

Dr. Cass Ingram's

The
Wild
Berry
Cure

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Introduction

Wild berries are among the most powerful medicinal foods known. The point is they are medicines. Plus, they taste good. For both humans and animals berries offer medicinal properties impossible to match with any other substances.

The color of berries is revealing. The richer in color a food is, the greater are its powers. Deep color signifies major medicinal powers. So, for instance, black raspberries are more powerful than red raspberries. Also, black currants have a greater medicinal activity than, for instance, gooseberries. Obviously, red grapes have a greater power than green grapes. So, dark means powerful. Even so, all berries have medicinal properties.

Wild beasts relish these berries. So do various birds, including game birds. These berries constitute the major diet of bears. Deer and moose also eat them. Also, in earlier times humans relied upon them as a major food source. In remote areas humans still rely upon them. For instance, for people in northern communities, such as the Inuit and the Siberian tribes people, wild berries constitute a significant source of nutrition, supplying the daily needs for vitamin C as well as much needed trace minerals.

Why berries?

Berries have more properties than anyone could imagine. Wild animals certainly realize their powers. The fact that they are distributed so widely is another sign.

Nutritionists have largely minimized their value. This may be due to the fact that they don't contain huge amounts of any single vitamin, with the exception in some cases of vitamin C. Nor are they exceedingly rich in minerals, at least in terms of 'RDA' numbers. However, what is overlooked in this regard is that neither the vitamins nor the minerals account for the medicinal properties. In fact, the action is due to other substances which exist in berries in rich amounts. These are the exotic and diverse family of compounds known as the flavonoids, the colorants of fruit. The other names for these colorants include phytochemicals, polyphenols, phenols, and bioflavonoids. Berries are exceedingly rich in these compounds.

It is the flavonoids and similar compounds, for instance, the organic acids, which are found in the densest quantities in berries. These are the substances that account for their rich color.

So, what, biochemically, is so special about these foods? It is again these powerful phytochemicals, as is evident by their deep rich color, that account for their powers. It is no

minor effect. In fact, these substances are essentially natural drugs — without the side effect. As powerfully stated by Jean Carper in her book *The Food Pharmacy*:

Imagine a class of natural drugs so monumental, so extensive in the food supply, so biologically active that their potential in protecting health is absolutely dazzling. Scientists throughout the world are overwhelmed by their abilities to knock out viruses and bacteria, block the cancer process, and perform a multitude of functions that strengthen the cardiovascular system...These are the mighty polyphenols.

Could any other medicine be this versatile? These are the words of a best-selling author, based on thorough research. Her investigation uncovered the fact that the U.S. government regards berry compounds as among the most powerful of all natural medicines. She tells the story of some of the earliest work on berry polyphenols, done by Canadian researchers. This relates to the germicidal action of berries, particularly against viruses. Says Carper:

The battle between viruses and fruit-rich polyphenols (began when) in the 1970s two government virologists noticed that a virus touched by strawberry extract became paralyzed...(The researchers) set about testing several fruit extracts against common infection-producing viruses. They grew a bunch of viruses in plastic dishes (and then added)...liquid fruit extracts...After 24 hours they went with high hopes to inspect the fruit-virus mixture: they were stunned and excited by the desolation...Only a few survived.

The researchers theorized that, somehow, the fruit substances created a biochemical wall around the viruses, preventing them from invading cells. Thus, they were unable

to reproduce and therefore died—in vast numbers. The fruit extracts found to be effective included concentrates of blueberries, strawberries, crabapple, cranberry, plum, pomegranate, raspberry, grape, and strawberry. The virus used was, incredibly, the poliovirus. Again, this virus was readily destroyed by the fruit extracts. This is a spectacular achievement, since the virus is notoriously resistant to medical therapy. After much further research the investigators confirmed that it was the polyphenols, particularly the ellagitannins, which were the main active ingredients. These active ingredients effectively neutralized the viruses, even directly destroying them. Later, the researchers tested the polyphenols against the herpes virus and here, too, they achieved spectacular results, destroying the virus massively.

So, one issue was proven. There are substances in berries which *destroy* harmful germs. This action was unrelated to any nutritional content. This proves that, essentially, berries are flavonol supplements, which are essential for human health, in many respects just as essential as vitamins and minerals.

Chapter 1

The Greatest Health Food

It is interesting to compare commercial fruit to wild or truly organic fruit. For most people in the Western world there is no opportunity to experience unaltered fruit, that is unless a person has their own fruit trees or perhaps has access to wilderness regions.

