

CONCENTRATED ELDERBERRY SYRUP FROM NATURALLY BERRY

8 Health Benefits of Elderberry

Looking for a natural remedy that has a very long history of medicinal use? This natural remedy definitely goes way back, so it's no wonder it is known as one of the top antiviral herbs on the planet. Health benefits of the elder plant include naturally improving colds, the flu, sinus issues, nerve pain, inflammation, chronic fatigue, allergies, constipation and even cancer. When used within the first 48 hours of onset of symptoms, the extract has actually been found to reduce the duration of the flu with symptoms being relieved on an average of four days earlier. It gets better. When it comes to antioxidant power, elderberry is higher in flavonoids than blueberries, cranberries, goji berries and blackberries. This medicinal berry is a real powerhouse for good health.

1. Major Cold and Flu Relief

Elderberries are an excellent general immune system booster. The berries contain chemical compounds which are known to have immune stimulant effects. Elderberry extract has been shown to be a safe, efficient and cost-effective treatment for both cold and flu symptoms. Several studies have demonstrated that elder extract is highly effective in mitigating flu-like symptoms. Specifically, the flavonoids in the elderberry extract.

2. Sinus Infection Aid

With elderberry's anti-inflammatory and antioxidant properties, it makes sense that it can help sinus issues. A sinus infection is a condition in which the cavities around the nasal passages become inflamed, and this antiviral herb has promise as a sinus infection natural remedy.

3. Lower Blood Sugar

Both the flower and the berry have traditionally been used to treat diabetes. Research has confirmed that extracts of elderflower stimulate glucose metabolism and the secretion of insulin, lowering blood sugar levels. Research published in the *Journal of Nutrition* evaluated black elderberry's insulin-like and insulin-releasing actions in vitro. The study found that an aqueous extract of elder significantly increased glucose transport, glucose oxidation and glycogenesis without any added insulin. What is glycogenesis, and why is it important? Glycogenesis is the process by which excess sugar is cleared out of the bloodstream and into your muscles and liver, which helps maintain normal blood sugar.

4. Natural Diuretic

Elder has been shown to promote both urination and bowel movements. Studies have indicated that elderberry or *Sambucus* has natural diuretic effects. A diuretic is a substance that promotes the production of urine. Doctors prescribe diuretics when the body is retaining too much fluid, which is a common problem in older adults.

5. Natural Laxative

Elderberry may also help with constipation. A small, randomized trial looked at a compound commonly used in Brazil to treat constipation. The compound contains elderberry. The results of the study indicate that this elder-centric remedy is an effective natural laxative for the treatment of constipation. Unfortunately, there are currently no studies isolating elderberry itself for constipation relief, so more research is needed.

6. Encourage Healthy Skin

Elderberry has made its way into cosmetic products and for good reason. Its bioflavonoids and antioxidants, along with its high vitamin A content, make it awesome for skin health. Researchers suspect that a compound found in the elderberry could give a natural boost to skin.

7. Ease Allergies

The flowers of the elder plant are known to be an effective herbal allergy remedy. Since allergies involve an overreaction of the immune system as well as inflammation, elderberry's ability to improve the immune system and calm inflammation can help provide allergy relief.

Some herbalists put black elder flower on the list of most effective herbs used for treating hay fever-like symptoms. It can be used for allergies on its own or in combination with other herbs. Elderflower is also said to act as a detoxification aid by enhancing liver function.

8. May Help Prevent Cancer

Edible berry extracts like elderberry extract are rich in anthocyanins and have been shown to have a broad spectrum of therapeutic, pharmacologic and anti-carcinogenic properties. Laboratory studies specifically indicate that the elderberry has some chemopreventive properties. A chemopreventive inhibits, delays or reverses cancer formation.

This study took extracts of both berries and tested them to access anticancer potential. Both extracts demonstrated significant chemopreventive potential. Additionally, the American elder extract showed inhibition of ornithine decarboxylase, which is an enzyme marker related to the promotion stage of cancer formation. These findings indicate the potential as a natural cancer treatment option.

Information taken from the following web page: <https://draxe.com/elderberry>