

Take a deep breath

Discover Beehive Air
Therapy



APITHERAPY

Beehive Air Therapy is recommended for respiratory diseases or allergies, like hay fever. Photos: Christina Meier, Dirk Jäger

even had a patient who came to her with subsequent symptoms of a COVID 19 infection. "The patient was already over 70 years old and suffered as a result of the infection from severe symptoms of exhaustion. Many of her everyday activities were exhausting her enormously. After just a few treatment sessions, her discomfort was reduced noticeable and sustainable", reports Dr. Jäger-Hundt.

Not Enough Scientific Research

As impressive as the success stories are, Dr Jäger-Hundt knows how to realistically classify this form of therapy: "So far, we still have only patients' feedback, which are, purely subjective sensations of the treated patients. There are only very few secured scientific studies. On the other hand, I can clearly see how the beehive air helps my patients. As a general practitioner I would like to know, why and how it works."

It is therefore fundamentally important for Dr Jäger-Hundt that beehive air therapy is done to the highest standard: Each patient gets a thorough check-up before the first treatment session takes place, the Dr tests for any allergic reactions to the beehive air. The Equipment for beehive air therapy corresponds to technical standards for medical devices. Dr Jäger-Hundt is in direct contact with the world's only manufacturer of such devices in order to continuously improve beehive air therapy. Together they maintain contacts with the Technical University of Dresden and the outpatient clinic for naturopathy of the Charité in Berlin. The TU Dresden did a study in the past on the exact Composition of beehive air. A follow-up study will now help to find out what influence the location of the bees, that respective flora and fauna as well as the time of day has on the composition of beehive air. This could shed some light on which ingredients play a role in the treatment of certain diseases, and create a foundation for further research and clinical studies. Until that happens, For Dr Jäger-Hundt from Saxony continue to rely one thing above all: the wellbeing of her patients.

Compared to other beehive products that are used for therapeutic use, beehive air therapy is one area within Apitherapy that has gradually prevailed as a form of therapy over recent years. The good air from within the beehive is growing in popularity. The list of health conditions, where beehive air therapy can be used is getting longer and longer: Asthma, hay fever, bronchitis, chronic obstructive pulmonary disease (COPD) - to name a few. However, the effect and effectiveness of beehive air therapy have been researched only a little so far. But it is changing gradually. Medical professionals as well as more and more science teams are increasingly interested in this form of therapy.

Start in May

In Spring, when the bees gain their strength and fly again to collect nectar, bee pollen, bee propolis, then the Beehive Air therapy season also begins for Dr. med. Antje Jäger-Hundt in Kreischa, Saxony (Germany). The paediatrician operates an Apitherapy Centre for beehive air. Her husband is a "Bio" beekeeper and he takes care of the beehives. During bee season from May to September patients come to the Apitherapy Centre in Kreischa to improve their health conditions. They inhale beehive air straight from the beehive during their therapy sessions. A therapy session is 30 minutes long. The frequency of the therapy sessions depends on the patient's health issue. With hay fever for example, patients often feel an improvement of their symptoms after just six treatment sessions per bee season. With chronic conditions like Asthma and COPD

you will need significantly more therapy session.

No More Running Noses

The subjective descriptions of those treated are mostly positive. "With consistent beehive air therapy sessions lots of patients can reduce their medication over time or even stop them altogether! Of course, in consultation with their medical professional or GP." explains Dr. med. Antje Jäger-Hundt. "It is particularly noticeable in hay fever patients. I hear from patients regularly that the irritating symptoms like itchy eyes or running noses noticeably decrease after the first treatment session." Last autumn she



Dr. med Antje Jäger-Hundt runs a Apitherapy Centre in Kreischa, Saxony (Germany)

Author: Philipp Senge

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Deutsches Bienen Journal.