



# *Blueberry Fruit*

*Bone weakness during  
menopause, cancer,  
antioxidant, cellular  
repair*

**Information:** Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) *before* starting/changing your program.

**Botanical:** *Vaccinium corymbosum*

**Family:** *Ericaceae* (berry)

*Join the good health brigade with **Blueberry!** Startling new developments have placed Blueberry at the top of the health list to *soak up free radicals and combat carcinogens.* Blueberry also supports healthy blood sugar levels, healthy cardiac function and is *packed with valuable nutrients and vitamins.* The anthocyanins in Blueberry are beneficial for helping to *combat age-related memory loss and Alzheimer's disease.**

Nutritious Blueberry is packed with the antioxidant vitamins A, C, E, as well as vitamin K and B-vitamins, fiber, folic acid, tannins, high levels of iron, manganese, potassium, phosphorus, magnesium, zinc and calcium. Blueberries also contain flavonols, anthocyanins and other antioxidant pigments and

phytochemicals that may play a role in reducing risks of some diseases.

**Beneficial Uses:** *Great news:* The United States Department of Agriculture researchers have found that Blueberry topped the list of fruits and vegetables that soak up free radicals that attack our healthy cells. Blueberry contains terpenes that are thought to help shut down carcinogens, and the tannins in Blueberry appear to inhibit carcinogens from binding to their targets. According to USDA research chemist, Ronald Prior, PhD., Blueberries are chock-full of anthocyanins that can prevent tumors from forming and suppress their growth.

Researchers from Rutgers University and the U. S. Department of Agriculture suggest that a compound found in Blueberries may be good for

preventing bowel cancer, and that key ingredient, an antioxidant called pterostilbene, could be put into a pill. Similar antioxidants have already been identified in grapes, cranberries and red wine, and can be good for lowering blood cholesterol too. In the studies, the Blueberry compound also reduced inflammation and the rate of cell division in the bowel, which are both considered to be cancer risk factors.

Blueberry is called one of Nature's most powerful antioxidants. Based on data from the USDA Human Nutrition Research Center on Ageing (Boston, MA), Blueberries are among the fruits with the highest antioxidant activity. Its chemical compounds, including anthocyanin and phenolics, help to combat cell damage caused by harmful free radicals and cleanse the blood of toxins. It is also thought to be useful for swollen lymph nodes.

In combating Type-2 diabetes, Blueberry promotes healthy blood sugar levels. There is a substance in Blueberry called myricitrin that helps reduce blood sugar in the way that insulin would. Diabetics should always check their blood sugar levels regularly and consult their physicians regularly.

The flavonoid, anthocyanin, in Blueberry is believed to strengthen the capillaries in the eyes and is said to decrease eyestrain. Good cardiovascular health is also promoted with Blueberry. It appears to reduce bad cholesterol and high blood pressure and, thereby, possibly diminish the risk of heart ailments and stroke.

Blueberry is said to support good urinary tract health and appears to reduce the occurrence of bladder and kidney infections.

As an astringent, the tannins in Blueberry have also been used to treat diarrhea in herbal remedies. The antioxidant properties in Blueberry offer great promise in the treatment of Alzheimer's disease and age-related mental degeneration. According to a medical release, Blueberry is one of the nine 'superfoods' that help to improve brain function. "Brainberries" is the term that Steven Pratt, M.D., uses to describe these tasty fruits. Pratt, who is also on staff at Scripps Memorial Hospital in La Jolla, California, says that in animal studies researchers have found that Blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions, such as Alzheimer's disease or dementia. Studies have also shown that diets rich in Blueberry significantly improved both the learning capacity and motor skills of ageing rats, making them mentally equivalent to those much younger.

In a statement published in the March, 2008, *Journal of Nutritional Biochemistry*, researchers from Florida State University and Oklahoma State University claimed that in animal studies, an increased intake of Blueberries can prevent the weakening of bones that occurs after the menopause, and that if translated to human consumption, it could see the berry's health benefits being extended beyond those already reported in the literature including lowering cholesterol and protecting against cancers and neurodegenerative diseases like Alzheimer's.

**Contraindications:**

Currently, there are no warnings or contraindications with the use of Blueberry.