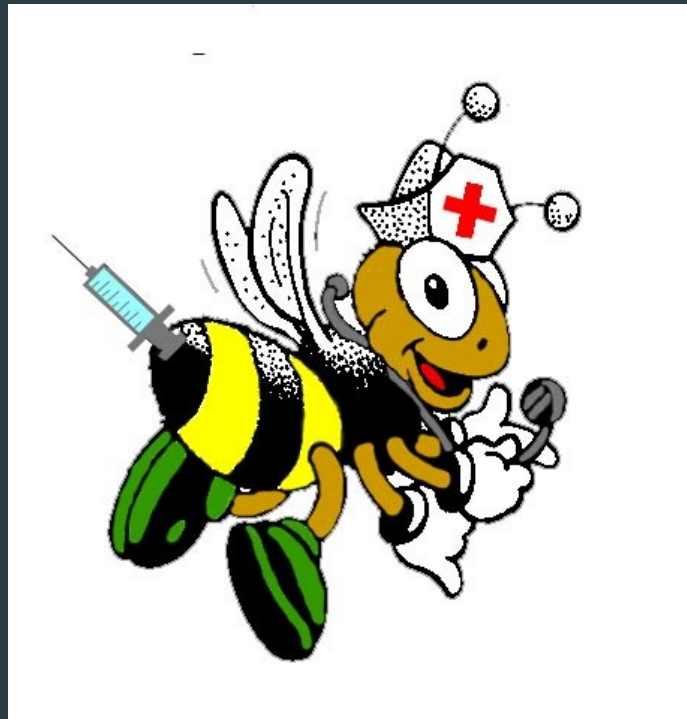


Apitherapy in Portugal (from 2003 to 2015)



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Co-Founder of BEES FOR LIFE Organization
Apitherapy Consultant

Apitherapy in Portugal (from 2003 to 2015)

- ▶ I practice Apitherapy since 2003.
- ▶ My specialty is Micro Api puncture.
- ▶ Micro Api puncture is a Japanese method of Bee Venom Therapy.
- ▶ This method is less painful for the patient and is also more efficient because it allows to treat a wider area with the same stinger.



Portuguese “Super” Bees

- ▶ In Lisbon we have good temperatures all year round.
- ▶ Because of the mild weather and many different flowers all year, the bees are collecting pollen all the time.
- ▶ The bee pollen provides the energy they need to work outside and also strengthens the bee venom.

