

BEE-VENOM THERAPY (BVT)

Bee-Venom Therapy (BVT), also called bee-sting therapy, is one type of Apitherapy or the therapeutic use of beehive products such as honey or royal jelly. The use of bees and bee products goes back to ancient Egypt, Greece and China but Hungarian doctor Bodog Beck popularized the treatment in the 1930's.

It's believed that bee stings work to stimulate the body's immune system in specific locations, training it to become stronger each time, a process similar to a weight lifter increasing weights at each workout. It may also increase the body's production of cortisol. Bee stings are commonly thought to ease the symptoms of arthritis, MS, fibromyalgia, irritable bowel syndrome (IBS) and other conditions.

BVT may use up to 80 stings per day with live bees by urging them to sting the affected area, on trigger points or acupuncture centers. The therapy normally is used about three times per week with a gradual increase in the number of stings. The highest potency bee venom comes directly from a live bee in the late spring or early fall. Standardized bee venom solution may also be injected or can be used in a cream or ointment. Bee venom is a complex source of peptides, enzymes with at least 18 active components which have pharmaceutical properties although the exact mechanism of its function is unknown. It's also a volatile substance which may lose potency from a variety of factors.

Because about 2% of the population may have allergic reactions to bee stings the first step is to test the risk factor by injecting a very small amount of bee venom underneath the skin or with a single bee sting. If no allergic reaction develops the therapy continues by testing a little more venom. In any case it is always a smart idea for anyone using BVT to have a bee sting kit with a syringe of epinephrine close at hand for safety. Even if you haven't had a problem with the first 79 stings doesn't mean you won't have a problem with the 80th. Allergic reactions can include anaphylactic shock which can be fatal.

Bee venom has been approved by the FDA for desensitization purposes only.



Frederique Keller is the President of the American Apitherapy Society, a bee keeper for over 20 years, a licensed acupuncturist and a medical herbalist. Our conversation covered a wide range of benefits from our friends the amazing honey bees beginning with Bee Venom Therapy.

www.apitherapy.org, www.beevenom.com

USER COMMENTS:

- ◆ Who could have predicted my diagnosis of MS in early 2000? At 53, I was healthy and fit and joyous ... I knew immediately that I would never take any drugs, as I was dubious of the illness anyway and felt totally uncomfortable introducing a serious manufactured drug-company product into my energetic living system... (so my beekeeper) began stinging my feet and spine over a period of two years. During these past few years, the story of apitherapy and the bees has been my manifesto. I sing it across backyards and in coffee shops. The journey has been wondrous. I am healthier than ever. I have hope, energy, and curiosity about the future and am ready to spread the word of the healing power of the hive.

TIP



If the Mountains of Misery block your start/ my advice – don't strain your heart/
don't climb over the snowy crest/ an easier path is always best. The answer to the
challenge is easy to see/ a canyon-shaped therapy is the key.