**Bearberry**
*Arctostaphylos Uva-ursi*

**Common Names:**
Uva Ursi, Kinnikinnik, Tinnick, stoneberry, mountain tobacco, Mealberry, Hogberry, rockberry, Foxberry, crowberry, upland (or mountain) cranberry, Sandberry, rockberry, bear grapes, bear's bilberry, bear's whortleberry, Chipmunk's apples, *jiündée*, *Sagackhani*, *creashak*, *Busserole*, burren myrtle, universe vine, brawling mountain box, Mountain tobacco, Green Manzanita, rapper dandies (fruit).

**Related Botanical species:** *Arctostaphylos uva-ursi* (common berry) *Arctous alpina* (alpine bearberry) *Arctous rubra* (red bearberry) All species of the Arctostaphylos genus are medically useful, but it is *A. uva ursi* that is of primary interest to herbal medicine.

**Etymology:**
*Arctous* is Greek for "bear" and The genus name *Arctostaphylos* is from the Greek arctos meaning "bear" (noun) and staphyle meaning "a bunch of grapes"; as such uva-ursi means "bear’s grape". *Arctostaphylos* translates as "bear's bunch of grapes,"
"The name kinnikinnik comes from the Algonquian Native American language and means “smoking mixture”. The evergreen leaves were smoked by a number of Pacific coastal native groups including Salish, Haida and Nuxalk

**Plant Family:** Ericaceae (Heath family)

**Botany:**
Low growing, prostate, spreading perennial & evergreen shrub; forms large mats that hug the earth. Arctostaphylos is native to and grows in Europe, Asia, and northern United States and Canada.

**Leaf:** Leathery leaves: alternate, simple, entire and evergreen and upper surface is usually glossy. smallish leaves, 1–3 cm (0.4–1.2 in.) long. lacking spots, clear net-like leaf venation.

**Root:** a long and solitary fibrous main root that radiates out; also several buried and prostrate stems in different directions, out of these prostrate roots, arise a new main aerial

**Stem:** reddish brown, woody, branching stem that lies just above the surface of the soil. of the plant. The aerial stems can reach 4” to 6” fully grown.

**Berry:** globular bright red berries containing several one-seeded nutlets mealy not juicy – ripen late and stay on through winter -a survival food
Flower: small pinkish-white bell flower-clusters with 10 stamens emerge in the spring.

Look a-likes: Some similar plants include lingonberry *Vaccinium vitis-idaea*, *V. oxyccocos* and *V. macrocarpon*, although they are not related. Lingonberry’s stems are erect: bearberry is limply creeping and only the tips of the stems are slightly ascending. Bearberry’s leaves are narrower and gradually tapering towards the base. The underside is clearly net-veined but lacks the dark spots that are typical of lingonberry. Bearberry’s fruit is red like lingonberry, but its dry, floury and virtually tasteless flesh means that it doesn’t compete with lingonberry as a food (with humans at least).

**Cultivation**

Like many plants in the heath family (Ericaceae), uva ursi thrives in acidic soils. The habitat for *Arctostaphylos uva-ursi* is usually dry soil of low productivity in full sun (though it also grows in the part shade of dry open woods) in harsh, cold, and exposed environments throughout the northern hemisphere, particularly in arctic borderlands as well as on sand dunes along the coast.

Bearberry proliferates well after a fire, as the seeds are fire resistant and require cold treatment in order to germinate. In the absence of fires, it spreads mainly through vegetative growth.
Sow seeds in a greenhouse as soon as they are ripe. Dried seeds should be pre-soaked in boiling water for 10-20 seconds (or can have some straw burnt on top of them) then they are stratified at 2-5°C for 2 months. The seed will usually germinates in 2 - 3 months at 15°C. When large enough to handle, transplant the seedlings out into individual pots and grow them on in a cold frame or greenhouse for at least their first winter.

Uva ursi likes to grow as a community forming dense mats of ground cover in congenial habitats, but it does not like to be transplanted. In seeking to develop a ground cover plant starts in late spring at @1 ft. distance and allow the plants to spread on their own. (Slow at first but a strong perennial matt will ensue)

The arbutin contained in the leaves, bark, and roots of uva-ursi forms a chemical called hydroquinone, which inhibits the growth of surrounding plants. Arbutin has also been noted to exist in many plants that have developed the ability to survive extreme and prolonged dehydration.