Bees collecting pollen in November 2013



Bees collecting pollen in February 2014



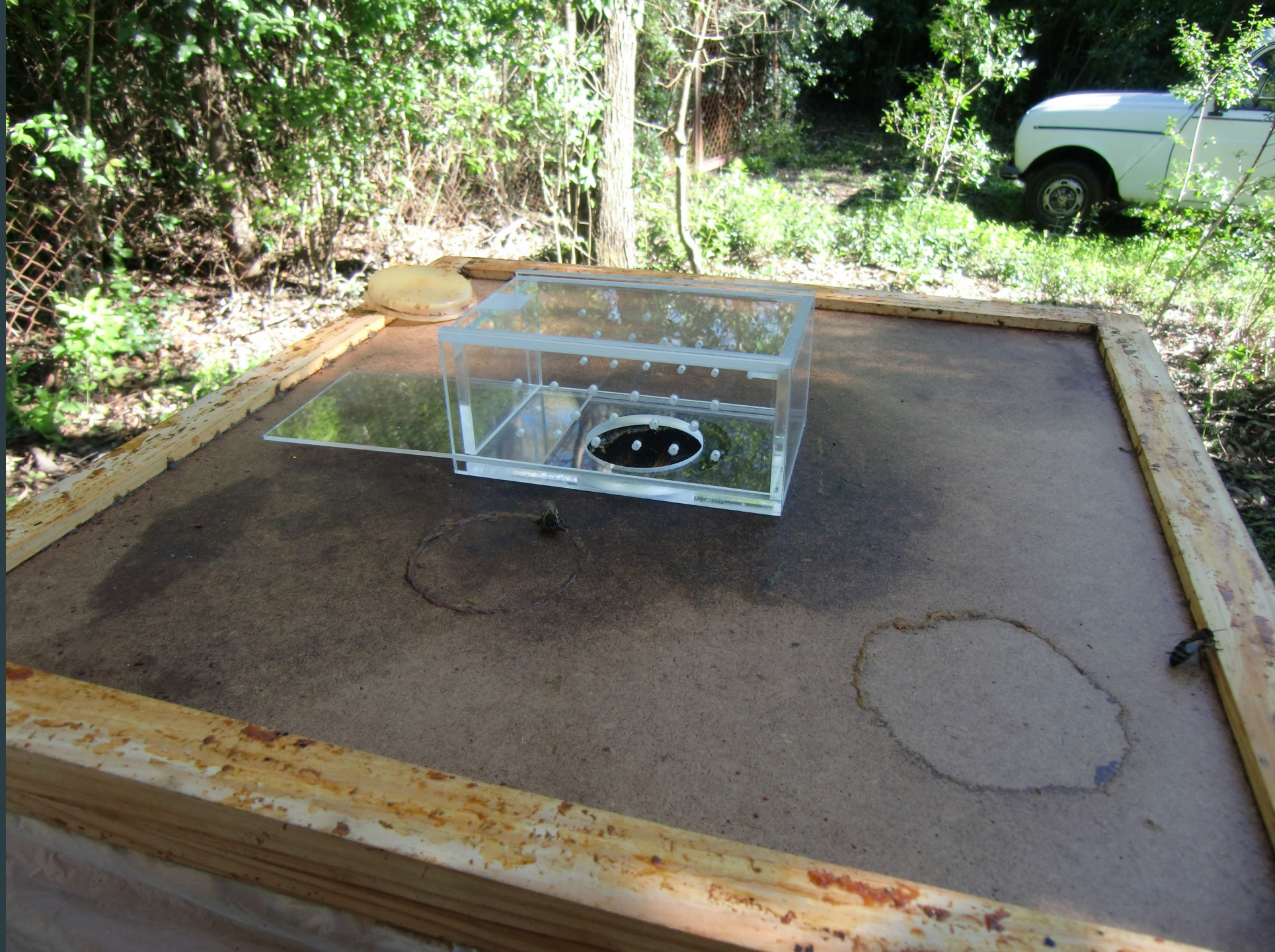


Taking bees for my pratice with my bee box



















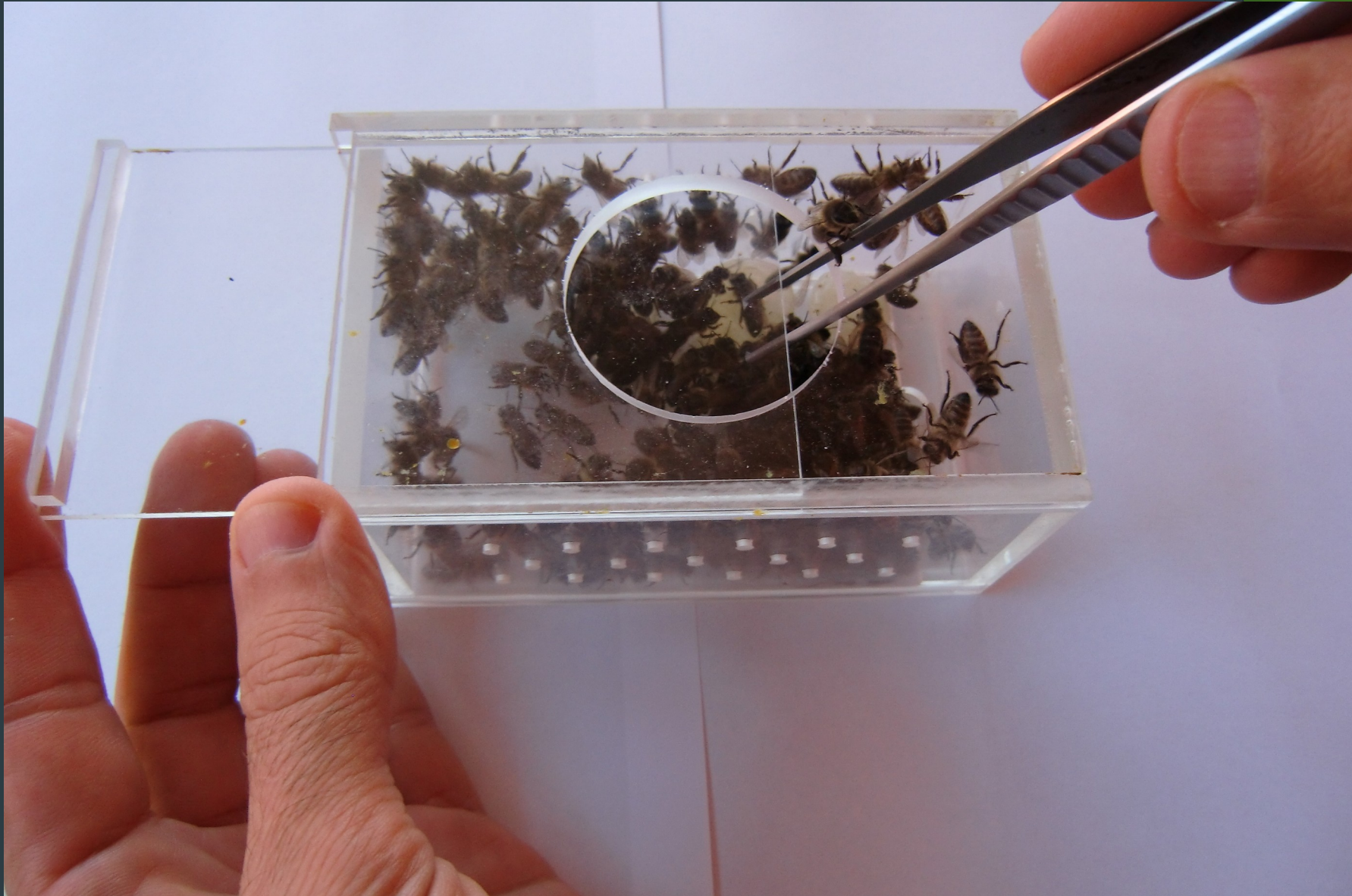


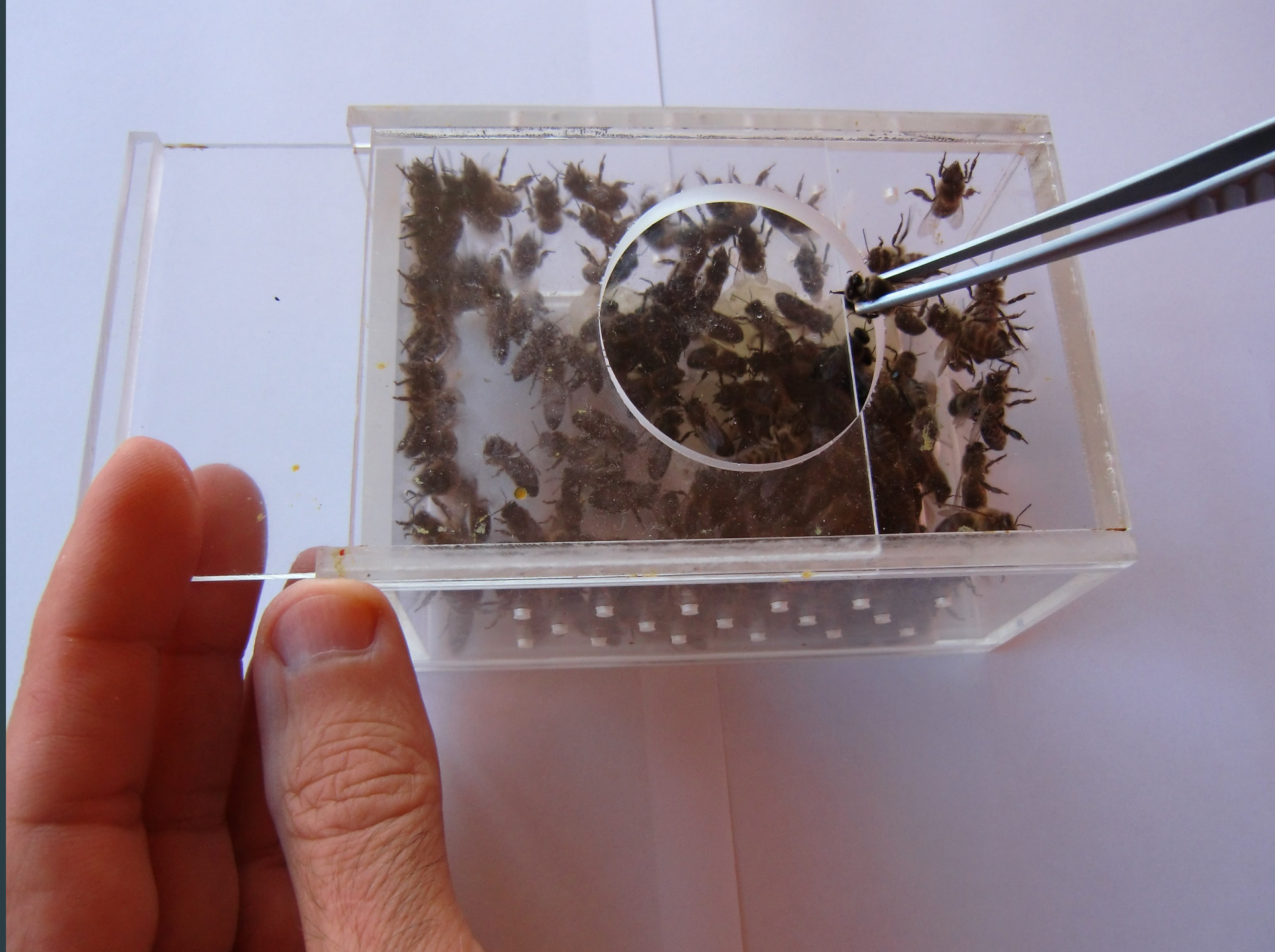




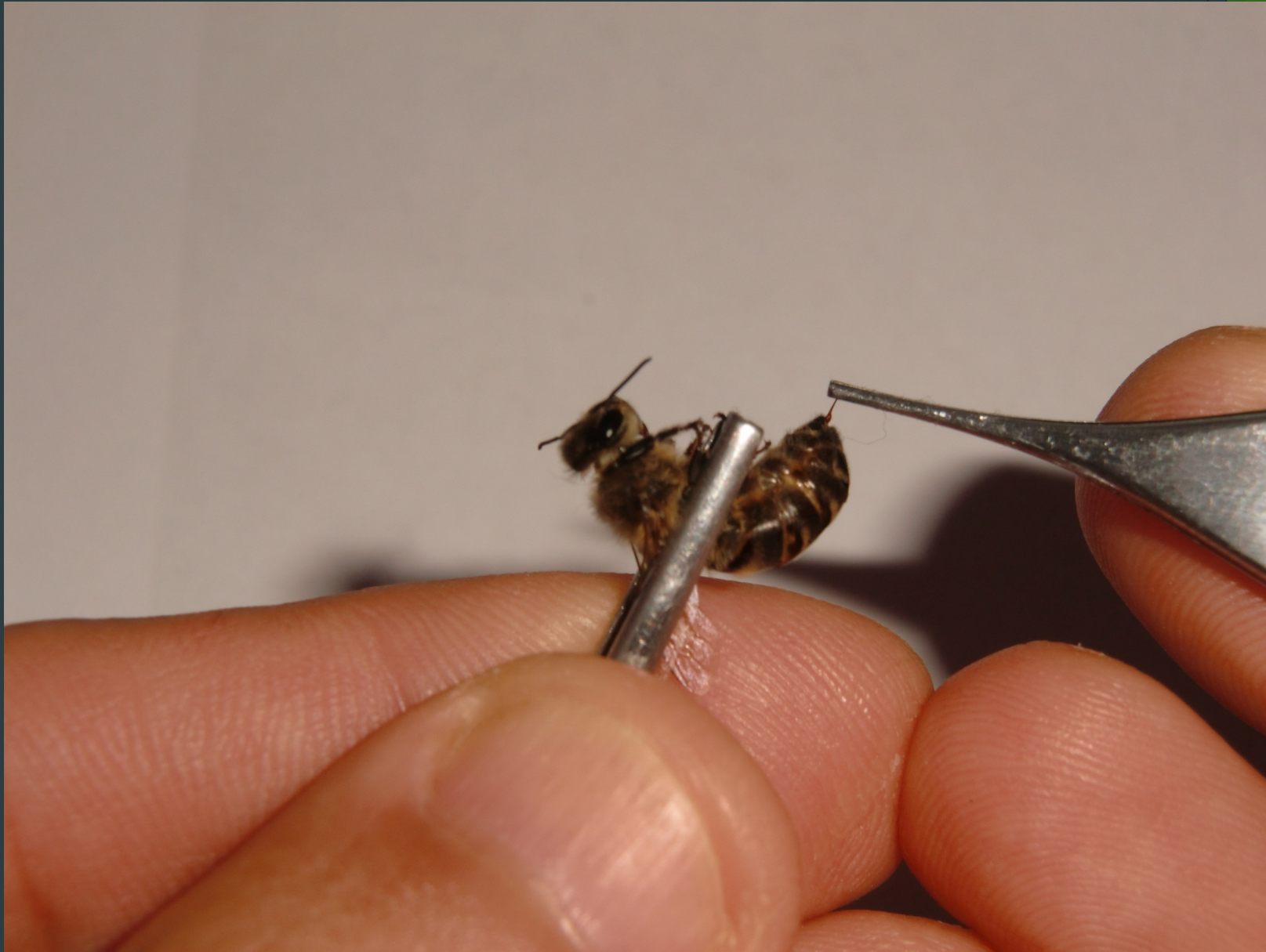


Taking one bee at the time for BVT



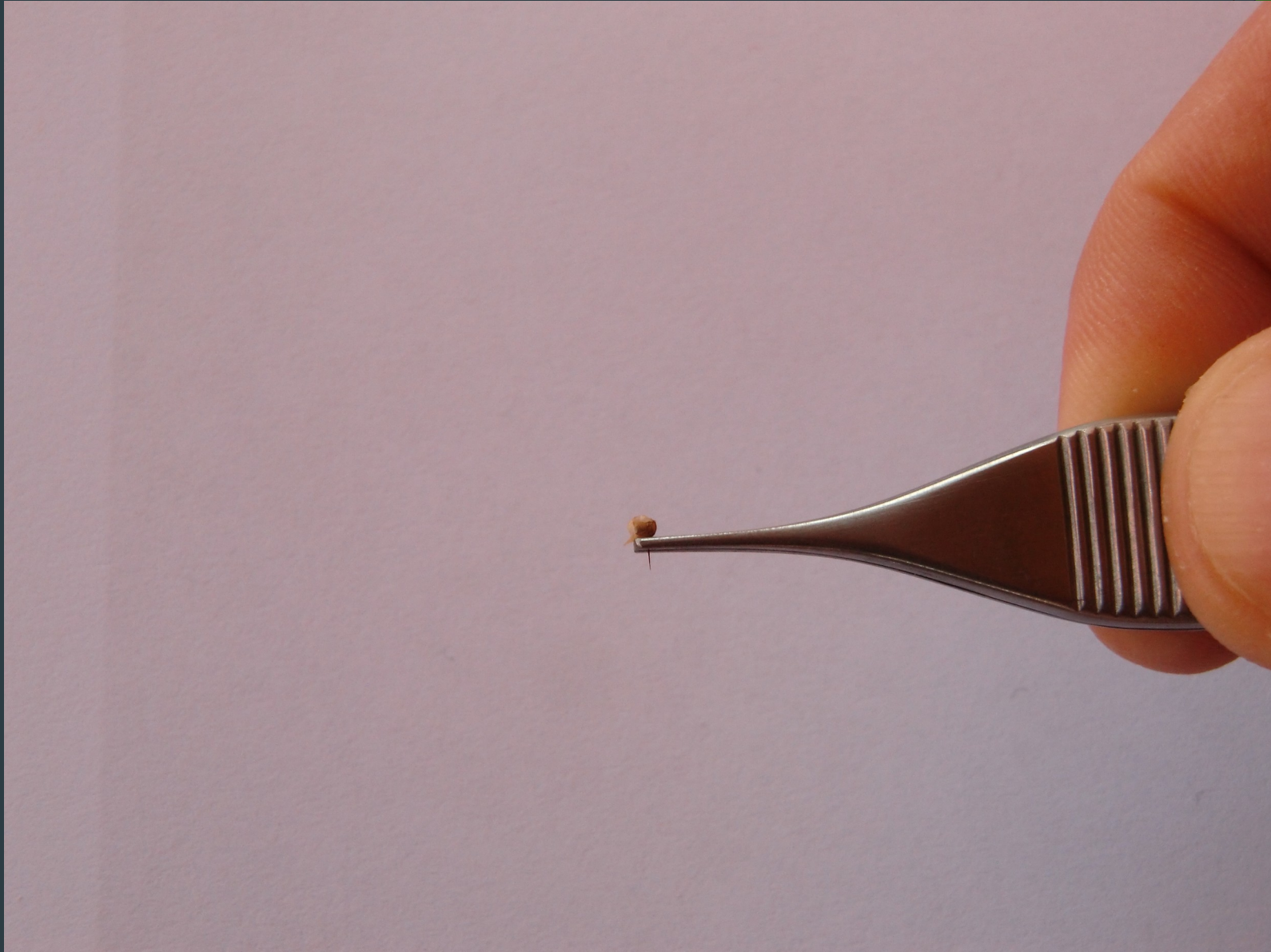


Removing the bee stinger

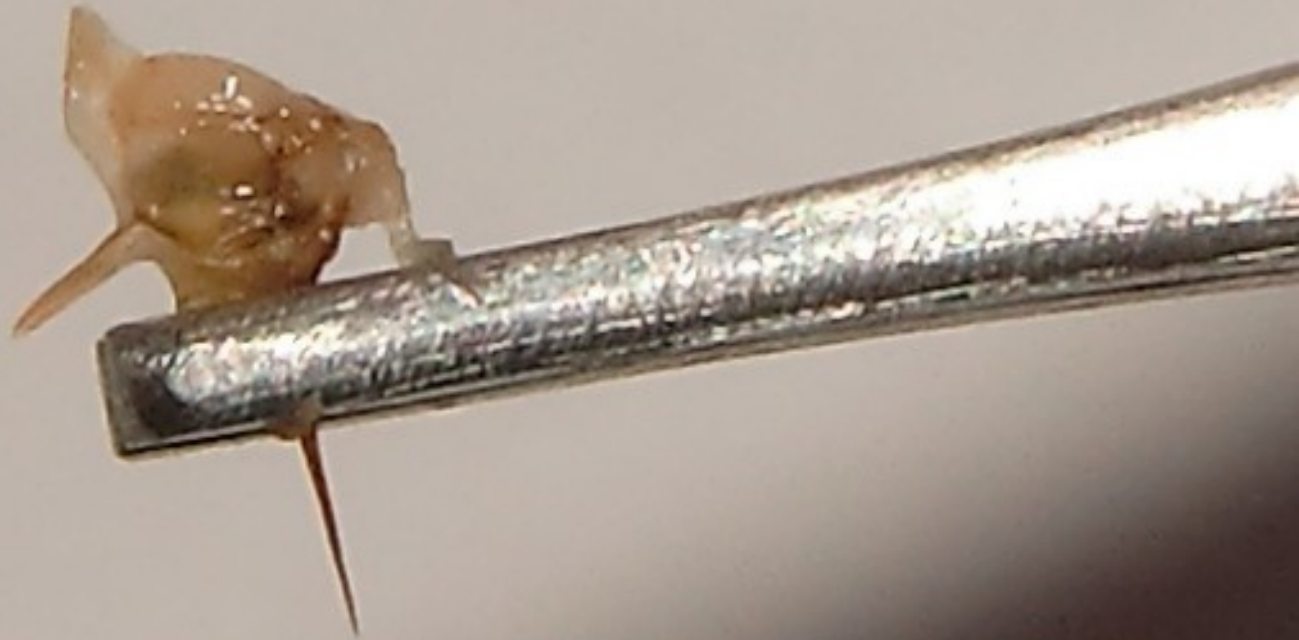




Bee stinger ready for Micro apipuncture



Incorrect position of the stinger



Correct position of the stinger



Applying BVT on the skin







Quantity of bee venom with Micro-Apipuncture

Sting Strength

- Level 1 – Introduce the stinger in the patient skin and remove it immediately
- Level 2 - Stinger left in about 0.5 seconds
- Level 3 - Stinger left in about 1-2 seconds

For level 1 - 3: Wait 5-6 seconds after removing the stinger before treatment