Obviously, fruit is a survival food. Without it, the human race would degenerate. Even so, there is an enormous difference between commercial and wild fruit. God made wild berries, as well as fruit in general, but the wild berries are far more potent than the commercial type.

The power and utility of wild berries is easy to prove. In fact, wild fruit is found everywhere: on every continent, region, and country. So, they were put there for a specific reason. They serve to feed all types of creatures, ranging from the most lowly insects to the most powerful beast and, of course, humans.

Charles C. Froude in his classic book *The Right Food, The Right Remedy* makes it clear that fruit is far more essential than most people believe. He says that at one time people regarded it as a dessert or side dish. Rather, he notes, it must be a main constituent of the diet.

Froude lobbies against any processing or chemical treatment of fruit, demonstrating it as fraudulent. He describes the horrors of preserving dried fruit with chemicals, a common practice for the products available in Western countries:

In the process of drying fruits sulphurous acid (and its gaseous product sulfur dioxide) is chiefly found in the form of fumes from burning sulphur, applied either to the food products themselves, in the course of manufacture, or to the containers in which the food are held. Desiccated fruits, pared or un-pared, are subjected after the removal of the pit or core to the fumes of burning sulphur, in what is known as a 'sulphur box.' The following reasons are given for the practice of sulphuring:

- to produce as clear and intense a yellow color as possible.
- to conceal decayed portions of the fruit.
- to prevent fermentation and decay during the drying of the fruit (that is to prevent loss of product).
- to protect the fruit during drying from flies and other insects, the larvae of which would otherwise develop after the fruit was stored.
- to kill the cells of the fruit and thus make the texture more porous, which expedites drying.

Yet another reason, says Froude, is "Highly sulphured fruits are preserved with a lower degree of (drying) than those not sulphured, and for this reason they have a greater weight material. It is not difficult to preserve a water content of 30% or more in the finished product when liberal sulphuring is practiced".

Obviously, the use of sulfur (or in the older spelling sulphur) is strictly for economic reasons. The perpetrators merely wish to earn more money per pound for their low

grade fruit. Nutritional value, even taste, is never considered. He then notes something incredible:

Numerous experiments carried on by Dr. Harvey W. Wiley, former chief chemist of the (USDA), have shown that the use of sulphurous acid in foods is deleterious, that it never adds to the flavor or quality of a food, but rather renders it both less palatable and less wholesome. Sulphurous acid retards the assimilation of food material and overworks the kidneys, which have to remove all the added sulphur from the body. Another effect is found in the impoverishment of the blood in respect to the number of red and white corpuscles herein. Sulphur is purely a drug, devoid of food value, exerting deleterious and harmful effects. The addition of any form of (sulphuric acid) to food should, therefore, be avoided.

This demonstrates that commercial fruit is poisonous. Thus, if consuming dried fruit, always be sure it is the unsulphured variety.

How atrocious it is to add chemicals to the food, especially the fruit. This food is supposed to be invigorating and healing. Then, it is contaminated by poisonous substances? This is merely corruption, done exclusively for economic reasons.

Frozen or freeze dried fruits are acceptable, however, sulfurously processed fruits are not. The body will thrive on only unprocessed fruit. This is either in the completely raw and fresh state or the freshly made extract.

In fact, only raw fruit substances may be regarded as medicines. Froude says that “raw fruits stand paramount among all foods...” He describes how they fight internal fermentation and also prevent scurvy. Regarding the latter this means raw fruit prevents the breakdown of blood vessels. Fruits are highly nutritious, he states, because of the

“abundance of food salts,” a terminology no longer used. This is merely the natural minerals or mineral-like substances concentrated in these foods such as potassium, sodium, chloride, bromide, iodide, and phosphorus. Such substances help balance the body’s electrolyte system, and so any food rich in these substances helps create a balance for the entire body. This power is lost when the fruit is cooked:

When fruits are cooked, their natural elements and natural food salts are de-organized or thrown out of harmony. They almost entirely lose their (health-giving) properties.

This was known as early as the 1920s. Yet, the health-giving properties to which the author alludes is the prevention of gastrointestinal disruption, gas, bloating, and general maldigestion. It is also the prevention of internal fungal infection, which is “fermentation.” It is the reversal of both diarrhea and constipation. Finally, it is the prevention of the overall breakdown of the body, which results from a lack of the biologically active substances in the diet as found in raw fruit, including the tissue salts, flavonoids, and vitamin C.

