

<a href="#">FOOD</a>	<a href="#">FITNESS</a>	<a href="#">HEALTH</a>	<a href="#">WEIGHT LOSS</a>	<a href="#">LIFESTYLE</a>	<a href="#">TRACK CALORIES</a>	<a href="#">COMMUNITY</a>	<a href="#">BLOGS</a>	<input type="text" value="Search"/>
----------------------	-------------------------	------------------------	-----------------------------	---------------------------	--------------------------------	---------------------------	-----------------------	-------------------------------------

WHAT'S HOT: [LIVESTRONG Blogs](#) | [New Year, New You](#) | [Cold & Flu Center](#) | [Must See Videos](#)

[Sign up for our Newsletter!](#)

[Home](#) / [Food & Drink](#) / [Fruits](#) / [Elderberry](#) / Elderberry Review

# ELDERBERRY REVIEW

Jun 16, 2010 | By [Deb Powers](#)

[PRINT](#) 0 COMMENTS

[Add to Favorites](#)

Like 2

[Send](#)

0

[Tweet](#) 0



Photo Credit clusters of elder berries image by Maria Brzostowska from Fotolia.com

Imagine a plant that provides wine and champagne, cough medicine and flu remedies, weaving needles and musical instruments. The elder tree, a member of the honeysuckle family, provides all of those things and more. A mainstay of herbal medicine since the time of Hippocrates and Pliny, the elderberry and the tree on which it grows have a long history in folk medicine and a growing respect among modern scientists.

## FEATURES

The European and American elders grow in temperate zones in North America and Europe. They flower from May to August, and the fruit

appears in late summer and early autumn. The various species of the *Sambucus* genus range in size from 4 feet to 20 feet tall. Most have white or cream-colored flowers called umbrels. At least one hybrid, Elderberry Black Lace, features deep purple flowers. The best known elderberry trees are the *Sambucus nigra*, which is native to Europe, and the *Sambucus canadensis*, more commonly called American elder.

Sponsored Links

### Black Elderberry

Purchase direct from grower 100 Varieties of Trees and Shrubs [www.coldstreamfarm.net](http://www.coldstreamfarm.net)

## MEDICINAL USES

Elderberries, elder flowers and elder leaves all have medicinal properties, though they have different uses. Germany's Commission E, a government agency responsible for approving herbal remedies, approves elder flowers to treat coughs, colds and other respiratory problems. Both the berries and the flowers appear to have antioxidant properties, according to a report on black elder from the University of Texas-EI Paso.

A standardized extract of elderberry leaves has proved effective in treating flu symptoms. In a double-blind study conducted during a 1993 flu outbreak at an Israeli kibbutz, 93 percent of patients taking the elderberry extract reported significant improvement in flu symptoms four days sooner than those taking a placebo.

Elderberry juice and extract may reduce stress, according to an article published in *Better Nutrition* magazine in October 2000, as well as limit the damage done by LDL--bad cholesterol. The author cites studies conducted in Italy and Austria that seem to show the purple berry's antioxidant properties.

## CULINARY USES

Country cooks have baked elderberries into pies and made elderberry jams and jellies for centuries. Elder flower fritters are a country delicacy, made by dipping fresh, cleaned elder flowers into batter and deep-frying them. The best-known culinary use of elderberry, however, is probably elderberry cordial and wine, which were originally taken medicinally. Elder flowers also make a light, citrus-tasting wine infusion called elder flower champagne, as well as elder flower tea.

advertisement

## RELATED SEARCHES:

[Tree Services In](#)

[Review](#)

[Flu](#)

[Alternative Medicine](#)

[Tree Doctor](#)

People Are Reading

Related Topics

### COSMETIC USES

The Romans dyed their hair black with elderberry juice, notes Maud Grieve in her 1931 book, "A Modern Herbal." Grieve also gives a recipe for making elder flower water, which she writes is "mildly astringent and a gentle stimulant." It was historically used to make eye and skin lotions, and to keep the complexion clear. She also recommends elder flower water added to the bath to soften the skin. You can buy shampoo and soap made with elderberry extract from many natural product distributors.

### WARNING

Raw elderberries and elderberry leaves contain a chemical called sambunigrin, which may cause vomiting and diarrhea. Do not ingest uncooked elderberries. No studies have been done to establish the safety of elderberry extract for pregnant or nursing women. Always consult your doctor before using herbal products to be sure they will not interact with medications you are taking.

