

Gemmo Memo : European Blueberry

Vaccinium myrtillus is found natively in Northern Europe, the British Isles, Ireland, Iceland and across the Caucasus into northern Asia. It can be found growing in its natural state across heathlands, thriving in acidic and nutrient-poor soils. These small plants grow close to the ground and are under one foot tall (25-30 cm).

For those living in North America, it is important that *Vaccinium myrtillus* is not the same plant as the native American Blueberry, *Vaccinium cyanococcus*. The difference becomes quite obvious when looking at the fruit and plant. This is a small, compact plant, and the fruit has a dark red, fragrant flesh with a red juice that turns blue. *Vaccinium myrtillus* berries grow separately on low bushes. In contrast, the American Blueberry has a white or translucent flesh that grows in clusters along the branches of a much larger plant.

Take a close look at the European Blueberry plant and you may see some hints of its offerings as a Gemmotherapy extract. Its ability to not only grow but thrive in acidic soils points to its usefulness in resolving states of acidosis, and the intricate, fine structure of the plant itself is similar to the microcirculation it improves.

European Blueberry is **primarily** a tonic for the intestines, regulating the motility of stool and improving flora. It resolves inflammation in the blood vessels and intestines, making it especially important when addressing dysbiosis. There is an additional primary action of preventing *E. coli* bacteria from adhering to the mucosal lining of the intestines and urinary tract.

There are two **secondary actions** of Blueberry. The first is on

microcirculation in the head, strengthening vein walls in both the eyes and ears, and the other as a mild diuretic effect on the kidneys.

Indirectly, Blueberry extract is known to improve menstrual symptoms through its optimization of stool elimination.

In Practice

The benefits of Blueberry Gemmotherapy extract are best received by honoring the order in which the body heals. Blueberry can be used at any time for acute symptoms. It is a primary extract for optimizing elimination for those with medium to high vitality. Later, when addressing chronic symptoms, it can be used in protocols to resolve states of acidosis and improve microcirculation, particularly in the eyes and ears, and rebalance bacteria levels in the intestines and urinary tract.

Although there are many variations to the individual who could benefit from Blueberry extract, in general, this person may exhibit some or all of the following:

- Male and female of all ages from 6 months up
- A history of inflammatory symptoms of the urinary tract or intestines, dysbiosis
- A history of ear or eye inflammation
- A history of menstrual irregularities

There is much more to learn about European Blueberry as a Gemmotherapy extract, so be sure to listen to this 20-minute podcast. You will discover more about the plant itself, further uses of European Blueberry Gemmotherapy extract and gain a glimpse of it through the lens of Asian medicine.

Consider subscribing now to my Restoring Immunity podcast on Spotify or ApplePodcast/iTunes. Or, if you prefer to watch videos, subscribe to my YouTube channel.

You can find European Blueberry, as well as other single extracts, for purchase on my Immunity store.