- Level 4 - Immediately after removal the stinger is left in for 5 seconds
- Level 5 - Direct sting

Quantity of bee venom with Micro-Apipuncture

- The patients receive one treatment each week.
- In some exceptional cases it is possible for the patient to receive 2 or 3 treatments in one week or even everyday.
- To avoid strong reactions, it is best to increase one level in each 4 treatments (ex: **level 1** from first to 4 treatment, **level 2** from 5 to 8 treatment, etc.).
- Factors such as age, gender, weight, health condition, diet and use of smoke or alcohol will make a big difference on the recovering between patients.
- Also the results depend on if the patients accept and don't "forget" to do what is recommended or if they don't avoid stress.

Apitherapy in Portugal

- In my practice office I receive any kind of patients.
- From people who want to look younger or loose weight to people with serious problems like Cancer, Autoimmune diseases such as Rheumatoid Arthritis or Multiple Sclerosis.

Micro apipuncture for cosmetic



Micro apipuncture for treating hair loss



Micro apipuncture to treat back pain







Micro Apipuncture for neck and sholders pain





Micro apipuncture to treat sacral bone pain



Micro apipuncture to treat herpes



Micro Apipuncture for removing scars





Micro Apipuncture for treating infections in the gums





Result after only 3 treatments



Micro Apipuncture for treating skin problems



3 months after the first visit

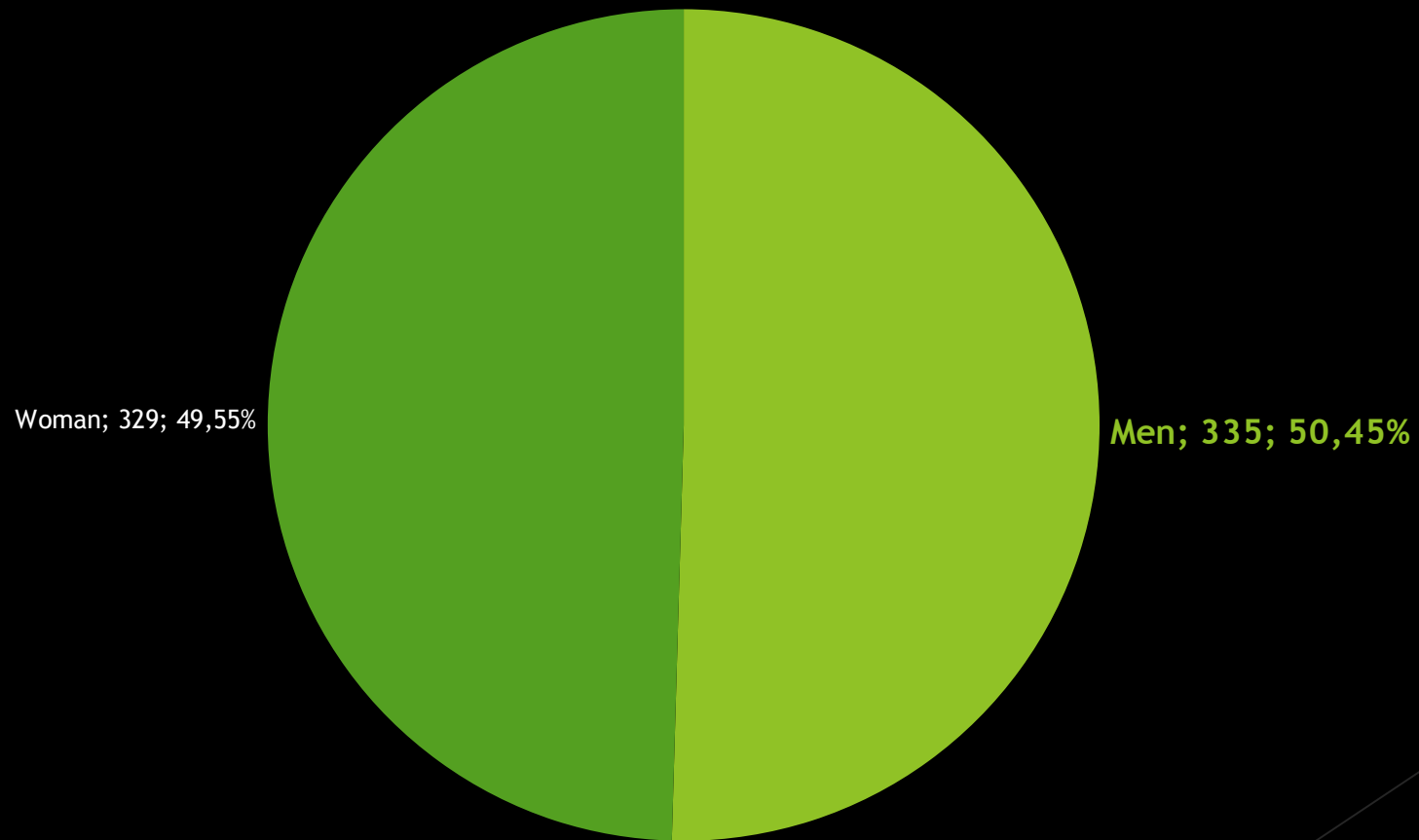


Apitherapy in Portugal (from 2003 to 2015)

- I started to receive patients for apitherapy treatments in 2003.
- I received more than 600 patients since 2003.
- My patients never felt any Anaphylactic Shock.
- Only 3 patients felt a strong unpleasant reaction to Bee Venom.

