

# **APITHERAPY AND MEDICINAL BEE PLANTS AS KEY FACTORS FOR DIVERSIFICATION, ECONOMIC EFFICIENCY AND SUSTAINABILITY**

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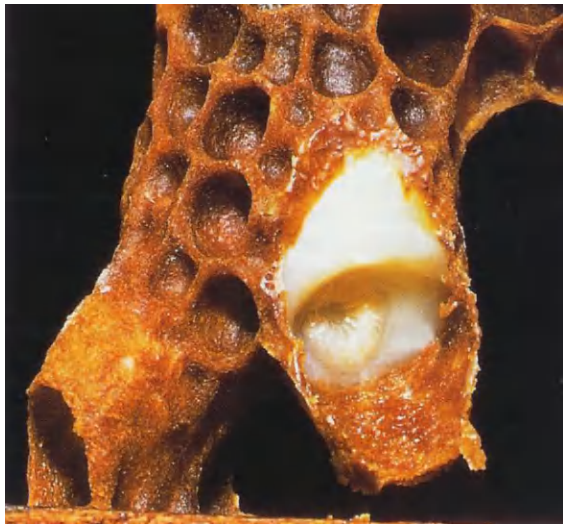
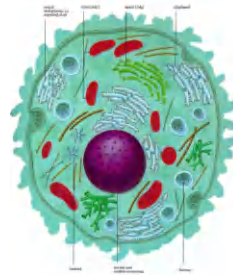
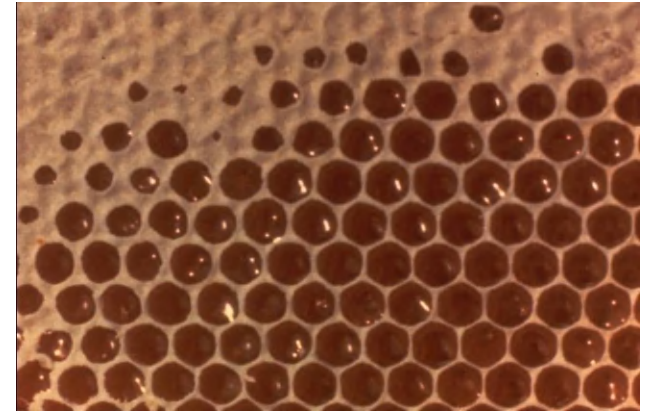
# Introduction

- The highest desire of any human being on Earth is to be happy and healthy. Happiness can not be achieved without a good nutrition and life style.
- Most of the beekeepers all over the world are focusing only or mainly on the production of honey as a food, neglecting the fact that the other bee products are even hundreds of times more important due to their health and thus financial related properties.

- The beekeepers must learn how to produce and collect medicinal beehive products; learning the basics of Apitherapy, can offer them a much higher economic efficiency and allow their families and communities long term sustainability based on the principles of respect and protection of the local biodiversity.

# Methods

- We have studied the characteristics of over 15 raw bee products (honey, propolis, bee bread, queen larvae, beehive air, etc.) and over 200 best medicinal bee plants that due to their characteristics have maximum impact on the human nutrition, health and economic welfare and simultaneously help the local biodiversity.



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or

























Fotografía: [mieldecabranes.com](http://mieldecabranes.com)





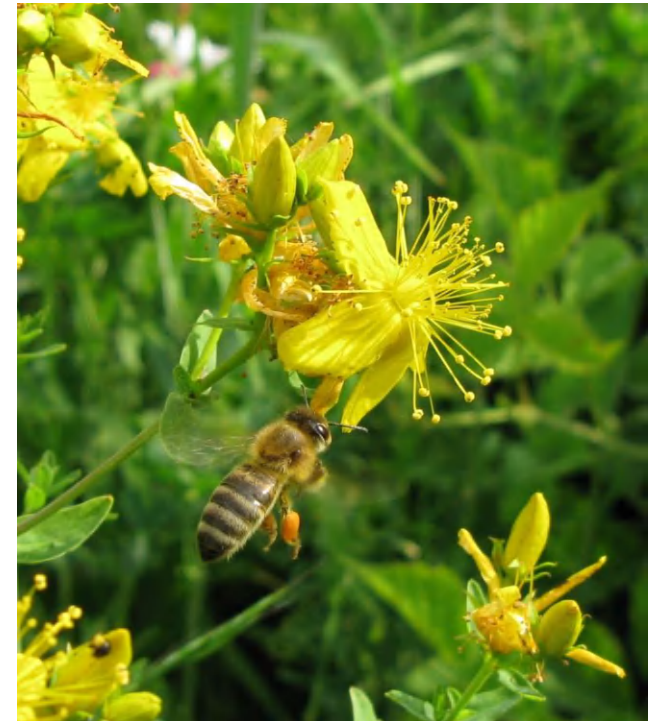
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# Importance of Medicinal Bee Plants in the practice of Apitherapy



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## TREES, SHRUBS for HEDGES

BOX TREE	<i>Buxus sempervirens</i>	leaves, roots, wood, nectar, pollen	----
ALDER BUCKTHORN	<i>Rhamnus frangula</i>	bark, nectar, pollen	35-100 kg/ha
BARBERRY	<i>Berberis vulgaris</i>	bark of roots and stem, fruits, nectar, pollen	30 kg/ha
HONEY-LOCUST TREE Gleditsia	<i>Gleditschia triacanthos</i>	Fruits	----
LILAC	<i>Syringa vulgaris</i>	Flowers, Nectar, pollen	10-20 kg/ha
ROSEHIPS	<i>Rosa canina</i>	Pseudo-fruits, fruits, nectar, pollen	10-20 kg/ha
HAWTHORN	<i>Crataegus sp.</i>	Flowers, leaves, fruits, nectar, pollen	35-100 kg/ha

# Results

- We made a document that describes how each bee product and medicinal bee plant can be best produced, collected and used/sold for the benefit of the beekeepers and their local communities. We concluded that the best ways to collect-produce and sell the bee products are for the health industry. A medicinal degree bee bread is sold with 150 Euro/kg, medicinal honey is sold now in Europe with up to 2,000 Euro per kilogram...

# Conclusion

- Producing all bee products, originating directly or indirectly from the local medicinal bee flora, is more efficient for health, personal economies, sustainability and biodiversity than producing/collecting only honey as a food.

