GRANDMA'S REMEDIES

Scientists Verify Elderberry Beats Flu, Prevents Colds & Strengthens the Immunity

By bestfolkmedicine · 19/06/2018 · 2 min read



Nowadays, the number of people suffering from common colds and flu reaches up to a million throughout the world. On a yearly basis, due to the mutations in the influenza virus, it sometimes becomes rather difficult to treat it. Nonetheless, newest studies point out that it can be successfully treated with the help of a powerful natural ingredient, i.e. elderberry. Amazing, right?

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Elderberry has long been used for its medicinal properties as a natural remedy against colds, flu, pain, allergies, tiredness, constipation, inflammation, and cancer.

How to Prepare Elderberry Extract

You will need:

2 cups of dry elderberries

A tbsp of fresh ginger

A tsp of cinnamon

A cup of raw honey

3 ½ cups of water

Preparation: Boil the water and add the elderberry, ginger, and cinnamon and leave them to cook until the liquid is halved. Then, turn off the heat and mash the content and with the help of cheesecloth, strain the extract into a bowl. Add the honey and mix them well and then pour the content into a glass bottle. Keep it in a cool and dark area.

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Why You Need to Eat Elderberries more often

1. **Balance the blood sugar levels**

Both the flowers and the berries have the power to balance the glucose levels and keep diabetes under control. According to a study, the extract bettered the transport of glucose and oxidation without any added insulin, which is beneficial in maintaining the glucose levels regulated and averting diabetes.

2. **Alleviate allergies**

Elderberry extract has the capacity to bring relief from allergy symptoms naturally.

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3. **Improves the health of the skin**

Since elderberries are abundant in antioxidants, bioflavonoids, and vitamin A, they are the ideal food for a healthy skin. It will nourish it on a deeper level and elevate its elasticity.

4. **Prevents cancer**

Extracts from berries are full of antioxidants and anthocyanins that are known to posses strong therapeutic, anti-carcinogenic, and pharmacologic characteristics. Studies indicate that elderberry extract was found to avert the creation of cancerous cells.

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5. **Treats constipation**

Elderberries act as a natural laxative which makes them highly beneficial in regulating bowel movements by treating constipation.

6. **Possess diuretic characteristics**

To put an end to bloating and fluid retention, it is always a good idea to opt for elderberry extract because it has diuretic properties.

7. **Brings relief from colds and flu**

When you consume elderberries regularly, you will significantly strengthen your immunity and fight off infections. Elderberry supplementation can help you speed up the recovery of the body and minimize the symptoms of flu to 4 days or so.

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8. **Treats sinus infections**

Elderberries are known for their anti-inflammatory and antioxidant properties so they can treat bacterial sinusitis when taken in combination with antibiotics and decongestants successfully.

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