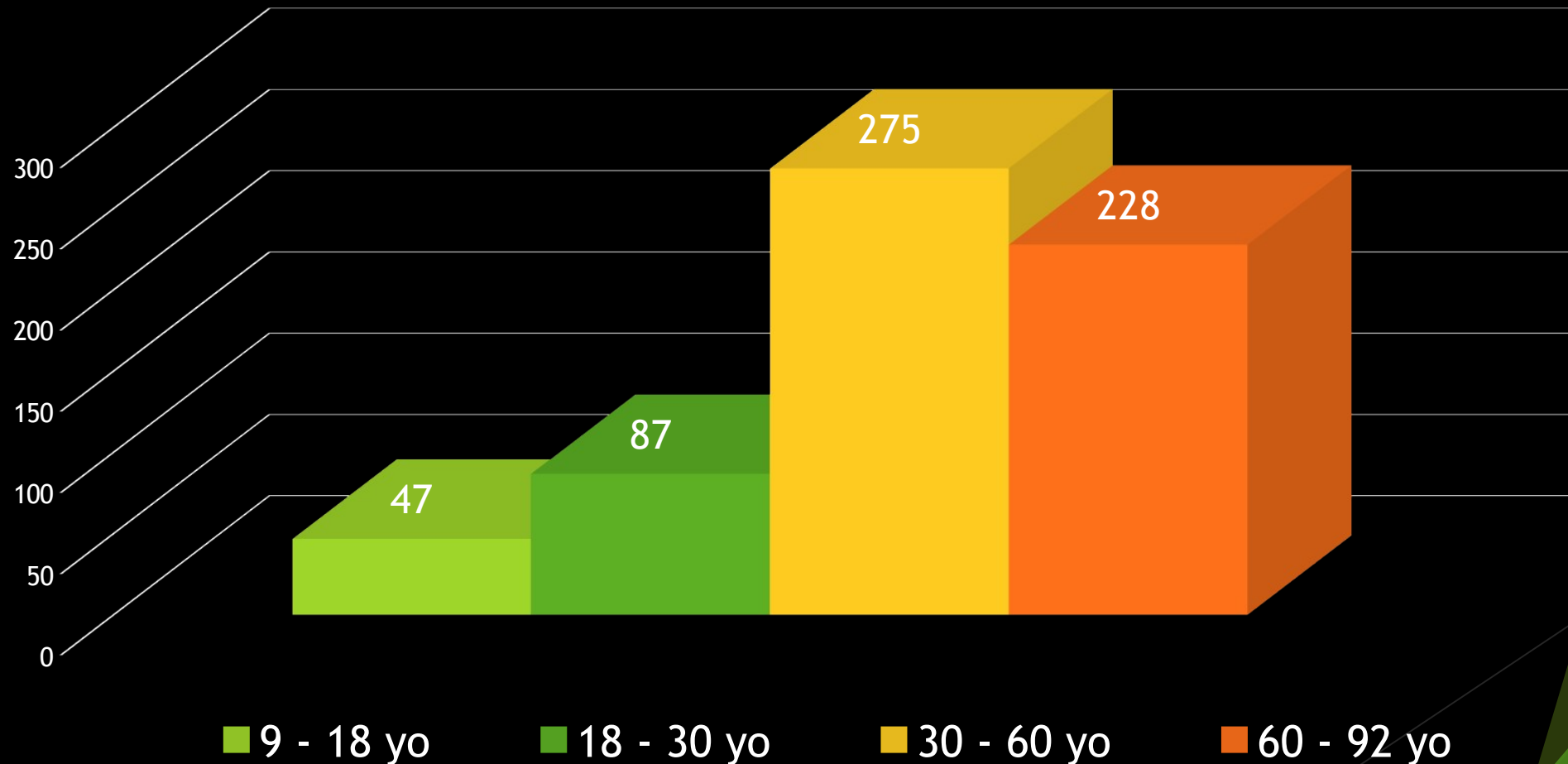
Apitherapy in Portugal (from 2003 to 2015)

Consultations



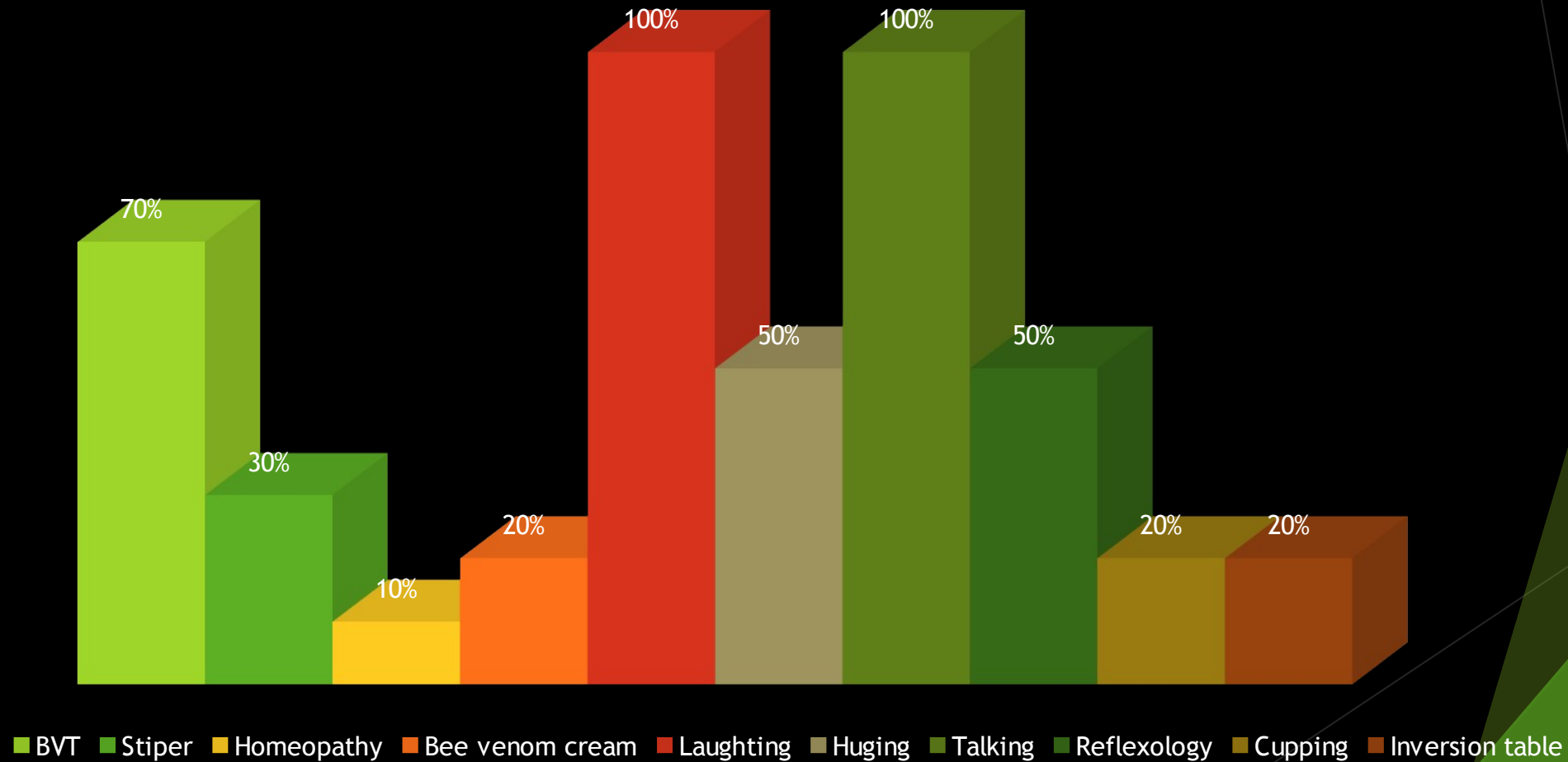
Apitherapy in Portugal (from 2003 to 2015)

