



*Weekly News from Berry Science*

# *Blueberry Bonanza*

*July is National Blueberry Month*



[follow the [Wikipedia links](#)]

We'll take a break from the series of reports on the  
2007 Berry Health Benefits Symposium  
(click here for part [four of eight](#) )

to celebrate the mid-summer harvest bonanza of

***wild and cultivated blueberries***

*(Vaccinium angustifolium and Vaccinium corymbosum)*



*The **Mighty Humble Blueberry Story about Lizzie Smith**,*  
one of the founders of the billion dollar US cultivated blueberry industry

Watch it here on [YouTube!](#)

Excellent article on [blueberry nutrients](#) from [World's Healthiest Foods](#),  
[the George Mateljan Foundation](#) (*click!*)

[Specific nutrient profile for blueberries](#) (*USDA, click!*)

[In-depth nutrient profile for blueberries from World's Healthiest Foods](#)

High nutrient levels especially for

- the essential mineral, [manganese](#) (20% Daily Value)
  - [dietary fiber](#) (16% Daily Value)
  - [vitamin C](#) (34% Daily Value)

[How to enjoy blueberries from the World's Healthiest Foods](#)

Health-related pigments and other phytochemicals in blueberries (*click for more information!*)

#### Antioxidant Phytochemicals

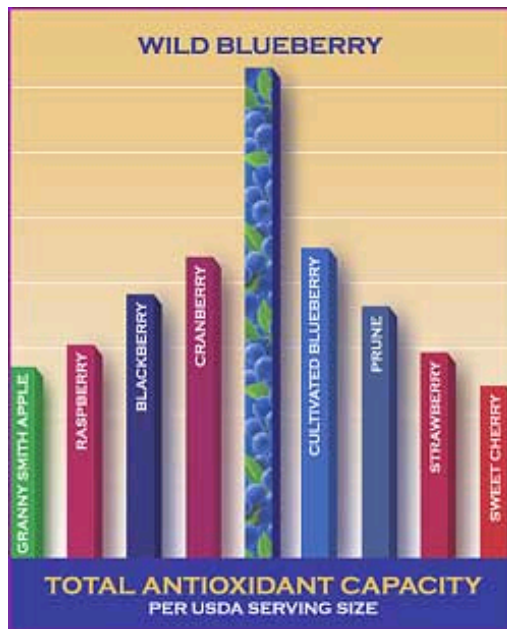
- [anthocyanins](#)
- [resveratrol](#)
- [quercetin](#)
- [cyanidin-3-glycoside](#)

#### Anti-Disease Effects Under Research

cancer, heart and vascular system, inflammation  
cancer, inflammation, cardiovascular  
cancer, neurological disorders  
cholesterol, cardiovascular, cancer,  
bacterial infections

Read more about nutrients at the [Linus Pauling Institute](#)  
[Micronutrient Information Center!](#)

*Antioxidant Strength* Among [Common Berries](#) and Fruits



Wild blueberries are on top for this comparison, but are lower in antioxidant strength compared to the **ORAC superstars, açai and goji** (click!)

## 2007 Research on Blueberries and Laboratory Models of Disease or Aging

- Inhibition of cancer cell proliferation and suppression by lowbush (wild) blueberry juice (and the juice of other berries)
- Inhibitory effects of blueberry extract on inflammatory mediators in brain cells
- Blueberry components delay aging and extend lifespan in a laboratory model
- Blueberry quercetin protects DNA from oxidative damage



## Directions of Blueberry Research for Human Health Benefits

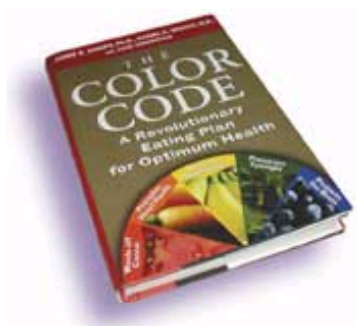
- Antioxidant Activity
- Brain Health/Anti-Aging/Longevity
- Cancer Prevention

- Urinary Tract Health
- Protection Against Stroke
- Heart and Vascular Health
  - Vision Health
- Metabolic Syndrome

Follow this link and the sites below to read more! [Blueberry Health Research](#)

### Background

- [Wild Blueberry Association of North America](#)
- [Blueberry Recipes](#)
- [North American Blueberry Council](#)
- [US Highbush Blueberry Council](#)
- [Nova Scotia Blueberries](#)
- [British Columbia Blueberries](#)
- [Whitesbog Blueberry and Cranberry Website](#) -- Official State Fruit of New Jersey, USA
- [Linus Pauling Institute, Micronutrient Information Center](#), Oregon State University



In your produce shopping and meal preparation, ***practice the Color Code!***

- Heber D. *What Color Is Your Diet?*, HarperCollins, 2001
- Joseph JA et al. *The Color Code*, Hyperion Books, 2002

***Archives (click!)***

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Dr. Paul  
*The Berry Doctor*

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