

Berries Berry plants have many medicinal properties, as they contain a lot.

Berries Berry plants have many medicinal properties as they contain many biologically active substances vitamins minerals trace elements chemical proteins amino acids fats sugars carbohydrates etc. Therapeutic and prophylactic effect of berries is due to the effects on the body of biologically active substances by their combination and percentage. Some substances are vitamins minerals proteins fats carbohydrates amino acid, etc. take an active part in metabolism, and other volatile triterpenoids alkaloids, etc. have a pharmacological effect. The healing properties of plants are widely used in medicine. Their advantage over medication is that plants, especially berries rarely cause side reactions are rarely toxic and well tolerated by patients, regardless of age. Berries are used for treatment and prevention of many diseases. Especially valuable is the treatment for chronic diseases requiring prolonged use of the drug as well as in low and difficult to treat diseases. Such diseases are chronic diseases of the digestive system, liver cardiovascular system, respiratory tract, etc. Berry plants occupy a special place among medicinal plants. They can enter in the daily human diet preventing many diseases. Many useful combinations of biologically active substances contained in the berries is very difficult to recreate artificially. Buy berries with the hands in the markets or along the roads is not safe because you do not know where you put these plants in the city near the industrial enterprises polluting the environment, etc. were used in their farming pesticides and nitrites, etc. Actinidia A climbing plant Liana which grows in the forests of the Far East and Southeast Asia. Actinidia arguta can reach a length of 25 m. Being twisted around trees or other supports it reaches the top and begins to branch there, forming a magnificent crown of young long shoots with large bright green leaves. In open sites, forest edges or clearings Actinidia spread along the ground forming a dense Bush that can reach a height of human growth. Overgrown plants can create impenetrable thickets. Fruits of Actinidia are more sections the berries are round and slightly oblong 23 cm long and 15 cm wide. They are green with longitudinal stripes of a darker shade. The berries have a delicate, juicy pulp is very fragrant. The taste of Actinidia reminiscent of pineapple and gooseberries. From one Bush can collect up to 20 kg of berries. There are many varieties of Actinidia arguta

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