



Aronia berries: natural inflammation relief

October 2018: Cuts, insect bites or “just” sore throats – inflammations are an everyday process, and there’s hardly anyone who hasn’t had one yet. While we usually detect acute inflammations, small inflammations often go unnoticed. However, we really shouldn’t underestimate their risks, as they can cause serious diseases. Relief can be found in certain natural ingredients that have an anti-inflammatory effect and help to reduce the general risk of inflammation. Aroniabeere e.V. explains why Aronia berries should be your first choice to naturally cure and prevent inflammation.

Drinking just 100 ml of Aronia juice a day is enough to help the body heal and prevent infection, explains Aroniabeere e.V. in Dresden. Aronia berries contain valuable ingredients and act as natural fire extinguishers to gently relieve inflammation. This effect is achieved thanks to their incredibly high content of natural plant pigments, including anthocyanins (red-blue pigments) and OPCs (oligomeric proanthocyanidins; colourless pigments). Aronia berries also have an antiviral and antibacterial effect, which means they can significantly reduce the risk of repeated infection. “Infections start to hit their peak in autumn”, explains the medically accredited health and nutrition expert, Claudia Höft, who has been commissioned by the Aronia Association to educate people about the medicinal berry. While temperatures might still be pleasant, autumn is the time when people start getting coughs, runny noses and bladder infections.

Constant inflammation is extremely toxic for the body

Bronchitis, rhinitis and cystitis – the illnesses mentioned above can be recognised as inflammatory diseases through their Greek ending “-itis”. Inflammation is one of the body’s most important self-healing processes, but it can also trigger illnesses and, depending on its severity, even life-threatening conditions. “Inflammation activates the immune system”, explains health consultant Claudia Höft. The body starts working hard to get rid of the infection and heal itself. “Doctors often prescribe medication in cases of acute inflammation. This might keep the inflammation in check, but it doesn’t really cure it”, adds the expert.



If an acute inflammation doesn't heal properly, it can develop into an infection that can smoulder and spread throughout the body over a long period of time. "Chronic inflammation is often only detected later on when elevated levels of various factors are measured in the blood", says Claudia Höft. This is where the anti-inflammatory ingredients contained in the Aronia berry can help to cure the body.

Recent medical findings have shown that constant inflammations are partly responsible for serious conditions like cardiovascular diseases, type 2 diabetes and even cancer. "In order to heal and prevent chronic inflammation, I recommend a daily intake of 100 ml of premium-quality Aronia juice, which you can find at places like health food shops", concludes Claudia Höft.

Video: Aronia relieves inflammation in the body | Nutritionist Claudia Höft explains

<https://www.youtube.com/watch?v=8e4IDwbxj5Y>

In average 100g fresh Aronia berries contain e.g.

Nutritional values		Vitamins		Minerals	
Energy	96 kcal	Vitamin K	up to 1000 µg	Potassium	218 mg
Protein	1,9 g	Vitamin E	up to 3,1 mg	Zinc	0,147 mg
Carbohydrate	18,0 g	Folic acid	210 µg	Iron	0,93 mg
Fat	1,5 g	Vitamin C	up to 50 mg		

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