

Pine Pollen - The Health Booster!



Denise Kelly*

Department of food and Nutrition, Harley Street, London

Received: 📅 June 08, 2018; Published: 📅 June 13, 2018

*Corresponding author: Denise Kelly, Department of food and Nutrition, Harley Street, London

Opinion

For those of you that know me, or have been a client of mine, you will know my love for super foods! I am always on the look out for something new and amazingly beneficial for the body. I agree that some supplements are great, but the reason, in my belief that super foods excel in the Nutrition category is because the body recognises super foods as a food. So will absorb what it needs. Plus it's a natural product that will drench each and every cell with goodness! I have talked a lot about Bee Pollen in the past, which is an amazing super food that I love for all kinds of ailments. It's especially good this time of year when hay fever is rife. However there is another little gem in the wings that is actually nothing new in the world of Chinese medicine, but is fast becoming one of the best super foods in our western world for its unbelievable health benefits. This little gem is called Pine Pollen.

I have so many clients coming to me with hormonal imbalances around the age of 35 and upward. We are all subject to toxins in the environment that produce estrogen, resulting in potential fertility issues, benign fibroid growths and breast cancer, and both men, as well as women, usually by the age of 50 produce significantly less testosterone. This is especially true after male andropause and female menopause. However, consuming androgenic foods, like pine pollen, helps to balance these higher amounts of xenoestrogens, balancing both testosterone and estrogen equally, which is highly beneficial. Generally, pollen extract is not recommended for children and should be avoided by male adolescences, which on average naturally produce healthy amounts of testosterone.

In mid-life, when you perhaps need a bit of a boost, it's important to remember that testosterone is not only good for increasing sex drive but also helps to promote feelings of well-being, uplifts the mood and stimulates a sense of will power and enthusiasm for life. Containing a substance called phenylalanine, an L-dopa precursor, which helps to stimulate dopamine levels in the brain; it is additionally believed to act as a natural antidepressant. In the world that we live in today, with 1 in 6 people being prescribed antidepressants, is it not worth trying this wonderful super food first to see how you feel?

There are so many other health benefits to add to the list. Pine pollen is considered a highly nutritious food providing a broad spectrum of vitamins, minerals, all essential amino acids and immune system boosting antioxidants. Containing folic acid and other B vitamins, beta-carotene, Vit. E, selenium, calcium, iron, magnesium, nucleic acids, living enzymes, MSM, polysaccharides, essential fatty acids and a great source of vitamin D3. And if you are all about slowing the aging process down, you may be interested to know that Pine Pollen helps to build keratin and collagen, two compounds essential for healthy nails, hair and skin tissue.

The powder can be also be used externally by adding it to an oil or cream and used for eczema, rashes or even acne. The pollen is known among Asian women for its beautifying effects, contributing to smooth and youthful looking skin, when used both topically or consumed as a powder. Because the pollen is comprised of the sulphuric compound known as MSM, it additionally acts as a powerful natural anti-inflammatory agent and pain reliever, especially for the joints and conditions like arthritis and chronic inflammatory disorders.

Does Pine Pollen Cause Allergies?

Those who are in an atmosphere filled with pine pollen dust, can't help but inhale or take it in indirectly. But, although these pollens are found in abundance, they are not the common cause of hay fever or allergy symptoms, like ragweeds or other tree or grass species. Pine tree pollen is produced in large amounts by a common tree, but it is not a major cause of pollen allergies for most people. This is because the components in pine pollen are less likely to cause an allergic reaction. This is thought to be due to its relatively large-sized molecule and low antigenicity effects or the capacity to induce immune response. If you have health challenges and would like a personalized consultation please contact: 07730671436 or e-mail: info@denisekelly.co.uk Clinics are in Bosham, West Sussex or Harley Street, London. Each initial consultation is 2 hours and you will have a full health check on my Asyra testing device. This shows me exactly what your body needs, No guesswork needed. Consultations from £190.00. Life is for thriving...not just surviving.



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here:

[Submit Article](#)

DOI: [10.32474/SJFN.2018.01.000113](https://doi.org/10.32474/SJFN.2018.01.000113)



Scholarly Journal of Food and Nutrition

Assets of Publishing with us

- Global archiving of articles
- Immediate, unrestricted online access
- Rigorous Peer Review Process
- Authors Retain Copyrights
- Unique DOI for all articles