Age of the patients



Apitherapy in Portugal (from 2003 to 2015)

The methods I use



BVT with direct bee sting









Bee Venom Cream

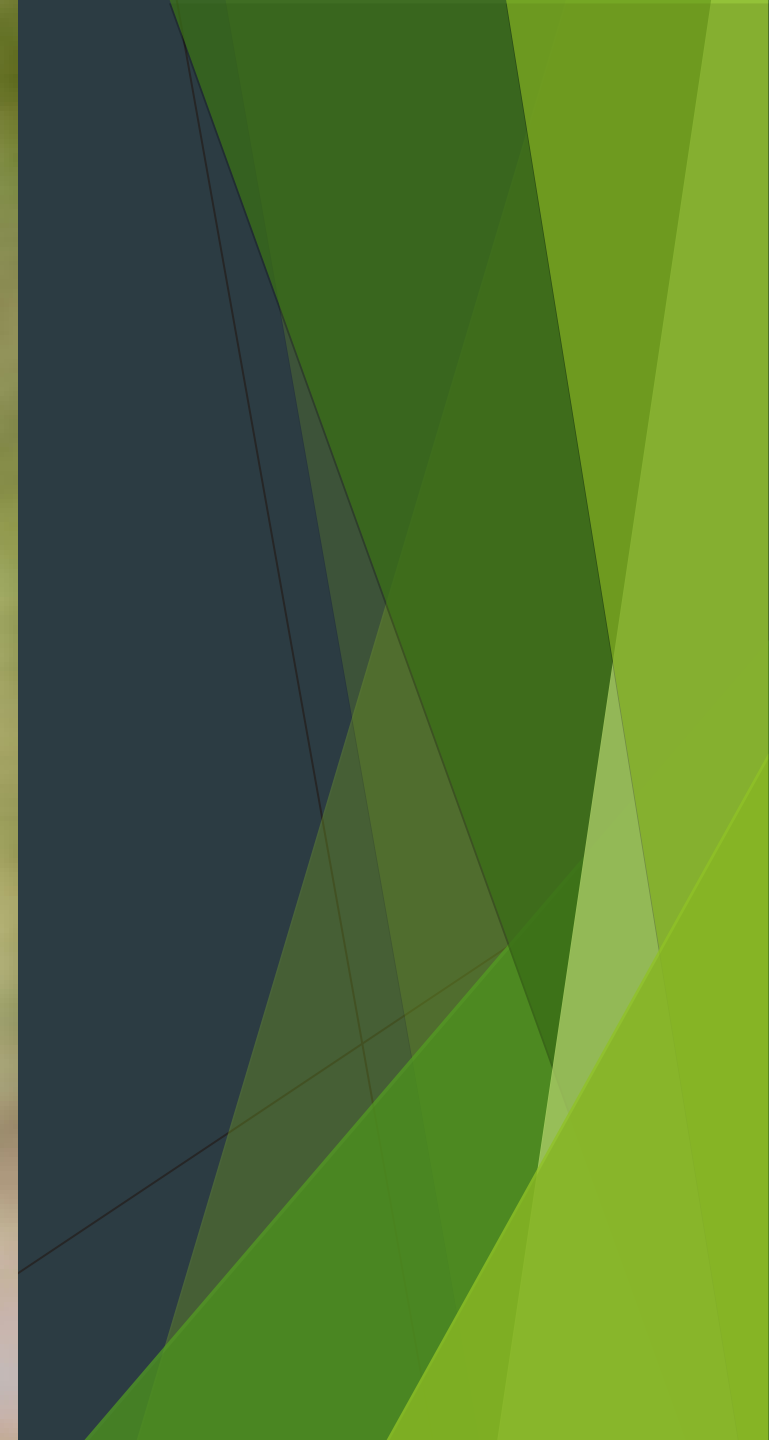




HUGs have healing power



The hug is healthy





**Hugs help the immune system of
the Human Body**

And the other animals too







Hugging is love



Hugs keep us healthy



Hugs cure depression



A close-up photograph of a woman with short brown hair, wearing a grey hoodie, hugging a man from behind. The man is wearing a light blue button-down shirt. The woman has her eyes closed and a slight smile, suggesting a warm and comforting embrace. The background is blurred, showing what appears to be an indoor setting with glass doors or windows.

Hugs reduce stress

Hugs lead to the dream



A photograph of a man with dark hair, wearing a white t-shirt, hugging a lioness from behind. The lioness is looking towards the camera with a calm expression. They are in a dry, open landscape with sparse vegetation and a fence in the background. The text "Hugging is empowering" is overlaid in the lower-left area of the image.

Hugging is empowering

Hugs are
rejuvenating and
have no
unpleasant side
effects





**The hug is neither more nor less
than a medical miracle**

- ▶ The hug is absolutely natural, organic, sweet but no sugar, no pesticides, no artificial colors or preservatives, no artificial ingredients and 100% biological.

► Hug is nearly perfect:

1. It's free
2. No spills
3. No batteries get low
4. Does not require periodic checks
5. Has low energy consumption
6. Produce energy
7. It is inflation-proof
8. Non-fattening
9. No monthly fees to pay
10. No requirements of insurance

