Bee Propolis, the Natural Antibiotic

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Nature has countless mechanisms to counter diseases and biological pathogens. Animals specifically have internal, external, and chemical mechanisms in place to maintain viruses and bacteria at sub-lethal levels. Honey bees utilize a substance called propolis they create from gathering plant resin and mixing it with honey to fix breaches in honey combs and their hives. In recent years, homeopathic medicine professionals have begun investigating possible uses of be propolis to heal wounds, burns, and other skin ailments. While evidence exists that bee propolis does help heal wounds, the mode of action bee propolis employs is currently unknown. In order to determine if bee propolis has antimicrobial activity, we tested it against a range of common Gram-positive and Gram-negative bacteria. My findings confirm previous reports of antimicrobial properties of propolis and the potential for homeopathic therapeutic potential.

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