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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Using Royal Jelly For Skin Care

By Gray Rollins

If you don't know what it is, you might think that Royal Jelly sounds more like something you'd

spread on your toast rather than your skin. However the truth is, a lot of people use Royal Jelly as part of their daily skin care routines. Despite its funny-sounding name, Royal Jelly is for real. In fact it's a 100% natural product that is actually derived from the secretions of male worker bees. If you think you'd rather not put something like that onto your skin, I suggest you keep reading.

A Look Inside Royal Jelly

If you were to break Royal Jelly down into its individual components, you would find that it is made up of mostly water (60 – 70%), protein (about 12 – 15 %), and sugar (10 – 16%). The remaining components include fats, salts, amino acids and an abundance of vital minerals and vitamins. In an active bee colony, worker bees feed these rich secretions to bee larvae.

After a few days of giving over their Royal Jelly, the worker bees begin to focus only on the larvae that exhibit the greatest chance of becoming the Queen. Only one will be lucky enough to continue receiving the Royal Jelly and soon will develop into the Queen.

And that is how Royal Jelly got its royal reputation. There are many ways to use Royal Jelly including using it as part of an effective skin care routine. After all, it makes sense that if Royal Jelly can help produce a Queen Bee that is better and stronger than the rest, then anyone who uses Royal Jelly on his or her skin should be able to reap such royal benefits as well!

Some Royal Jelly Skin Care Uses

Readily available from distributors around the world, Royal Jelly comes in capsule and liquid form. It's available as a chewable tablet and also as a powder and an elixir. When Royal Jelly will be used as part of a skin care routine, you need only massage a small amount into the skin. Within seconds, the skin will begin feeling tighter and fine lines and wrinkles will be much less noticeable. You'll feel almost as if you've just had a facelift, except there won't be any pain and you will have spent only a small fraction of the cost!

Using Royal Jelly For Skin Care

If you live in a colder, harsher climate, your skin will benefit from a regular Royal Jelly skin care routine. Dry skin looks dull, red and blotchy. It makes a person appear much older than he or she is. Skin that's hydrated appears more vibrant. Royal Jelly's moisturizing qualities give skin a fresh feeling, one that's soft and smooth.

You can easily spend hundreds of dollars on skin care products, but you won't have to if you let Royal Jelly work its magic on your skin. Apply it all over your body – your hands, legs, back, and anywhere your skin needs a bit of help. When you're done, your skin will definitely thank you.

Gray Rollins is a featured writer for BeeCharmersWife, a site about beekeeping, and bee products. To learn more about royal jelly, visit

<http://www.beecharmerswife.com/royaljelly/>

and

<http://www.beecharmerswife.com/royaljellyskincare/>

Best Recipes: Peanut Butter and Jelly Milkshake

By Donna Monday

Our old favorite sandwich standby: peanut butter and jelly, has got a new twist! That's right. Now you can have your peanut butter and jelly in a glass. Got milk?

A little ice cream? Good. Then you're ready to have a yummy taste treat that will really satisfy all your PBJ desires.

Peanut Butter and Jelly Milkshake makes a great afternoon snack for kids and adults. Now all you've got to do is decide what kind of jelly you want with that milkshake.

I know. Decisions like this can be so hard sometimes.

Peanut Butter and Jelly Milkshake 1 tablespoon peanut butter 2 tablespoons jelly or jam (grape, raspberry or strawberry) 1/2 cup milk 1 cup vanilla ice cream

Directions

Combine peanut butter and jelly. Place in blender. Add milk and ice cream.

Blend until smooth.

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Donna Monday

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Easy to make - fun to drink

<http://www.1st-milkshake-n-smoothie-recipes.com>

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