

Black Elderberry

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The Black Elder is a small tree that has been called "the medicine chest of the common people." The tree's fruit have been used in wine, pies and jams, and is very high in vitamin C. The Elder trees held many cultural superstitions. Elderberry has been known, and used in tea and other beverages since the stone ages. The berries contain high amounts of vitamins A, B and C, along with flavonoids, sugar, tannins, carotenoids, and amino acids. Parts Used: Bark, leaves, flowers, and berries.

Other Names: Black-berried Alder, European Alder, Boor Tree, Elder, Bountry, Ellanwood, Ellhorn

{mospagebreak title=Potential Uses}

Potential Uses:

- As remedy for sore throat and influenza (flu) - warm Elderberry wine, berry juice or tea is used
- To relieve asthma and bronchitis - the berry juice or tea is used
- For nerve disorders, back pain, and to reduce urinary tract or bladder inflammation, the fruit's infusions are beneficial
- As a laxative and diuretic raw berries are ingested
- For infections, inflammations and swelling, apply topically
- As a wash for skin healing and complexion problems, including eczema, acne and psoriasis

{mospagebreak title=Precautions}

Precautions:

- Be aware that the seeds are toxic and may cause nausea and vomiting.

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