**Parts Used:**
Leaves, (berries & flowers)

**Harvest:**
The evergreen leaves are best collected in the morning after dew has dried in autumn but may be collected throughout the year.

Harvest new years growth at leading tips leaving the woody stems behind; careful pruning stimulates further growth. DO not harvest down to plants center which could kills the plant.

There are wildcrafting restrictions on uva ursi in various parts of Europe, therefore it is often adulterated with Vaccinium vitis-idaea, bilberry, and wintergreen.

**Medicine Preparation:**
Decoction or Cold tea infusion, tincture (or preserved tea), capsules oil, ointment, sitz bath, steam.

Cold water extraction overnight is the preferred extraction technique in order to better preserve the arbutin, and helps to eliminate much of the tannins. This would not be preferred in cases where it is primarily the astringent benefits that are desired of the plant. For heat extraction Uva ursi’s tough leather leaves need to be boiled vigorously for 15 minutes. Bearberry tea the preferred delivery method for UTI.

Tincture: 1:5 (dry plant) in 25% alcohol, 2-4ml Tinctures are generally greenish in color.
Major Constituents:
Tannins are generally present in the 6-7% range but can be up to 20% of the plant extract. Generally, the tannins are what product the side effects associated with uva ursi (Snow, 2011).
Arbutin and methylarbutin, phenolic glycosides, can be found as high as 11% of the plant extract (Madaus, 1938) In an alkaline environment, arbutin is decomposed into hydroquinone, an antimicrobial substance. Iridoids, flavonoids (quercetin), allantoin, triterpenes (ursolic acid) resin (ursone), volatile oil, ursolic, malic and gallic acids.

Cultural Traditions and Uses
Its use in North American aboriginal medicine probably predates its acceptance into European medicine. The dried leaf mixed with tobacco (and also with Labrador tea, red osier dogwood and wild sage leaves) is known as sagackhomi in Canada and kinnikinnick among Western tribes, was smoked ritually (Hutchens, 1991; Millspaugh, 1974). Some tribes employed it in the training of shamans in skills of divination and prophecy. Various smoking mixtures were also thought to attract game when containing uva ursi. The French were also known to smoke uva ursi (Erichsen-Brown, 1979).

Native Americans used uva ursi to treat inflammations of the urinary tract, especially cystitis, as well as for venereal disease. (Hutchens, 1981) People of the Cherokee Nation used uva ursi to treat uterine dropsy and urinary diseases (Hamel and Chiltoskey, 1975). The Cheyenne used it as a diuretic for congested kidneys (Grinnell, 1972). The Okanagan and Thompson tribes decocted the leaves and stems for use as a urinary aid and tonic for kidneys and bladder (Moerman, 1998; Perry, 1952; Steedman, 1928). It was also used by the Haida people of northern British Columbia as a diuretic in kidney disease and to treat infections in the urinary tract. Among present day herbalists, it is best known for treating urinary bacterial infections.

New Mexicans of Hispanic descent used an oral decoction as a treatment for bladder infection and in sitz baths for vaginitis, amongst other conditions The leaves from A.glauc (manzanita) from California, A.polifolia from Mexico, and A.tomentosa (madrona) are also used medicinally.

Uva ursi is an ancient astringent, though there is little recorded use in European medicine until reported by Welsh physicians of Myddfai in the 13th century. In 1601, Clusius reported its earlier use by Galen (ca. 130–200 C.E.) as a...
to treat wounds and stop bleeding (Grieve, 1979; Millspaugh, 1974). Marco Polo’s famous travelogue reported Chinese physicians using it as a diuretic to treat kidney and urinary problems and he is credited with re-popularized uva ursi in Europe as a urinary and kidney remedy.

In modern western medical practice, its use seems to begin with Spanish and Italian physicians (ca. 1730–1740 C.E.) for calculus complaints. Its more general adoption dates from the writings of De Haen in 1756, Gerhard of Berlin in 1763, and Murray in 1764 as a remedy in nephritic disorders (Grieve, 1979; Stille, 1874; Millspaugh, 1974). It also became official in the *London Pharmacopoeia* in 1763 (Millspaugh, 1974). In American Eclectic medicine its use was specific for relaxation of the urinary tract, with pain and mucous or bloody secretions (Felter and Lloyd, 1985). Goethe is reported to have been prescribed and successfully treated for kidney stones with this herb.