There is, of course, the concern that fruit will cause certain diseases, for instance, fungal infection. For this reason many people avoid it. Yet, to a degree, raw fruits, rich in organic acids, help fight this disorder. This is because the organic acids are themselves antifungal. What’s more, these fruit or their extracts exert a cleansing action on the tissues, so they purge the body of fungi as well as the toxins upon which they grow. So, true raw fruit, especially the wild type, does not necessarily encourage fungal overgrowth. Such fruit contains sufficient natural acids, as well as antibiotics, to

discourage such growth. In contrast, notes Froude, when this antiseptic action is destroyed through cooking, the fruits are more likely to “ferment,” thus encouraging the growth of yeast. So, for those who have yeast problems it is only important to avoid cooked or chemically processed fruit. In contrast, even for people with fungal overload, including those suffering from candida infection, a crude raw wild berry extract, for instance, is usually beneficial. This is because such an extract stimulates excellent digestion and elimination, a critical requirement for the reversal of this condition. What’s more, regarding wild berry extracts the colorful flavonoids are themselves antifungal agents.

Froude provides some invaluable information about how to consume berry extracts or wild berries. They should never be mixed with sugar. It is acceptable to mix them with honey. However, never, he proclaims, should they be mixed or cooked into refined starches such as white flour. This greatly raises the glycemic index and causes blood sugar disturbances. It also causes excessive fermentation in the gut. Better to eat the berries on an empty stomach. They may also be eaten with protein, because they aid in its digestion. Thus, a bowl of berries eaten after the consumption of, for instance, red meat or poultry is a digestive aid. This makes sense, because after all, it was the natives who made pemmican (a mixture of animal protein, fat, and wild berries) as a survival food. So, as made clear by Froude and other early writers who made a living caring for the sick and dysfunctional, berries or their extracts must only be eaten with protein or fatty foods such as organic red meat, milk, yogurt, cheese, poultry, and nuts. In other words, oatmeal and berries are a poor mixture.

So, to gain optimal benefits when taking a berry extract or when consuming raw berries eat this on either an empty

stomach or with high-protein foods. Or, eat/take this with a handful of nuts.

The fruit acids are critical compounds. Some people might be concerned by the term acid. This is merely the name applied to the organic compounds in fruit responsible for tartness. The compounds are relatively delicate and are to a degree destroyed by freezing but more significantly by heating.

In the raw state these acids are powerful medicines and account for a wide range of therapeutic actions. This is why it is senseless to consume a 'freeze-dried fruit' diet.

Regardless of the condition fruit offers medicinal properties. Thus, the intake of fruit aids in overall health. To remove it completely from the diet leads to degeneration. Fruit contains substances that are impossible to replace with any other food.

For those consuming a high-fruit diet there is a significant reduction in numerous diseases, a fact proven repeatedly through scientific studies. In fact, fresh fruit plays a greater role in the reduction of killer diseases than any other factor.

As mentioned previously, substances in fruit are even capable of killing germs. Fruit produces these substances to protect itself from the elements. Fruit is entirely safe for human consumption. Interest in this power was perhaps initiated by a study published in 1976 in the *Journal of Food Science*. Here, investigators discovered that fruit extracts, particularly from strawberries, inactivated dangerous viruses, for instance the polio virus. Other investigators demonstrated that other fruits, including raspberries, blueberries, and wild cranberries, helped to inactivate additional noxious viruses, including the intestinal flu virus and the herpes virus. It has also been long known that the regular intake of berries decreases the risks for contracting food poisoning as well as

urinary tract infections. The berry extracts actually prevent the stickiness of bacteria, especially *E. coli*, so they are unable to infect the tissues. This action is seen along any tissue lining, including the linings of the lungs, kidneys, bladder, urethra, and colon. Also, the berry acids are directly germicidal against any such noxious bacteria. Plus, they help acidify the urine, which also prevents germ growth. This is particularly true of cranberries, but also blueberries. These fruits have considerable amounts of these anti-stick substances.

So, when a person craves tart foods, this is a good sign. It means the body needs protection, particularly against inflammation and germs. It may also delineate a need for mineral balance. This is because sour acids help regulate mineral movement in the body. Plus, they act as natural chelating agents, binding the minerals and accelerating their absorption. These sour substances also help bind minerals within the bloodstream, carrying them to the appropriate sites. Thus, they are the most efficient assistants for trapping and transporting minerals. This may explain why people who regularly eat high quality fruit usually have excellent bone density.

