



GAAM HONEY

"Gaam Honey" collection, with the concern of producing high quality honey and respecting honesty and educating customers, tries to gradually become your trusted beekeeper.

All "Gaam" honeys are raw (unheated), sugar-free and medicinal, and have valid test sheets

How to recognize natural honey?

In order to recognize flower nectar honey from industrial honeys and sugar-fed honeys, paying attention to the amount of sucrose in honey is popular among the general public. But it is possible to reduce the sucrose in nutritional honey with simple methods, and basically, the honey of some flowers has high sucrose. One of the ways to identify high-quality and pure honey is to test honey to obtain two important factors, 1- Not to heat the honey (so as not to reduce its useful enzymes) and 2- the amount of proline in honey.

What is proline?

Proline is one of the important amino acids involved in the structure of proteins and collagen. The proline is important because it cannot be produced in a laboratory, so the amount of proline shows that the honey produced by bees, and also bees have fed on plant sources that are rich in proline, and not artificial nutrition such as Sugar or glucose syrup, etc

Some functions of proline in the body:

- ❖ Strengthening the immune system
- ❖ producing energy in cells
- ❖ repairing damaged tissues
- ❖ Helping to heal wounds and skin recovery
- ❖ Supporting digestive system
- ❖ Prevent joint pain
- ❖ Cardiovascular system support
- ❖ Contribute to a healthy metabolism
- ❖ Prevention of inflammation
- ❖ Maintaining and strengthening the structure of collagen, which is a vital protein in connective tissues such as skin, bones and cartilage.

The standard amount of proline in honey

According to the international standard that is also accepted in Iran, the amount of proline in natural honey should not be less than 180 mg/kg. lower Values indicate that bee feeding was not normal. And the higher the amount, the higher the quality of honey.

GAAM HONEY IS NOT AN ORDINARY HONEY
pure, raw and different in the amount of useful enzymes

"Gaam" Honey proline

According to the results obtained from the reliable laboratories, the amount of proline in "Gaam" honeys in 2023-2024 was much higher than the standard and made it a special honey with high therapeutic effects.

Proline	sucrose	
528	3.7	Alfalfa and dill honey
470	4.5	citrus honey
670	2.1	Lotos honey
715	0.96	Sesame and lotus honey

What is RAW and UNHEATED honey?

One of the important factors in the quality of honey is not heating it. It means to deliver the honey to the customer as it is harvested from the hive. This type of honey is called Raw and Alive, and keeps useful enzymes and its properties. Since the "Gaam" honeys have not been heated, with each use of it you are one step closer to health.

Raw honey may crystallize, in this case you can place it in an indirect temperature below 40 degrees to return to its original state.

Types of therapeutic "Gaam" honey and its properties

Properties of citrus honey

- ❖ Compensation of vitamin C deficiency
- ❖ Reduction of swelling and inflammation
- ❖ Blood purification
- ❖ Useful for hiccups
- ❖ Eliminates intestinal worms
- ❖ Prevention of all types of cancers
- ❖ Appetizer



Properties of alfalfa honey

- ❖ The highest amount of vitamin A and K
- ❖ Laxative and hematopoietic
- ❖ Invigorating

Properties of dill honey

- ❖ Useful for epilepsy
- ❖ Useful for bone pain
- ❖ Control and improve diabetes
- ❖ Improve the pain caused by Arthritis
- ❖ Useful for nervous diseases and depression

Properties of lotus honey

- ❖ Tonic and energizing
- ❖ Strengthening children's memory and development
- ❖ Reducing body heat
- ❖ Useful for intestinal disorders and ulcers
- ❖ Strengthen and prevent hair loss

Properties of sesame honey

- ❖ Strengthening the physical foundation
- ❖ Prevention of cardiovascular diseases
- ❖ Strong antioxidant
- ❖ Strengthening the immune system
- ❖ Useful for the digestive system, including stomach ulcers and colic
- ❖ Antibacterial and reduces the risk of poisoning and parasites
- ❖ Preventing constipation and treating diarrhea
- ❖ Good for bones
- ❖ Prevention of osteoporosis

Propolis and how to use it

Propolis is a resinous substance that bees collect from flowers and substances secreted by plants and combine it with their enzyme, pollen and wax. Bees can protect the colony from diseases with propolis and disinfect the inside of the hive with its help.

Many people apply propolis directly to the skin to clean and disinfect sores and treatment herpes. It is also used as a mouthwash to accelerate recovery after oral surgeries, to treat mouth ulcers and to treat minor burns.

How to use Propolis:

Usually, propolis is available in the form of drops, oral spray, capsules, and powder. It is better to use it once a day to strengthen the body's immune system. Recommended to be use before meals with doses to be consumed appropriately. You can also combine it with food. It is one of the best and most suitable foods to combine with honey propolis



Pollen and how to use it



Pollen is one of the processed ingredients that bees brings into the hive to feed the babies.

It is useful to consume flower pollen on a daily basis. It is especially recommended for middle-aged and elderly men in the amount of half a teaspoon, and it is the decisive drug for the treatment and prevention of prostate diseases.

Pollen can be used alone or mixed with honey. You can use flower pollen on salad for decoration or put it in yogurt. Combining flower pollen with cooked grains is another way of using it.

Other properties of pollen:

- Antioxidant effects of pollen
- Effective in treating and reducing aging weakness
- Effective in the treatment of some neurological diseases
- Effective in anemia
- Reducing the risk of heart diseases and reducing cholesterol and blood fat
- Enhance liver function
- Anti-inflammatory
- Wound healing and infection prevention

Royal jelly and its benefits in brief

Royal jelly is the queen's food and is hard to come by. It has many benefits, some of which are presented:



Some of the benefits of Royal jelly

- ❖ Body and face skin rejuvenation
- ❖ Auxiliary treatment of fatty liver and prevention of liver cirrhosis
- ❖ Prevent premature aging in women and men
- ❖ Adjuvant treatment of some types of cancer
- ❖ Increasing the physical foundation in chemotherapy
- ❖ General strengthening of the body
- ❖ Useful for patients with diabetes and blood sugar disease
- ❖ Strengthening memory and improving concentration and preventing Alzheimer's disease in old age
- ❖ A powerful antioxidant for everyone
- ❖ Strengthening the immune system and increasing the level of white blood cells in the blood
- ❖ Healing stomach ulcers and controlling stomach acid
- ❖ Prevent osteoporosis

How to use royal jelly?

For those who have a special problem in the body, it is different depending on the doctor's recommendation.

The minimum dosage for health and general consumption: half to one gram daily for 3 months, and after a month is interrupted, it can be used again for another 3 months.

For adjuvant treatment of cancer: everything depends on the doctor's recommendation, but usually 1 to 3 grams per day varies depending on the patient's condition.

For the prevention of Alzheimer's in the elderly: half a gram should be used daily for 2 months, and it can be used again for another 2 months if it is interrupted for a month.



GAAM HONEY

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"GAAM" ROYAL JELLY
Have a different experience of miracle of nature