Early American medical botanists reported on its usefulness in the treatment of genitourinary disorders and by the late 19th century it was widely used by Eclectic physicians as an astringent tonic for chronic diarrhea, dysentery, and menorrhagia, as well as for genitourinary disorders and diabetes. Uva ursi was part of the official in the *United States Pharmacopoeia* and *National Formulary* from 1820 to 1950. Today, uva ursi is still official in the pharmacopeias of Austria, the Czech Republic, Egypt, France, Germany, Hungary, Japan, Russia, and Switzerland and others.

Uva ursi has been used in Sweden and Russia for tanning leather (Erichsen-Brown, 1979; Grieve, 1971; Lloyd, 1911) and it has also been used as an ash colored dye in various Scandinavian countries (Grieve, 1971). Cattle avoid it.

**Bear Berry as Medicine**

**Tissue State:**
Relaxation, organ and tissue prolapse, loss of tone, outflow of fluids

**Taste:**
Astringent, Bitter, Dry, Neutral

**Energetics Qualites:**
Drying, cooling, (some consider mildly warming) [drying, tightening, toning, building of tissue integrity]

**Actions:**
urinary antiseptic and bacteriostatic, anti-inflammatory, astringent, antibacterial antimicrobial Diuretic Demulcent Anti-inflammatory Anti-catarrhal, antilithic, bitter, enuresis, styptic, tonic, vulnerary, lowers uric acid levels. Tyrosinase Inhibiting (American botanical council)

“The mechanisms of action of uva ursi are not fully elucidated. It appears, however, that arbutin and its aglycone, hydroquinone—a urinary disinfectant-- are primarily responsible for the herb’s antimicrobial activity. Hydroquinones are primarily hydrolyzed in the kidney because tannins prevent enzymatic activity that would normally lead to its conversion in the gut; it also appears that arbutin might be hydrolyzed in the urinary tract as a result of β-glucosidase activity stimulated by pathogenic infection. 4, 5Arbutin is rapidly absorbed after consumption of tea and extract preparations, with urinary excretion of metabolites within a few hours and up to 24 hours. 6, 7 Antibacterial actions may be most prominent in an alkaline (pH 8) urinary environment, however, activity is not necessarily dependent on elevated urinary pH.” [Aviva Romm]

**Doses:**
Tincture: ½ to 1 teaspoon, +/- 3x a day of tincture, or 4-15mL a day; Felter (1922) and Ellingwood (1919) both recommend 10-60 drops of tincture.
Tea: strongest medicine comes from tea. Cold infusion or Strong Decoction, 1-4 ounces, both to 4X a day [Michael Moore] or low energetic dose.

For Short term use Astringents generally offer their remedy to the condition within 2 weeks.

The activity of arbutin activity is directed to the urinary tract about 3-4 hours after ingestion (Duke, 1997) and dose of Uva-ursi every 3 to 4 hours until the symptoms have resolved. If you have not noticed a shift in 72 hours (and given your urine is alkaline), uva ursi should be discontinued and another herb should be substituted. If it is effective for treating your UTI, you should continue for 7-10 days or the condition may return (Snow, 2011). Small doses (1-3 drops) have been found very beneficial to prevent recurrence.

Uva ursi is more effective when the urine is alkaline and should not be taken with substances that cause acidic urine, as this reduces the antibacterial effect. An alkaline pH should be maintained.

To increase urine alkalinity, take 1-2 teaspoons of bicarbonate (baking soda) a day, limit meat intake, and have higher quantities of fruits and vegetables with additional water (but not cranberry juice!). (Snow, 2011 Vitamin C (ascorbic acid) and citrus juice should be avoided due to their acidifying nature, but calcium and potassium citrates will help. Cranberry Juice is contraindicated while on uva ursi.

**Specific Indications & Applications**

- **specific for the urinary system**, and provides significant demulcent, astringent, and antimicrobial actions to this area of the body. This combination of urinary system specific actions makes bearberry one of the best choices available for urinary tract infections.

- **primarily known as an astringent and tonic**. Its action is directly on the bladder walls, toning the muscles, promoting normal contractions (Hoffmann, 2003), and healing ulcers. The astringent action reduces excessive mucous in the bladder and generally soothes irritation of the urinary tract (Ellingwood, 1919; Felter, 1898; Grieve, 1971).

