

Bilberry – European Blueberry - Vaccinium myrtillus

Parts Used – Whole Fruit

Origin – Albania | Made in the USA

Planetary Influence – Venus | Day of the Week - Friday



Bilberry is native to Northern Europe but also grows in North American and Northern Asia. A rich source of anthocyanins, Bilberry is a good source of fiber, minerals, and vitamins including vitamin K. It is a relative of American blueberries, cranberries, and huckleberries.

Properties: High in antioxidants, bilberry is thought to prevent and reverse damage to cells.

Uses

- May Improve circulation and varicose veins.
- Anti-inflammatory – may reduce gum bleeding.
- Diarrhea and urinary problems (traditional use).
- Improves night vision and reduce eye strain.
- May lowers glucose levels.
- May reduce cholesterol.
- May help prevent cancer.
- Removes heavy metals.
- May lower risk of Dementia or Alzheimer's.

Recommended Dose: Start once a day with 2-3 drops on the back of the left hand, dissolved in water, or under the tongue.

Warnings & Possible Side Effects

Bilberry is generally considered safe.

Don't take if you are on blood thinners, anti-clotting medications including aspirin.

Do not take if you have diabetes.

Consult your health care professional if you are on medications.

Do not take during pregnancy or while breastfeeding.

The information provided here is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. If you have or suspect you may have a medical condition, or if you are considering incorporating any herbal remedies into your health regimen, please consult with a qualified healthcare professional before taking any action.

Herbal remedies may have potential benefits and uses based on traditional practices or historical accounts. However, it is important to note that not all of these uses have been rigorously tested or subjected to modern clinical studies. The efficacy and safety of herbal remedies can vary depending on individual health conditions, interactions with medications, and other factors.