL GENERAL MEETING

5th November 2016 at 11-00am Chat Room to follow

All members and students are invited to attend

THE ANGEL CONFERENCE CENTRE: ANGEL LANE, TONBRIDGE, KENT. TN9 1SF

K.I.H.A. is run by the members for the members. Please attend and voice your thoughts on how to take your association forward, maintaining its place at the forefront of healing. (3 CPPD points)

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KIHA Launch New Short Training Course

We now have a new short training course ready for use.

The short course involves 28 tutor contact hours and 16 homework hours. Tuition is tutor friendly – can be given at times to suit the student.

The course contains 3 modules plus Homework;

Module 1 Introduction to Energy Healing and History

Module 2 Meditation and Self Healing

Module 3 Healing Procedure and Animal Healing

Homework Anatomy and Physiology

A nominal membership fee of £10 provides a card stating 'not insured or qualified to treat members of general public', photo and membership number, also a £45 fee for Short Course Student Manual, Code of Conduct and a copy of the magazine.

At the end of the short course there is an online test of multi-choice questions which can be taken as many times as necessary to ensure the student achieves a full understanding of the course. The student is entitled to give healing to friends, family and pets.

A £10 fee will then provide a Certificate of Associate Membership of KIHA.

Total package £65 plus the Tutors fee.

The Associate Member wishing to continue training to Professional level will then only need to complete 72 tutor contact hours and 84 homework hours. In its entirety, from Associate to Professional level 200 hours at times to suit Tutors.



We hope Tutors will enjoy this new Short Course which is both short and student friendly. We are competing against other organisations with short courses and it is intended our KIHA Short Course will be attractive to more people. The Student Short Course Manual is pleasing and practical as it can be used to store records of training and feedback.

KENT INTERNATIONAL HEALING ASSOCIATION

Changes to Membership Renewal Dates

Balen's Insurance Renewal Date.

As you may all be aware the renewal premium for insurance has increased from £4.89 per member to £5.25 per member. The subscription renewal was sent out in January for 2016 membership, so KIHA has to stand the shortfall in premiums this year (approx £70), as it's too late to go to our members now, having told them the fee is £4.89

When we questioned the increase with Balen's they told us that we were contravening the regulations by sending out the renewal invitations in January when they aren't due until April. We have investigated various options including changing the End of Year, to tie up various loose ends (this is complicated involving the Charity Commission and HMRC but can be done if necessary). So to rectify this situation in the short term, Balen's have said, that it is no problem to move the insurance renewal date from April-March, to January-December. This way we will get the insurance renewal notice in November from them in plenty of time to put the increase in premium, should there be one, on the membership renewal forms for the following year. That way, the insurance will run alongside the membership renewal from January-December. The downside is, that this year 2016, there will be a shorter master insurance policy running from 1st April – 31st December.

The committee wish to pursue this option, there will be no financial refund as our premiums are so low and less than £0.50 per member a month. From January 2017 it will run annually again from 1st January-31st December. The committee agree to go with this option, we will inform Balen's and make our members aware that the insurance now runs from January-December. This will obviously affect the members who renew late, as they won't be covered by insurance if they don't renew immediately.

With the new insurance year in place the KIHA year will look like this:

Financial Year runs from 20th October – 19th October (October 2016 - October 2017)

Insurance renewal notice will be received in November 2016

Membership Renewal runs from 1st January – 31st December (1st January 2017 - 31st December 2017)

Insurance runs from 1st January – 31st December (1st January 2017 - 31st December 2017)

This means the winter magazine will printed after the AGM and sent out in November or early December rather than January. (The AGM will be after the Financial Year End; 19th October) with an insert of the minutes of the AGM/important notices; and the renewal packs.

Science should be about open to new idea's and testing them

By Claire Tonkin

I am delighted to have been invited onto the Executive Council at KIHA and believe we have an exciting journey ahead, particularly in gaining the respect and recognition we deserve within the scientific community.

There are many scientists who do great things, but sadly there are people in the scientific community who don't really care about the ultimate goal of science anymore, which is expanding knowledge to improve life for the planet and its inhabitants.

Science should be about being open to new ideas and testing them, not about summing up cold facts and data and blocking out everything that seems to contradict established beliefs. The reality, as we all know, is that energy healing can be traced back cross culturally at least 5,000 years. Contemporary science cannot yet deal with consciousness yet energy healing is at last receiving some attention in terms of its validity. KIHA can and should play an important role in the establishment of such knowledge and Douglas has already made inroads with an aim to this. I look forward to working with you all.

OUR MEMBER IS THE FIRST HEALER TO HAVE FRONT COVER AND SIX PAGES IN NATIONAL MAGAZINE



John McKean

Dental Practitioner

John is a UK qualified Dental Practitioner with many years experience. He is currently running a multi-disciplinary clinic in the Algarve, where, he says they are "privileged" to accommodate the services of Douglas when he visits the region.

"I have always been impressed by Douglas's sincerity and the excellent reports from his clients. However, during his visit in April 2013, I was able to witness the result of his healing powers with one of my patients.

"This lady was treated elsewhere in the Algarve by a dentist who used a very toxic material to treat the root canals, but some escaped into surrounding tissues. The tooth had to be removed, but the toxic material caused localised bone necrosis - a very painful condition, requiring daily cleaning and dressing of the wound, while the toxin slowly dispersed.

"After this had been going on for some months, with slowly progressing healing, the patient was suffering particularly severe pain, while Douglas was in attendance at the clinic.

"I can thoroughly recommend Douglas to anyone with a chronic, intractable, medical condition"



I suggested to the patient that they allow Douglas to administer his healing technique, which they agreed to, as it could do no harm.

Immediately after Douglas completed the treatment, the pain went completely - which could have been a coincidence.

However, when reviewed the following morning, the pain relief was still apparent, but also the swelling in the surrounding gum had markedly reduced.

Douglas was able to undertake a further session that evening, and again, the following day there was a further marked improvement.

"Having observed this patient's condition for such a long period of time, the improvement after her treatment with Douglas was very unlikely to be coincidental.

I can thoroughly recommend Douglas to anyone with a chronic, intractable, medical condition.

To view full article on online visit www.kiha.co.uk or if you would like a printed version of this please contact Sharon 01843 570190