- **Felter (1898) mentions that uva ursi is particularly helpful for genitourinary symptoms when there is a “feeling of weight and dragging in on the loins and perineum.”** Its action is also on the kidneys, not just the bladder, relaxing irritation of the filtering systems in the kidneys (Remington, 1918; Rose, 2001).

- **urinary tract infections especially cystitis**, but is also useful for general tonic effects on the area (short duration), and instances of ulceration in the urinary tract as well as urethritis, dysuria, pyelitis, and lithuria. Herbalists find that uva ursi is much more effective than antibiotics at treating UTIs.

- **Combines well with Corn Silk** to open and ease the passing of the urine, with Marshmallow root to relieve inflammation and symptoms of burning, with Echinacea root to help rapidly resolve the infection and with Licorice to soften the intake of the medicine and to likewise reduce inflammation and, Agropyron, (Couch grass) and Barosma (Buchu) cleavers, dandelion leaf, parsley, or juniper berries. Kava Kava also has an affinity with urinary tract.

“**The rapid effects of Uva-ursi depend entirely on its stimulant, astringent, and tonic powers in physiological doses, though, in the smaller doses, it will relieve chronic irritation of the bladder. In chronic affections of the kidneys and urinary passages, it is frequently useful; in vesical catarrh, chronic gonorrhoea, strangury, leucorrhoea, and excessive mucous and bloody discharges with the urine. The keynote to its use is relaxation of the urinary membranes, as is evidenced by catarrhal discharges and a feeling of weight and dragging in the loins and perineum. There is always a feeble circulation and lack of innervation in the urinary tract when uva ursi is indicated. It undoubtedly lessens lithic acid deposits in the urine, if there are bloody and mucous discharges, and pain in the vesical region, it speedily allays all these unpleasant symptoms.”**

Excerpt from Felter & Lloyd's Kings Dispensatory from 1898
Inflammation in the urinary bladder helps also to alleviate the extreme pain affecting the person as a result of stone formation in the kidney or the urinary bladder.

For repeating and after effects of Urinary infections: “When you get a UTI you get some damage to the delicate smooth surfaces of the bladder and its connecting tubes (urethra and ureter) The lining of these surfaces needs to be glassy smooth to safely carry urine but the after-effects of an infection are tiny pock-mark like ‘scars’, on those delicate surfaces which then become ideal hiding places and breeding grounds for bacteria.

“A person might think they have had 6 bladder infections in the last 6 months but in fact they have just had the one infection which never properly healed from the first time. The most important goal in these cases is to prevent an infection from developing for long enough that the tissue fully heals and redevelops its smooth and unbroken surface. It takes about 6 months without any symptoms of infection for chronic cystitis to be properly ‘cured’. My experience with a great many women has been that a simple cup of tea containing a tsp or so of dried Uva-ursi just once a day for those 6 months may be all that is needed to break the cycle and affect the cure”

Kidney or bladder calculi (gravel)

Acute catarrhal cystitis with dysuria (BHP)

Prostatitis

Vaginal infection (as a douche)

Topical inflammations (applied topically)

Excessive fluids: The astringent action of uva ursi is supportive of all excessive fluids, including bloody urine, excessive mucus, and vaginal discharge. Ecclectics used uva-ursi to treat chronic bladder irritations, enuresis, excessive mucous, blood in the urine, chronic diarrhea, dysentery, menorrhagia, leucorrhea, diabetes, chronic gonorhea, and strangury

Gout: The ability of the bearberry to effectively reduce the accumulated levels of uric acid in the body is truly a notable and beneficial power - this beneficial effect of the herb is used in the treatment of many patients affected by urinary system dysfunction leading to the retention of uric acid in the body, and in treating disorders like gout

Whiten skin and may be used treat hyperpigmentation disorders While uva-ursi is not a common topical remedy, it has been used in external preparations for lightening skin – making it useful for those with hyperpigmentation or scarring. It is also included in some hair care products designed to moisturize the hair and scalp. Bone K, Mills S. (2013). Principles and Practice of Phytotherapy.

Urinary incontinence and bedwetting: astringing and tonifying actions to the urinary system.

