

## Better Vision Through Bilberries

"Eat your carrots! They're good for your eyes!" Isn't this what your mother always told you? Isn't that what you learned as a kid? Well, how about re-writing that phrase? How about making it into the phrase: "Eat your bilberries!"

What is a bilberry? A bilberry is a shrub just over a foot tall. The bilberry plant possesses a fruit, the cousin of the blueberry, that is indigenous to Northern Europe. These fruits contain bioflavonoids, an antioxidant with a variety of health benefits. A thousand years ago bilberries were used to relieve diarrhea and kidney stones. Today, the bilberry sees use as a treatment and preventive measure in a variety of situations. Some of the benefits seen in the modern age include possible prevention of heart disease and macular degeneration. In fact, bilberries may help strengthen the eyes when used by people regularly who aren't suffering from any ocular conditions.

The active ingredients in the fruit are tannins, which are an astringent and anti-inflammatory. The bilberry also contains anthocyanidins, which are compounds that strengthen capillaries and improve the flow of blood through the circulatory system. These anthocyanidins also increase the body's production of rhodopsin, which is a pigment responsible for enhanced night vision and increased adaptability to changes in light by the eye. In fact, a jam made from the fruit was used by British Royal Air Force pilots in World War II who often reported that it improved their night vision, a crucial aid in an ace pilot's career.

The anthocyanidins in the bilberry fruit are a bioflavonoid. A bioflavonoid is a substance found in plants which helps strengthen the walls of capillaries. Many bioflavonoids support human health in various ways, such as naringenin which aids in cancer prevention. Others may be useful in treating liver conditions such as cirrhosis. The variety of bioflavonoid uses is a field that is still being developed.

Bioflavonoids have an extensive history. From the previously mentioned uses for bilberries to research after World War II into the connection between bioflavonoids and vitamin C, these biologically active wonder substances are an exciting branch of health supplements. They are available in various forms for your convenience.

Bilberry extract comes in a capsule form, usually meant to be taken three times daily. The manufacturer will have instructions in case of varying dosages. Bilberry extract contains the most potent dose of bioflavonoid that the bilberry has to offer. It is this potency that makes the extract the best choice for maximum ocular benefit. But it is not the only choice, in case you are looking for another way to enjoy receiving its unique health bonuses.

Bilberry tea is also made from the dried berries or the leaves of the plant. The berries are also eaten fresh or made into jam, just like the aforementioned British pilots did. The taste of a bilberry is very similar to that of a blueberry: slightly tart, slightly sweet. It has traditionally been baked in pies and it a special treat with syrup and ginger ice cream. That's a taste worthy of the fruit's pedigree!

In the world of health supplements, the unique properties and advantages this fruit, particularly bilberry extract, make it a worthy addition to anyone's daily regimen. Maybe there's a toddler in the house who won't eat his carrots. He will get similar eye benefits by eating the sweet fruit of the bilberry plant. Perhaps a tasty dessert that packs its own reward would be a welcome addition to the dinner table. The possibilities are limitless. Try some of the fruit or extract and invest in a healthier future.

## About the Author

More information is available on [Bilberry extract](http://vitanetonline.com/) is available at VitaNet®, LLC Health Food Store. <http://vitanetonline.com/>

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