These special functions of berry flavonoids have recently been documented. Researchers have discovered that extracts of berries, for instance, blackberries, directly influence the function of the cell membrane. Here, the extracts stimulate the mechanisms which coordinate the transportation of ions: calcium, sodium, phosphorus, chloride, and similar substances. This function seems to be universal, that is for all cells in the body.

The difference between wild berries or farm-raised/organic berries may be dramatic. Wild animals relish the former and often refuse to eat the latter. In nature I have

done experiments. When I place wild produce before the animals they routinely eat it. When farm-raised, even organic, produce is placed for their consumption, often, it merely rots. The only beings that eat it are insects. So, obviously, wild creatures know the difference.

Humans can also smell and taste the difference. The wild fruit is exceedingly aromatic. It has a richer color. It is also smaller, more compact. Also, it is less sweet. These fruit may even have a woody taste, a sign not only of their wildness but also their rich content of medicine.

The power of these berries is also evident from the relative health of wild beasts. Their coats of hair are vital. Their movements are vigorous. They are sleek. One revelation is telling. It regards the movements of wild deer. A wild deer at full speed can run at a barbed wire fence and, somehow, slip right through the openings, a truly incredible feat. Can anyone imagine strength and agility, real power, greater than this?

A tiny bear, some 15 pounds, was observed walking on a rocky region. He encountered a boulder, which obstructed his path. He simply flipped his paw at the boulder, weighing some 200 pounds, and moved it effortlessly. Can anyone fathom a strength greater than this?

Humans must realize that, inherently, wild creatures are wise. Thus, it is crucial to take advantage of their wisdom and gain such a benefit by hunting and eating these foods.

These wild beasts thrive on wild remote foods. For optimal health humans must also attempt to do so or at least take their extracts. Powerful extracts of wild berries include the Total Body Power, which contains eight different wild remote berries, ProMax, which is an extract of wild black raspberries, and CranFlush, which is an extract of wild high bush

cranberries. There is also an extract of wild grapes, which are rather than a berry, the fruit of a vine. This is known as GrapeFast.

Wild berry beverages are also available. These are sweetened with wild honey. These beverages are truly exotic and include wild blackberry extract, wild raspberry extract, wild crab apple/cranberry extract, and wild grape extract. There is also available an unsweetened wild blackberry extract. These are truly remote berries, handpicked. They are from the most remote portions of North America possible. All such berries are carefully handpicked and are extracted through cold-processing. Then, they are preserved by a unique method without heat. So, these are raw extracts. This means the enzymes and phytonutrients are completely intact. These are the only types of wild berry extracts which should be consumed. Plus, since these extracts are made from wild berries only they are low in sugar. This means they are suitable for diabetics. These berry extracts are available from the website www.americanwildfoods.com.

Each wild berry has its own unique chemistry and therefore its own function. In other words, the use of berries may be disease-dependent. These various functions are delineated as follows:

Wild Berries

Main Functions/Powers

Cranberry

cleanses urinary tract; helps kill bacteria and fungi in the urinary tract and gut; strengthens kidneys but also intestinal wall; strengthens gums and destroys toxic oral bacteria

Blackberry cleanses digestive tract and blood; cleanses spleen; detoxifies colon; helps improve bone density

Blueberry improves the function of the retina; improves skin tone; improves brain function and prevents brain cell degeneration; strengthens pancreas and improves blood sugar control; cleanses urinary tract

Raspberry, red improves the function of the female organs; balances breast tissue; cleanses the blood

Raspberry, black cleanses colon and liver, cleanses blood and spleen, boosts bone marrow function; directly attacks and destroys cancer cells

Black currants strengthens joints and connective tissues; improves blood counts; rebuilds immune system; balances female sex glands; strengthens skin and smoothens skin. Balances the circulatory system and fights inflammation in the arteries

Chokecherry strengthens/tones intestinal canal; rebuilds stomach; regenerates skin and connective tissues; rebuilds joint linings; causes destruction of cancer cells

Serviceberry (Saskatoon Berry) fights cancerous degeneration; improves skin health; causes destruction of tumor cells; boosts white blood cell activity; rebuilds connective tissue; strengthens joint linings.

