



GOLD BIRD'S NEST

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The real benefits of bird's nest

Bird's nest considered the best of its kind and often called the "Caviar of the East" because of its value and rarity. The benefits of drinking bird's nest will give you 1001 different ways to enhance optimal health when consumed regularly. Drinking bird's nest was traditionally used to improve overall immunity or to quicken the recovery process after illness. The study shows that researchers are still trying to figure out what makes the birds nest special.

Water soluble protein from the Swiftlet saliva contain amino acids, which are the building blocks of cells and can be found in abundance of single bird's nest. They also contain hormones like testosterone and estradiol, which regulates the importance of body functions.

It is proven that birds nest contains substances to promote tissue regeneration, cell growth and helps boost the immune system to keep you away from catching the dreaded flu bug. Though we need more exploration in order to understand but seems like bird's nests are definitely working out well around the globe.

The traditional way of harvesting bird's nest.

Their nests are high up in coastal caves of Southeast Asia, in places such as Thailand especially Nakhon Si Thammarat; a largest natural source of bird's nest. And harvesters often face considerable amounts of danger having to scale the cave walls with harnesses, ropes and ladders. One false move could lead to an untimely end.