Hugs are theft-proof,
do not contaminate
and are fully
recyclable

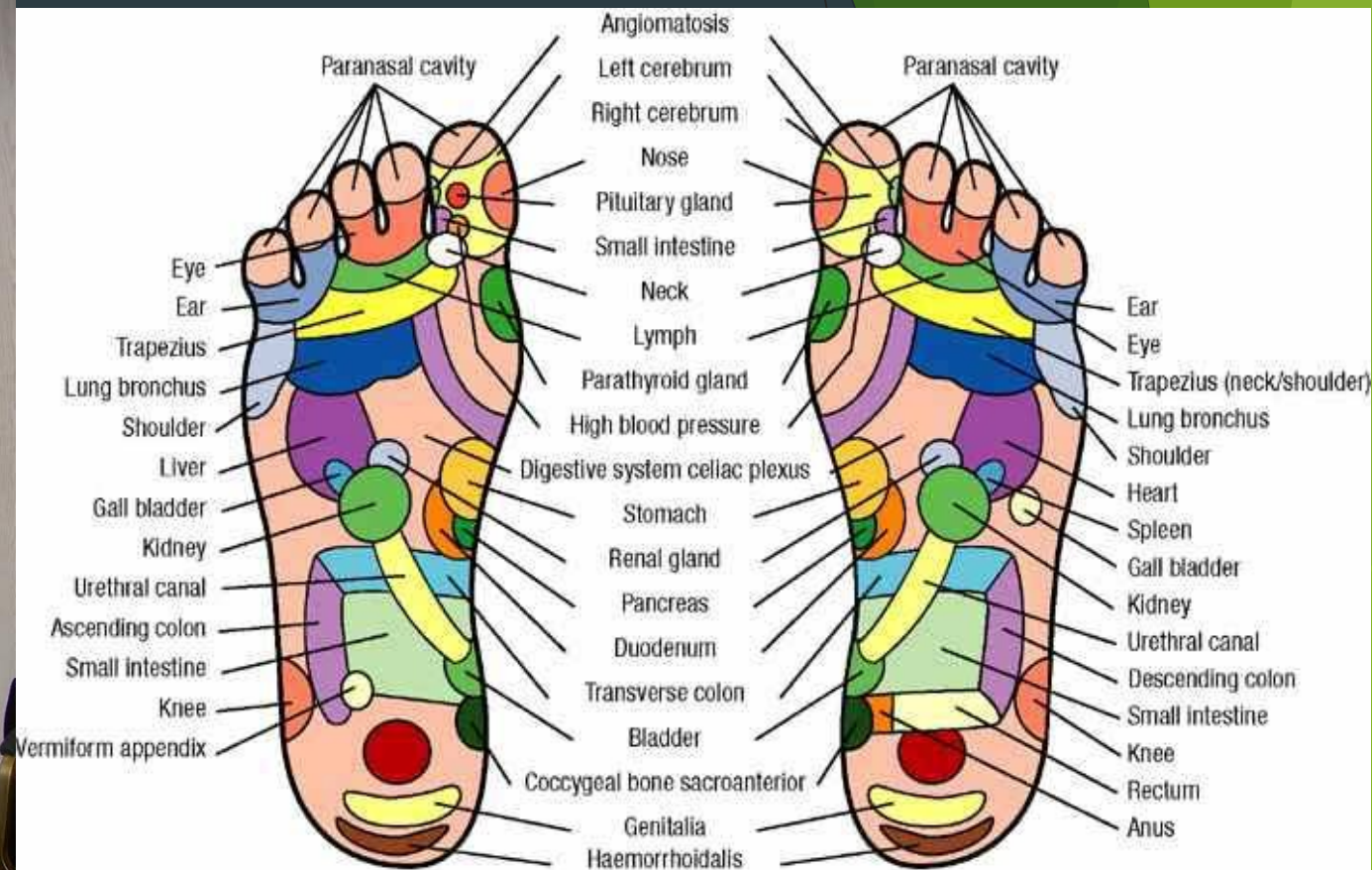


We need:

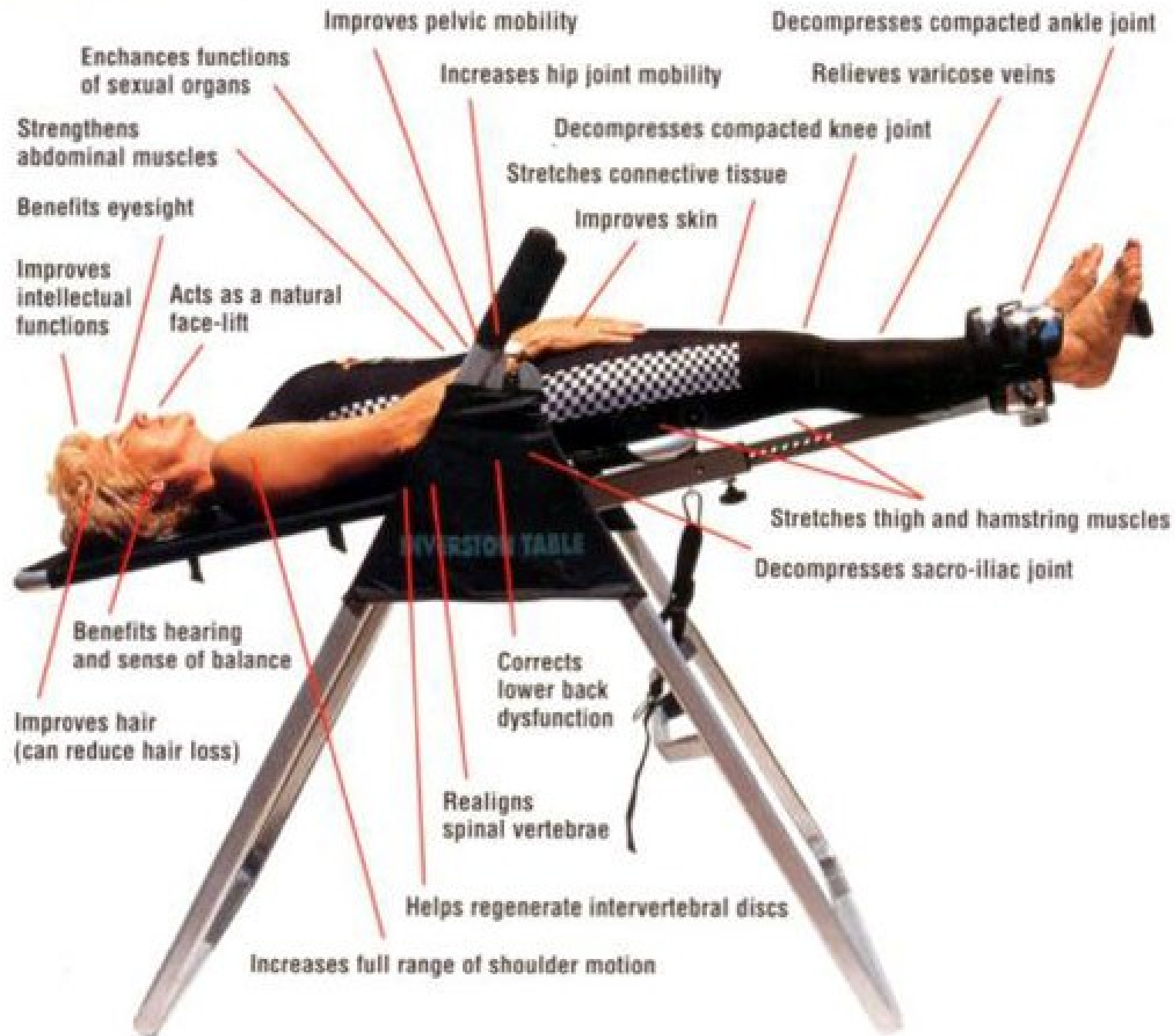
- ▶ **4 DAILY HUGS TO SURVIVE**
- ▶ **9 DAILY HUGS TO KEEP ALIVE**
- ▶ **12 DAILY HUGS FOR GROWING**