Lingonberry reverses urinary disorders; strengthens lining of urinary tract; rebuilds immunity; cleanses blood and urine; cleanses colon

Honeysuckle berry (also known as high bush cranberry) cleanses urinary tract and prostate; rebuilds female endocrine system; cleanses female organs

Rose hips rebuilds skin tissue; smoothens skin; strengthens joint linings; boosts immune function; regenerates arterial and venous walls; improves lung function; calms nervous system; fights viral infections

Strawberries cleans blood; boosts red blood cell count; fights viral infections; improves skin tone and skin beauty

Juniper cleanses and rebuilds cardiovascular system, regenerates arterial and venous linings; improves wound healing; stimulates urinary flow; strengthens tone of heart muscle

This chart makes one issue obvious. It is the fact that wild berries support the health of all organs. Yet, it is also evident that such berries have focused or specific actions on certain organs. So, a person could target these organs with such extracts. Or, he could target specific diseases. Better yet, a person could take a generalized supplement containing all or the majority of such extracts, for instance, the Total Body Power. This would cover all bases for all organ systems. Then, this can be supported by the intake of specific extracts aimed at specific organs. This can also be supported by strategically consuming juices of these particular berries or the berries themselves.

In order to gain the powers of these berries both raw and cooked juices may be consumed. Raw juices are only available for purchase at American Wild Foods. This is mainly through the Web site, www.americanwildfoods.com.

As a natural medicine wild berries are ideal because of their lack of side effects—for all people and conditions. Thus, they always produce positive results. In contrast, even over-the-counter drugs are toxic. So are antibiotics. So are aspirin and acetaminophen. Yet, everyone knows that wild berries are safe. But few people realize the broad spectrum of positive results such berries produce for the body. Of course, this is especially true of the crude extract, the raw unprocessed concentrate from the truly wild and remote berries. Such wild berry extracts are exclusively produced by North American Herb & Spice Co. as well as American Wild Foods Co., as featured on www.americanwildfoods.com. Key wild berry products produced by North American Herb & Spice include the eight wild berry extract called, Total Body Power, along with the wild black raspberry concentrate, which is the rare ProMax. This company also

produces GrapeFast, which is a powerful wild grape concentrate with an exceedingly high ORAC level of 75,000 per liter. Also, there is the Wild Juniper Berry Extract molasses, as well as the CranFlush. The former is made from slowly cooked wild juniper berries, which are converted through a traditional recipe into a molasses. This is the only means to readily extract the medicinal properties of this berry.

Numerous wild and organic berry products are available from www.americanwildfoods.com. These include wild raspberry, blackberry, grape, and cranberry/crab apple extracts. These are made into juice-like extracts flavored with wild raw honey. There is also a pure unsweetened blackberry extract available. All of these products are raw. There are also a variety of organic juices which are available, including remote grown black mulberry, organic black currant, and wild blueberry. All such juices, even though cooked, have medicinal properties. Of course, the most elite types are the raw juices, which are available in limited amounts. For the exclusive raw limited supply visit www.americanwildfoods.com.

Pasteurized extracts have a certain value. To a degree this process concentrates the flavonoids. Tests prove that such berry juices exert medicinal powers in a general way. The same is true of dried berry powders. Think of it this way: the raw extracts and juices are curative, and the pasteurized or dried ones are preventative.

So, it is critical to consume as much of these sources of flavonoids as possible: as rare, wild, and raw extracts, organic, remote juices, chemical-free dried fruit, and dried powders. However, for people with yeast infections the focus should be on the raw wild extracts, since these do not incite fungal overgrowth.

Americans largely suffer from nutritional deficiencies. The diet is grossly deficient in a wide range of needed substances. These substances include fruit compounds. In particular, they include flavonoids and vitamin C as well as fruit-source organic acids. There is no way to consume sufficient amounts in the diet. The primitives ate vast amounts of seasonal fruit. These are largely unavailable to Westerners. However, these needed amounts can be consumed through the intake of these extracts. In this manner, the person can consume truly wild raw extracts in concentration and obtain the necessary dose of flavonoids and organic acids to ward off disease.

Consider how healthy and vital were the original North Americans. For instance, the skin of the Native Americans was beautiful. Also, among the natives heart disease was virtually unknown. There were essentially no cases of arterial disease, venous disease, angina, heart valve disorders, and heart attacks. Nor was cancer particularly common. Incredibly, the components of wild berries are powerful agents against such diseases. Thus, the high intake of such fruit largely accounts for the prevention in native populations of these modern killer diseases.

This e-file is free courtesy of www.americanwildfoods.com

To place an order or ask questions call 1-800-243-5242 or ask for Kerry at 1-866-582-7249. Visit www.americanwildfoods.com for additional product information. Click on either the berries products (wild or organic) or all products.

To order Dr. Ingram's book contact North American Herb and Spice or American Wild Foods; anticipated date of publication is May, 2007.