

GIANT AMERICAN BLUEBERRY

Properties:

Blueberry fruits contain many organic acids (malic, citric, etc.) that tonify the digestive system, as well as sugar, tannins, pectin, myrtillin (a colouring glucoside), anthocyanin, vitamins A, C and, in a lesser quantity, vitamin B. In addition to being good to eat and refreshing, blueberries are astringent, antidiarrheal, antiseptic, anthelmintic, and are recommended in these cases:

1. Circulatory alterations in the venous system, such as heavy legs, varicose veins, phlebitis, varicose ulcers and haemorrhoids. The anthocyanins in blueberries protect and reinforce the capillaries and veins: in this manner they prevent the protein and liquid in the tissue from escaping and favour the reduction of oedema and congestion. Furthermore, blueberries increase the resistance of the heart muscle (myocardium).
2. Degeneration of the retina and decreased vision: the anthocyanins in blueberries act on the retina capillaries, improving the perfusion of those cells that are sensitive to light, and are very useful for improving adaptation to darkness. Consuming blueberries is particularly indicated in cases of diabetic retinopathy, short-sightedness and in cases of degeneration of the retina, caused by hypertension, arteriosclerosis or other causes such as retinitis pigmentosa.



3. Diarrhoea in general, in particular when caused by infections resulting from altered intestinal flora: because of their antiseptic properties, blueberries can stop flatulence caused by intestinal fermentation and putrefaction. In addition, they decongest and normalize the intestine, above all the colon. Tests have verified that both the berries and the leaves of this plant slow the excessive development of coliforms, present in the intestinal flora but also responsible for some urinary infections.

4. Intestinal parasites, in particular pinworms, small worms often present in children's intestines: in this case taking fresh or puréed blueberries and drinking only milk for three consecutive days is highly recommended.

5. Urinary infections: the fresh juice and extracts of blueberry act as an antiseptic on the urinary organisms, such as the bladder and the urethra. Women who suffer from recurrent cystitis should consume blueberries continually, for a period from one to three months, to prevent relapses.

6. Skin ailments such as eczema, folliculitis and venous leg ulcers: in these cases, apply blueberry juice topically as a fresh lotion, or in a concentrated form, after it has been cooked.