Sponsored Links

[The Flu Comes on Fast.](#)

Need Help Treating It? Get a Guide to Help You Talk to Your Doctor.  
[treat-the-flu.com/](#)

[Sambucol Black Elderberry](#)

The original Eldberry Extract Give your immune system a boost  
[Sambucolusa.com](#)

[Find A Doctor Near You](#)

Painkiller Dependence Treatment in the Privacy of a Doctor's Office  
[TurnToHelp.com](#)

[The New Polar FT4](#)

Tracks Heart Rate, Calories & More. Discover Smarter Training Today.  
[polarusa.com](#)

### REFERENCES

- "101 Medicinal Herbs"; Steven Foster; 1999
- Better Nutrition journal; "Elderberry Herbal Medicine Chest?"; Chris Killham; October 2000
- University of Texas El Paso: Black Elder
- Botanical.com: A Modern Herbal--Elder
- Journal of Alternative and Complementary Medicine; "Inhibition of Several Strains of Influenza"; Zakay et al; winter 1995

Article reviewed by Frank Rossi Last updated on: Jun 16, 2010

0 COMMENTS  
PRINT

★ Add to Favorites

Like 2 Send

0 Tweet 0

### RELATED SEARCHES:

[Herbal Remedies](#), [Herbs](#), [Plants](#), [About Cold Flu](#), [Causes Cold or a Flu](#)

### MUST SEE: SLIDESHOW & VIDEO



[Don't Fall Victim To These 20 Fitness Myths](#)



[Quick Moves To Kill That Muffin Top](#)



[20 Discontinued Foods We Sort Of Miss](#)

### MEMBER COMMENTS



[What Is Elderberry Used for?](#)



[Elderberry Syrup for Colds & Flu](#)



[Side Effects of Black Elderberry](#)



[Uses of the Elderberry Flower](#)



[American Elderberry](#)



[Is Black Elderberry Good for the Immune System?](#)



[Elderberry & the Immune System](#)



[Elderberry for Shingles](#)



[Allergic Reactions to Black Elderberries](#)



[Elderberry Varieties](#)



[What Is Elderberry Extract?](#)



[Elder Flower Tea Benefits](#)

[Show More](#)

### FOOD & DRINK TOOLS

[MyPlate](#)

[Recipes](#)

### TRENDING NOW



[The 5 Stages Of A Juice Fast](#)



[Red Bumps Way Back on the Tongue](#)



[The Average Height and Weight by Age](#)



[The Best Over-the-Counter Anti-Inflammatory Medications](#)



[What Kind of Cold Water Fish Are Healthy to Eat?](#)



Add a comment...

Post to Facebook

Posting as (Change)

Comment

Facebook social plugin

**Scottrade Bank** Make Banking Click

**Extra Service,  
Not Extra Fees.**

Get free checking at Scottrade Bank.

- Free Online Bill Pay
- No Minimum Balance
- No Monthly Maintenance Fees

advertisement

### YOU MAY ALSO BE INTERESTED IN

[What Is Black Elderberry?](#)



[Elderberry Varieties](#)

[Sambucus Nature's Way Ingredients](#)

[Smart Shopping for Cough Medicine](#)



[Benefits of Wheat Grass Juice to the Elderly](#)

[Show More](#)

## FOOD FITNESS HEALTH WEIGHT LOSS LIFESTYLE TRACK CALORIES COMMUNITY BLOGS

### LIVESTRONG.COM

SIGN-UP FOR OUR

**MAN.NEWSLETTER**

**WOMAN.NEWSLETTER**

Get the latest tips on diet, exercise and healthy living.

 

Your email is safe with us. We hate spam too!

### FEATURED THIS WEEK ON LIVESTRONG.COM



**FEB 4, 2013**  
[Under 200-Calorie Red Hot Buffalo Chicken Wings](#)



**FEB 3, 2013**  
[Quick Moves To Kill That Muffin Top](#)



**FEB 2, 2013**  
[8 Habits To Help You Live 35 Years Longer](#)



**FEB 1, 2013**  
[Tasty 200-Calorie Sweet Potato Fries](#)

## ABOUT BLOG CONTACT US & FAQ ADVERTISE WITH US PRESS SITEMAP

Copyright © 2013 Demand Media, Inc. Use of this web site constitutes acceptance of the LIVESTRONG.COM [Terms of Use](#) and [Privacy Policy](#). The material appearing on LIVESTRONG.COM is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment. LIVESTRONG is a registered trademark of the LIVESTRONG Foundation. The LIVESTRONG Foundation and LIVESTRONG.COM do not endorse any of the products or services that are advertised on the web site. Moreover, we do not select every advertiser or advertisement that appears on the web site-many of the advertisements are served by third party advertising companies. [Ad Choices](#)

