

The Wonderful Wildcrafted Jarrah Bee Pollen

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Bee pollen is a bit of a miracle in and of itself. The precious granules are a result of hundreds of bees visiting hundreds of flowers, collecting the tiny flecks of pollen on their legs which is then carefully collected as they enter their hive. Jarrah pollen is even more of a miracle because the pollen comes solely from the Jarrah tree which only blooms once every 2 years. The Jarrah tree grows in Australia and it is actually a species of Eucalyptus. Because this pollen comes from one species of plant it is well tolerated by most individuals, even those with pollen allergies or sensitivities.

Jarrah bee pollen is wild and ethically harvested from Jarrah trees growing in an incredible million acre preserve where conventional agricultural methods and contaminants are unknown. The bees are tended to and the pollen harvested by native aboriginal descendants living on the land thus strengthening the economy of their communities. This is very important to us here at RawGuru because we pride ourselves in only selling products produced in an ethical and sustainable manner. This rule encompasses both humans and animals. Jarrah bee pollen is by no means an exception to this rule. The bees working hard to produce this pollen are treated respectfully and kindly. They are free roaming and are given the chance every other day to keep every bit of pollen they collect. This enables them to have more than enough honey in their hive to support their well being.

Not all bee pollen is created equally and we can confidently say that this is the most amazing bee pollen on the market. It is pure, fresh, and full of vitality and flavor. Once you try our Jarrah Pollen you will become very picky about your bee pollen because it's simply the best! As soon as the pollen is harvested from the hives it is immediately frozen until it can be low temperature dried (113 F) either that same day or first thing the following day. The drying process only takes an hour or so. After drying it is gently sifted to remove any particulate matter or bees and placed in a freezer for 7 days or so. This stabilizes the end product so that it is safe and delicious for all of the Jarrah bee pollen lovers out there. While bee pollen is quite sweet and does contain a fair amount of carbohydrate, it is actually remarkably high in protein, with a protein content of 35%. It is also an incredibly complete form of protein containing all the amino acids needed by the human body including the 8 essential ones which we cannot produce internally. It is also richly abundant in nutrients including a host of minerals, a complete b-vitamin complex, enzymes and coenzymes, essential fatty acids, and fat soluble vitamins a and e. It also contains more subtle energetic plant medicine since it is virtually the reproductive substance of the tree, containing the plants energetic blueprint for life. When ingested it has both a calming effect on our nervous system all the while energizing us.

Once received we recommend transferring your pollen into an air tight, preferable glass, container and keeping it out of direct light as it's nutrients and essential elements are delicate. No freezing or refrigeration necessary however, and in fact to preserve it's integrity and flavor we recommended keeping the pollen at room temperature.

Here at RawGuru we love to eat our bee pollen atop a delicious truly raw cashew based ice cream, or blended into a cacao superfood elixir, or simply sprinkled atop a yummy fruit salad or bowl of Living Intentions raw granola. It can also be added to trail mixes as an energy and endurance food for a long hike or as a great pick me up after a workout.

The health benefits reported with consistent use of high quality bee pollen are numerous. Here are just a few:

* Heightened energy levels and mental clarity* Hormone balancing for improved sexual health* Improved metabolism for weight loss* Strengthening of immune system and lessening of systemic inflammation related to allergies* Anti-aging and anti cancer*Improvement in digestive complaints Order you Jarrah Bee. Pollen Today!