



Cranberry: Vaccinium Oxycoccus (Hardback)

By Jill Nice, Jill Davies

HarperCollins Publishers, United Kingdom, 2000. Hardback. Book Condition: New. 176 x 126 mm. Language: English . Brand New Book. Cranberry is best known in the United States where it grows wild. It is a powerful genito-urinary cleanser and is used to treat all urinary tract infections. It is also a powerful digestive and is helpful for regulating acidity of the stomach. Cranberries are also known to help control asthma as the berries contain an active ingredient that prevents an inflammatory response. In addition, cranberries improve the health of the circulatory system without lowering the blood sugar levels. This guide offers an authoritative, but practical approach to using cranberry as a self-help medicine, and discusses methods of cultivating, harvesting, processing and preserving the berry.



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