**TRY IT (DON'T BE AFRAID) AND IT WILL
SURPRISE YOU**

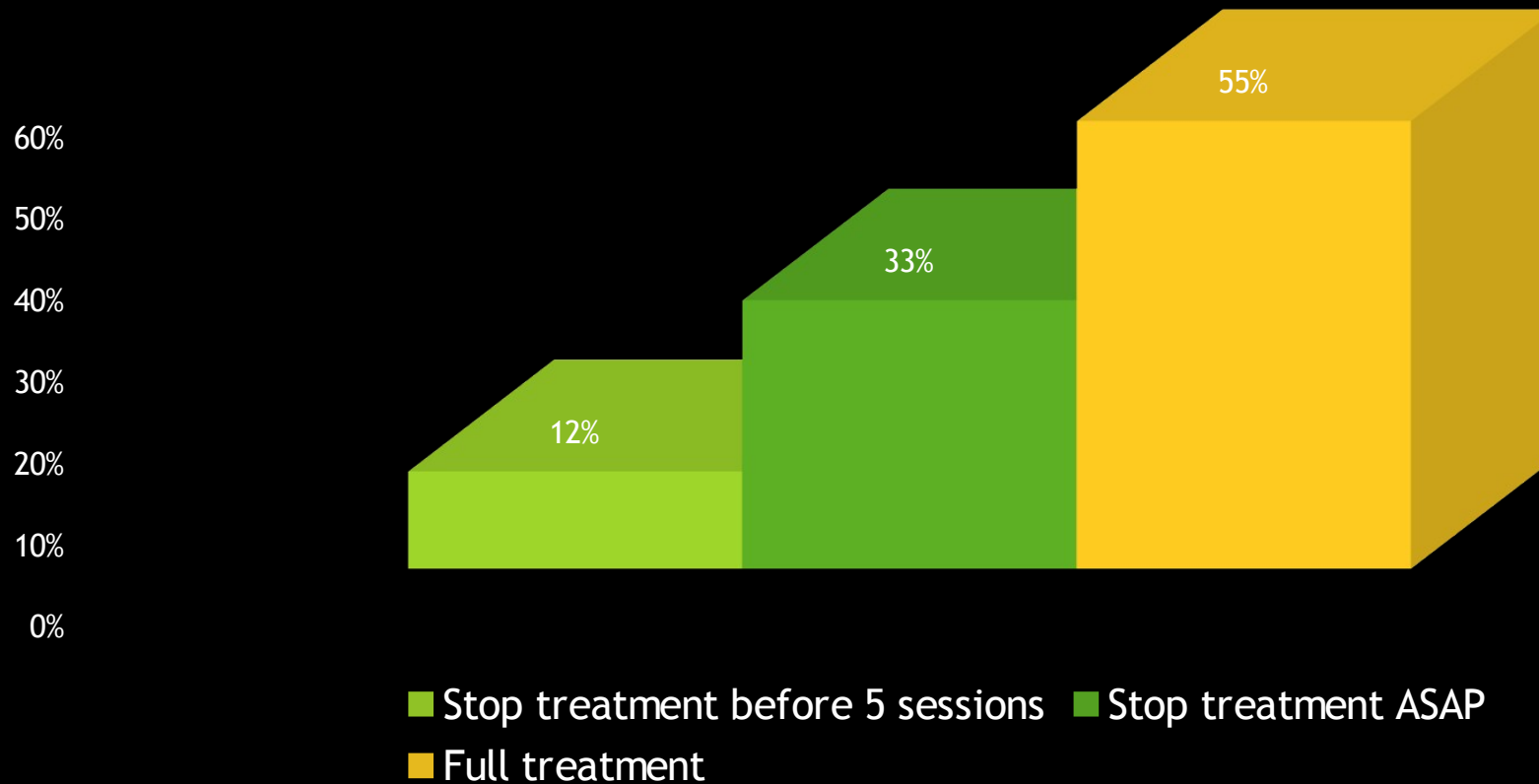






Apitherapy in Portugal (from 2003 to 2015)

Patient's reaction to BVT



Apitherapy in Portugal (from 2003 to 2015)

	Men	Women	Qty treatments Men	Qty treatments Women
Bone pain (after healing of fracture)	19	7	224	133
Amyotrophic lateral sclerosis	2		15	
Ankylosing spondylitis	4	2	52	60
Anxiety	1		10	
Arthritis	22	32	193	317
Asthma	1	1	5	12
Back pain	34	21	290	156
Cancer	21	27	108	45
Carpal tunnel syndrome	3	5	42	89

Apitherapy in Portugal (from 2003 to 2015)

	Men	Women	Qty treatments Men	Qty treatments Women
Cellulitis		22		123
Depression	1	3	6	45
Disc hernia	36	30	340	247
Eczema	12	9	122	98
Fibromyalgia	1	5	20	47
Hearing loss	2		37	
Heel spur	1	7	5	66
Herpes	15	23	43	98
HPV		4		45

Apitherapy in Portugal (from 2003 to 2015)

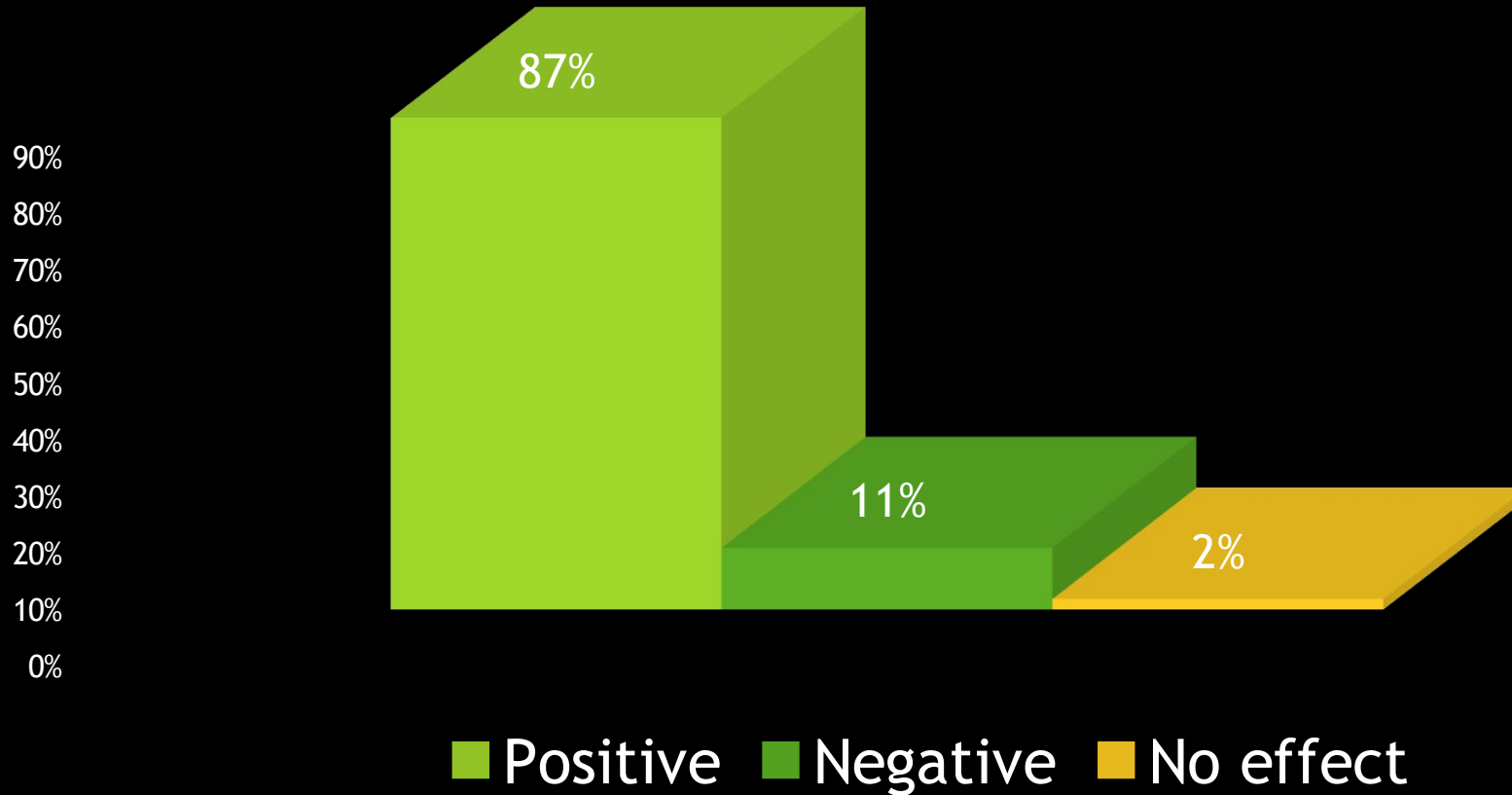
	Men	Women	Qty treatments Men	Qty treatments Women
Hypertension	22	32	321	411
Infertility	3	3	145	145
Impotence	12		202	
Insonia		3		19
Meniscus	4		35	
MS	19	11	380	240
Porphyria		1		14
Psoriasis	10	14	52	104
Rinitis	7	4	50	43

Apitherapy in Portugal (from 2003 to 2015)

	Men	Women	Qty treatments Men	Qty treatments Women
Sciatic pain	26	18	315	206
Sinusitis	2		8	
Tendinitis	31	28	340	262
Transverse myelitis	1		31	
Ulcerative colitis	6	1	67	6
Uric acid	15	2	111	25
Varicose veins	2	14	39	312

Apitherapy in Portugal (from 2003 to 2015)

Treatment results



Thank You and Bee Happy



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