As postpartum medicine, uva ursi helps to hasten the normalisation of the womb. In the traditional context, uva ursi was given to women after birthing to help prevent hemorrhaging, and to also used as a rinse for their private areas to help allay infection.” “Midwives include the herb as an astringent anti-
inflammatory in sitz baths and **perineal rinses for postnatal perineal healing and as part of treatment of vaginitis and urethritis**. [Romm]

**Smoking blend:** Uva ursi also makes for an excellent smoking herb, either used by itself or when combined with tobacco, although its most common uses with regards to smoking as of late is as part of 'quitting' blends that help a person ease their system away from nicotine dependency.

**Wound Healing:** Uva ursi's allantoin may help spur wound healing. Allantoin is the active ingredient in several over-the-counter skin creams, such as Herpicin-L Cold Sore Lip Balm, for relief of oral herpess, and Vagimide Cream, for irritation associated with vaginal infections.

**Mouth sores:** astringes

**Uva Ursi studies:**

- The Commission E reported that preparations made from uva ursi act antibacterially in vitro against *Proteus vulgaris*, *E. coli*, *Ureaplasma urealyticum*, *Mycoplasma hominis*, *Staphylococcus aureus*, *Pseudomonas aeruginosa*, Friedländer's pneumonia, *Enterococcus faecalis*, *Streptococcus* strains, and *Candida albicans*. The antimicrobial effect is associated with the aglycone hydroquinone released from arbutin (transport form) or arbutin waste products in the alkaline urine. A methanol extract of the preparation (50%) is said to have an inhibiting effect on tyrosinase activity. The forming of melanin from DOPA using tyrosinase as well as from DOPA-CHROM through auto-oxidation is also said to be inhibited by the preparation.

- **ANTIBACTERIAL** The main source of the antibacterial activity of bearberry is hotly debated among researchers. Many consider the hydroquinone esters such as arbutin to be the main antibacterial source, while others suggest that it is instead the free hydroquinone that provides this activity. Nevertheless the antibacterial effects of bearberry are well known and have been found to be especially useful for urinary tract infections. [7].

- The antibacterial action of arbutin was found to have a correlation with beta-glucosidase activity inside bacteria. This is an enzyme that will convert arbutin into free hydroquinone. *Streptococcus*, *Klebsiella*, and *Enterobacter* were noted to have the highest activity of this enzyme. [7]. The hydroquinone that is a resulting metabolite from the phenolic glycoside arbutin, affects the surfaceexposed adhesins, cell wall polypeptides, and membrane bound enzymes [10]. Other componenets in bearberry are also suggested to support these effects including methylarbutin, tannins, gallic acid, ellagic acid, and numerous flavonoids, including quercetin, myricetin and their glycosides, as well as the triterpenes b-amyrin and ursolic acid [10].

- In one study, bearberry was found to be amongst the most active out of 14 different Canadian medicinal plants against Neisseria gonorrhoeae [1]. This is an important finding in light of a new strain of drug resistant gonorrhoeae strain.

- **Uva-ursi has been noted to produce a stronger antibacterial action on the urinary tract when the urine is alkaline.** Since the majority of cases of urinary tract infection produces acidic urine, it may be beneficial to alkalinize the urine alongside the application of uva-ursi. [7]. use bicarbonate, or alkaline-forming diet.

- The German Commission E has approved uva ursi for urinary tract cystitis after a double blind, randomized study that found **no recurrence after 12 months of recurrent urinary cystitis** due to one month’s use of uva ursi (Mills and Bone, 2000; Gruenwald et al., 2007). The antimicrobial action of uva ursi **decreases the adhesion of Gram-negative microbes to the walls of the urinary tract** (Gruenwald, 2007). Most urinary tract infections produce acidic urine and best antimicrobial effects from uva ursi only occur when urine is alkaline (Mills and Bone 2000).

- **Uva ursi is a diuretic acting on renal epithelium** (Felter 1922). It strengthens and adds tone to the urinary passages (Grieve, 1971) and both prevents and treats bladder infections (Duke, 1997). Duke suggests that it may be the most effective antibacterial herb for urinary tract infections. Ellingwood (1919) observed uva ursi as a sedative for the urinary system, perhaps the reason other herbalists
attribute it to relieving urinary pain. The diuretic compound of uva ursi is ursolic acid and the tannins are attributed to the astringent activities of uva ursi. Some think that (Castleman, 1991).

