

ANTECEDENTS

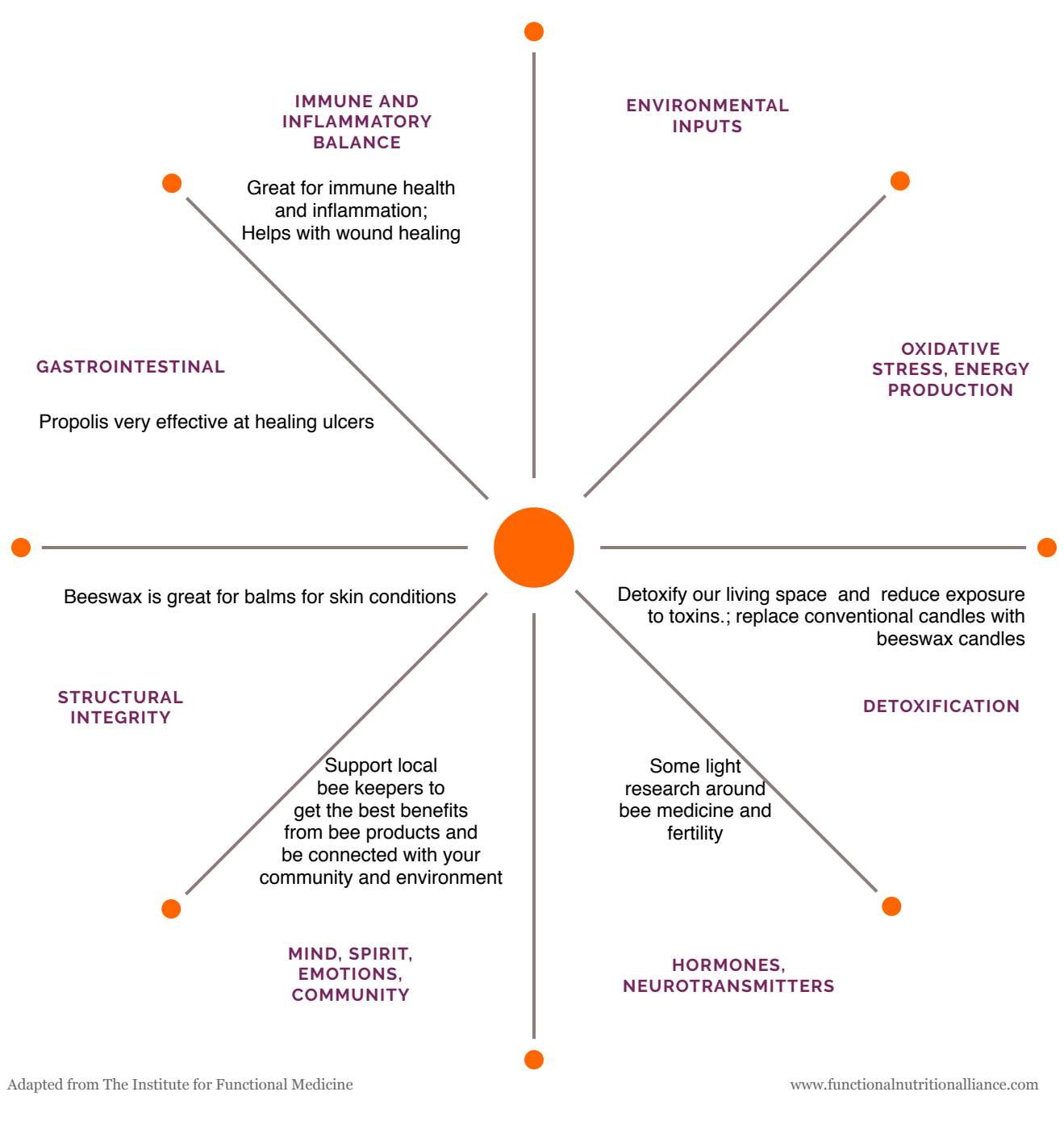
SLEEP/RELAXATION

TRIGGERING EVENTS

Support organic and dynamic farming to protect bees!

MEDIATORS

1. Raw Honey, esp. Manuka honey = antibacterial (Raw honey is always best. Not processed. Look for glass jar.)
2. Propolis = anti bacterial
3. Bee Pollen = loaded with vitamins and minerals
4. Royal Jelly - buy 100%
5. Beeswax
6. Bee venom and stingers R



EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Bee pollen is loaded with a wide variety of nutrients as well as protein  
"Pollen is the new sprinkle!"

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS