

## BEH PODCAST – EPISODE 12

### DO YOU NEED BILBERRY AND OTHER ANTIOXIDANTS

Dr. Miller: A question about supplements like Bilberry and Black Current. Bilberry is a great and very interesting one. You hear about it with eye problems all the time. Bilberries are really just wild Blueberries, so you can get things that are in Bilberries in frozen Blueberries, best if they are organic or wild grown. But there is a lot of the lore and the stories about Bilberry, a lot of which comes from WWII propaganda. The British claimed that they had found a secret weapon that allowed their pilots to see at night. And that secret weapon was Bilberries. In fact, there was a whole story about some grandma making Bilberry jam for her grandson who was an RAF pilot and he suddenly could see at night when he was eating grandma's jelly. They're great stories, but they're not true.

So Bilberry is a great food. It does have things in it that are good for your health and for your eyes, but it's not the magical supplement that you hear about. There are other things that are as useful. Bilberry doesn't do anything that something won't do. Lutein is probably as good or better than the Bilberry in terms of what it does for your eyes. We've looked a lot at Bilberries, we've added it, we've taken it away, and one of the things we're trying to do in the basic protocol that we use, is to keep it manageable. We don't want to throw everything in, including the kitchen sink. We're trying to have be as minimalist as possible, so that it's affordable, gets the job done, does everything we want the supplements to do, but you do not have to take a hundred pills a day.

So if you find Bilbery is helpful for you and want to add the Bilberry in, that's good. The thing that we found better in terms of reducing capillary fragility and improving night vision is lutein. Lutein is better for night vision and Quercetin (which is found in Bilberry) is a whole lot better for the capillary fragility. So Bilberry's good, but it's not magical, and everything it does is done better by the protocol as far as I'm concerned.