In 1852, chemists found arbutin extracted from uva ursi (Castleman, 1991). In the renal tract (Erichsen-Brown, 1979), arbutin forms into hydroquinone and is excreted in the urine as a greenish color due to oxidation (Pharmaceutical Society of GB, 1911; Remington, 1918). Cold infusions of powdered uva ursi extracts contain higher levels of arbutin and lower levels of tannins (Mills and Bone, 2000). Arbutin and hydroquinone are attributed to the diuretic, antibacterial, and antiseptic activity (Castleman, 1991; Duke, 1997; Grieve, 1971) that generally occurs in the body 3-4 hours after taking the herb (Duke, 1997). It has a mild disinfectant activity on the urinary passage, calming chronic irritation and inflammation of the bladder by its effects on the mucous membranes. It is particularly helpful in these situations when circulation and innervation is weak (Felter, 1922).

Uva ursi relieves pain associated with spasms from kidney stones and urinary track ulcers (Felter, 1898; Madaus, 1938). It increases urine output where small stones will often run out. Lloyd (1911) used injections of arbutin for gonorrhea and mucous in the bladder. Madaus (1938) used these injections for relieving pain associated with stones and other urogenital inflammations. He also mentions that for arbutin to be effectively cleaved to form hydroquinone, the urine needs to be alkaline (Madaus, 1938). When urine is acidic it reduces the conversion to hydroquinone making uva ursi less effective (Hoffmann, 2003). This suggests that the urine sterilizing properties of uva ursi are specifically due to the hydroquinones (Gruenwald, 2007).

Uva ursi is astringent in the digestive tract as well. It binds diarrhea (Castleman, 1991; Felter, 1898), astringes bleeding in the stomach and bowels (Cook, 1869), nausea, and vomiting (Boerick, 1901). The astringent action causes a soothing effect on the bowels, especially for ulcerated conditions, commonly taken with goldenseal. The astringent effects also translate to being supportive for bronchitis (Rose, 2001) and other respiratory problems with mucous and coughing (Felter, 1898), and for high blood pressure (Castleman, 1991). It is also suggested by both Felter (1898) and Ellingwood (1919) as being useful for diabetes.

As with the urinary system, uva ursi acts as an astringent on various fluids of the female genital system. It is often used for menorrhagia, heavy menstrual bleeding, as well as leucorrhea, a thick, yellow/white, vaginal discharge (Erichsen-Brown, 1979). It is also used to treat gonorrhea with bloody, mucous discharges, particularly in females when it is lingering (Cook, 1869). It can also relieve the pain associated with chronic gonorrhea (Felter 1898). Uva ursi tea can also be used for other venereal diseases and inflammation of the genitourinary tract (Mills and Bone, 2000). The antimicrobial action suggest that uva ursi may be helpful for vaginal infections in addition to cold sores and oral herpes (Castleman, 1991). It can be applied as a douche for these and other vaginal infections, including ulceration (Hoffmann, 2003) and postpartum infection (Tierra, 1988). Uva ursi will also tone the uterus making it supportive of individuals who frequently experience prolapses (Cook, 1869). It can however stimulate uterine contractions so it should not be used in pregnancy (Castleman, 1991). Cook (1869) mentions that he has also used uva ursi for prostate inflammation in men.

Because of its anti-inflammatory effects, uva ursi can be used topically for contact dermatitis, arthritis, and edema (Mills and Bone, 2005). It can be applied to fresh wounds as crushed leaves or a decoction compress (Castleman, 1991). It has also been used for bites from poisonous reptiles to extract the poison, relieve pain, and relax the nerves (Cook, 1869). It may even be effective as a whitening agent for the skin from hyperpigmentation disorders (Mills and Bone, 2000). Its action for hyperpigmentation is through an inhibition of melanin production (Gruenwald, 2007).

**Contraindications & Cautions:**
The tannins in uva ursi make it unsuitable for long-term use.
Arctostaphylos is contraindicated during pregnancy due to its oxytocic properties (stimulates uterine contractions in animal studies). Low Dog states that the herb has potentially fetotoxicity due to its hydroquinone content.

It is discouraged to take uva ursi while breastfeeding due to toxicity to any child under the age of 2. Arbutin does come through breast milk. It is not recommended for children under the age of 12 (Mills and Bone, 2000). For children and older adults, start with smaller doses and work your way up (Castleman, 1991).

