



Dr's Substack

4 Your Eyes Only: Bilberry, The WWII Hero

Post One of Five in Eye Health

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Aug 28, 2025

Bilberry: The WWII Hero That Became an Eye Health Legend

(Or: How British Pilots Accidentally Discovered the Ultimate Eye Superfood)

Welcome to the prequel of our eye health adventure series! Before grapeseed extract became wine's overachieving cousin, before Gotu Kola accidentally made me gorgeous (joke), and before Ginkgo made me forget why I was smart, there was Bilberry – the unsung hero with a military background and a serious attitude about eye health.

A Promise Kept (With Time Constraints and Great Information!)

I promised you great eye information, and despite running into time constraints that would make a NASCAR pit crew sweat, I'm delivering! Sometimes the best strategy is pointing you to the greatest hits (also known as reposts), but today we're diving deep into fresh material from my studies and patient work.

The following information is from a seminar I attended by Associate Professor Kerry Bone, PhD, a renowned expert widely regarded as one of the world's top medical herbalists. When Kerry comes to the United States to lecture, it's like the herb world's version of a rock concert, and I was lucky enough to get front-row seats to his wisdom!

Meet Bilberry: The Microcirculation Superhero

Today we're talking about Bilberry, and let me tell you – this little berry is absolutely OUTSTANDING for eye microcirculation. If your eyes' tiny blood vessels could write thank-you notes, they'd be sending Bilberry fruit baskets daily.

Bilberry is especially beneficial for people with diabetes and those experiencing microcirculation issues (which refers to circulation in the body's smaller vessels).

The Scientific Evidence (Because We Don't Just Make This Stuff Up)

The Research Speaks: Uncontrolled trials showed Bilberry supported patients' capillary function like a personal trainer for tiny blood vessels

- It reduced microcirculatory changes in several different challenging situations (basically, it's the diplomatic negotiator of the vascular world)
- In a placebo-controlled trial, taking Bilberry for 12 months improved retinal health (that's a full year commitment – longer than most New Year's resolutions!)

- In a double-masked study, 14 patients with retinal challenges received Bilberry for one month
- **Plot twist:** Significant improvements were observed in 77-99% of treated patients. That's better odds than finding a parking spot at the mall during the holidays!

Dr. Bone's Core Protocol (The Professional's Playbook)

Medi-Herb Bilberry Forte: 3-4 tablets per day (120 mg with 39.9 mg of the good stuff)

TSA Disclosure Note: Kerry Bone, PhD, is the co-founder of Standard Process's MediHerb division. In my completely unbiased opinion (okay, maybe slightly biased based on analytical data), MediHerb produces the best commercial herbs available. Gaia herbs are also excellent.

Personal Confession: Late in my career as a chiropractor and nutritionist, I finally realized that ***nutrition has a profound impact on the eyes***, and that microcirculation to them is a significant issue. I also learned that I probably should have pursued comedy, as I initially desired, but my parents wanted me to be a lawyer or a doctor of some kind. It turns out that I can be both a doctor and accidentally funny - who knew?!

Thanks for reading Dr. Tamara's Substack! Subscribe for free to receive new posts and support my work.

The Historical Plot Twist: From Digestive Aid to Air Force Secret Weapon

Here's where Bilberry's origin story gets interesting! These delicious little berries have been appreciated since the 16th century, when medical herbalists discovered they could ease digestive, gastrointestinal, and urinary complaints. Basically, Bilberry was the Swiss Army knife of medieval medicine.

But here's the REAL kicker: During World War II, British Royal Air Force pilots used Bilberry to support normal, healthy vision – especially night vision! Picture this: while the enemy was squinting in the dark, British pilots were munching on bilberries and seeing like cats. Talk about a strategic advantage!

Fun fact: Those pilots accidentally discovered what we now know scientifically – that Bilberries are loaded with anthocyanosides, the compounds that give many fruits their characteristic blue-black color and their eye-supporting superpowers.

The Anthocyanoside Hall of Fame (Numbers Don't Lie!)

Here's how Bilberry stacks up against the competition in the anthocyanoside content department (per 100g):

The Champions League:

- **Bilberries: 300-700** (The undisputed champion!)
- Pomegranate: 620 (Respectable runner-up)
- Cherries: 350-400 (Solid performance)
- Raspberries: 365 (Consistent player)
- Acai Berries: 320 (The trendy newcomer)

The Amateur Division:

- Blueberries: 120-301 (Bilberries' less accomplished cousin)
- Blackberries: 137 (Trying their best)
- Strawberries: 65 (Sweet, but not the eye health MVP)

Translation: If anthocyanosides were money, Bilberries would be driving the Lamborghini while strawberries are still saving up for bus fare!

What Makes Bilberry the Eye Health MVP?

Bilberry doesn't just do one thing well – it's like the overachiever who excels at everything:

- **Maintains healthy eyes** (obviously – it's in the job description)
- **Provides antioxidant support** (molecular bodyguards for your cells)
- **Promotes vascular integrity** (keeps your blood vessel architecture solid)
- **Maintains capillary health** (microcirculation support that would make traffic engineers jealous)
- **Supports healthy connective tissue** (collagen support – your eyes' structural engineering team)

The Bottom Line

Bilberry is basically what happens when a fruit decides to become a medical professional. It boasts historical credentials (dating back to the 16th century and spanning World War II), scientific backing (improvement rates of 77-99%), and biochemical firepower (those champion-level anthocyanosides) to establish its place as the foundation of eye health protocols.

From British pilots gaining night vision advantages to modern patients seeing improvements in retinal health, Bilberry has been quietly revolutionizing eye care for centuries. It's the humble hero that doesn't need flashy marketing – the results speak for themselves!

Coming Up in Our Eye Health Series

Stay tuned for our complete eye health journey:

1. **Bilberry** (you're here!) – The WWII hero with anthocyanoside superpowers
2. **Gotu Kola** – The accidental beauty secret discovered through retinal bleeding
3. **Ginkgo** – The great bleeding controversy and my accidental brain boost
4. **Grapeseed Extract** – Wine's sober but incredibly accomplished cousin
5. **Microcirculation Gadgets & Therapies** – The high-tech helpers that boost your eye health game

Each one brings something unique to the microcirculation party, and together they're like the Avengers of eye health!

Remember: Brief posts packed with usable information – that's my promise to you! And thanks for reading along on this eye health adventure. Your vision is worth every berry, seed, and leaf we can throw at it!

Speaking of which, subscribe to Surviving Healthcare: Dr. Robert Yoho's Apocalypse store at this button: Save big on Professional products!

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