Avoid in kidney disease.

It may change the color of the urine but this is harmless.

Raw berries can be toxic if eaten in large quantities.

In high doses bearberry can cause cramping, nausea, vomiting, and constipation.

**Bear Berry as Flower Essence**

According to herbalist Robert Rogers, "Bearberry flower essence is for those who seek to strengthen and increase their psychic abilities."

**UVA URSI** (*Arctostaphylos uva-ursi*), [Woodland Essence- Forest Floor] – Nurtures the feminine, the vessel of creativity, the deep, dark void from which all life flows. Helps one to access the healing and creative powers of the deeper resources within. Physically for healing the ovaries. [to use the feminin power of the heart to create/manifest]

**Kinnikinnik** (*Arctostaphylos uva-ursi*), [Tree Frog farm Essences]- Encourages you to gently snuggle into open-hearted love for yourself. Opens the back of the heart chakra.

**Bearberry** (*Arctostaphylos uva-ursi*), [Praire Deva Essences]-

KEYWORDS – Accepting and integrating psychic and intuitive growth

Bearberry flower essence helps to strengthen and increase psychic abilities. Often times, this ability is present, and it is a matter of “awakening” the stored energy. When first accessed, this may result in many unpleasant physical, mental and emotional sensations as kundalini energy begins to move up through the spine and re-shape the energetics of the body and mind. Resistance at this stage can exhibit all the symptoms of psychosis as a transmutation on the various planes manifest. Bearberry flower essence helps reveal some of the underlying patterns that are part of a smooth transition of energy and matter. It will help individuals who occasionally have intuitive flashes, but are frustrated by their inability to access this ability.
on a regular basis. During the movement of Kundalini energy, there is desire, on the personality level, to return to previous experience, or to deny the process that is manifest. Bearberry flower essence helps assist one in recognizing that the path is straight ahead, and that all of their past experiences have lead them to this moment of possibility. Bearberry flower essence calms the individual and allows them to see themselves in this new place of awareness. In beginners the essence reminds one that the journey toward self-awareness has begun, with the first few steps just underway. The use of yoga, t’ai chi, and chi qong assists the process and helps move the energy through the various chakras more efficiently and quietly. Blockage or resistance at any level will manifest in feelings of constriction, including heart palpitations, restricted breathing, sore throat, or headaches. A few drops may be applied to affected areas to alleviate burning and heat associated with this process. Putting a few drops of Bearberry essence by your bedside, to use In the middle of night, may help relieve some of the unpleasant hot and cold sensations, including the flushing associated with menopause and andropause. A Japanese female in her 40’s related her experience. “Although Bearberry is the essence of ‘intuition power’ I was talking on the phone with my friend one day and asked her, ‘what were you doing this morning?’ and she answered ‘I was sleeping most of the time at home’. Right after the phone was hung up, I felt immediately that she told a lie to me. So, I asked her the same question next day. In fact, she told me she had gone out that morning! I was so surprised, because it happened to me right after drinking Bearberry essence”

Bear Berry as Food ππ

The berries are a starchy fruit and can be eaten, The flowers can be eaten oo are like eating honeysuckle flowers In a survival situation, the pithy red berries can be eaten for their high vitamin C content and carbohydrates which also can provide much needed energy to a tired hiker, boiling the berries helps to soften them for easier seed removal. The berries have a pithy texture and very little flavor.

“There are over 50 species indigenous to western North America alone, making this a very common plant (Mills and Bone, 2000). With the large number of Arctostaphylos species, it is important to note that some berry varieties are not edible (Hendrick, 1919). Those that are, are eaten by bears (Lloyd, 1911). Red berries can be mixed in bread and cooked into syrup when fresh (Madaus, 1938). In medicinal formulas, it was commonly added to other formulas, specifically for women, to make them taste good (Erichsen-Brown, 1979).” herbarium

Nutritional Profile

Berries: High vitamin C and carbohydrates, Leaves: Trace minerals such as calcium, iron, magnesium, manganese, and potassium. Dried leaves contain up to 28,000 IU of vitamin A per 100 g and trace amounts of zinc and vitamin

Sources: [citations forthcoming]
1. Michael Moore, Medicine Plants Of The Southwest (Sante Fe Museum of New Mexico Press ) p 94
2. Beverley Gray The Boreal Herbal by (2011)