

<http://video.foxnews.com/v/1526868241001/health-benefits-of-elderberry/>

Dr. Manny automated transcript:

Hello I'm not demanding and he had to answer your questions.

Is being used in alternative medicine for hundreds of years now the power of elder -- Is catching on around the world we got this email from a viewer.

Dear doctor -- I've been hearing a lot about the health benefits of elder -- issues especially to help fight viruses like the cold and flu. I also hear there is growing research to support elderberry cardiovascular and anti cancer health benefits. Should we be adding this to our diets?

Well, Chris, you're right. Elderberry is touted as a powerful antioxidant. Research shows that it may offer immune boosting properties. By stimulating the production of side of kinds proteins that help the body fight off disease.

One study found the people who took elderberry extract while having the flu so -- symptoms subside for days earlier than those who did. But getting the immune system of -- is not the only thing elderberry may be good for. We checked in with the medicine hunter to find out more.

Okay Dr.

Manny -- been several studies showing that elder -- especially concentrated elderberry juice, helps to reduce the severity and duration of colds and flu. It appears that it actually helps to counteract the flu virus so as a natural remedy. It seems to be one of the best things that we have for dealing with flu.

The fact that it is purple is due to its rich concentrations of the very high antioxidant group called the anthocyanins, and so it is powerfully antioxidant. It's powerfully anti inflammatory.

This group of compounds does demonstrate some anti cancer properties, and I -- to be quick to say that that does not mean that elder -- is perceived as a cancer cure but it might be helpful as something to consume while you're dealing with cancer and certainly reduce the risk of that.

Also had an interesting experience in Austria in which I wound up at dinner with a Lieutenant Colonel from the United States Air Force who was investigating the concentrated extract of elderberry. To use with -- not test pilots but fighter pilots. To keep them healthy more stress free and mentally more clear so they last longer in the cockpit so -- very does many things.

Remember always -- doctor before making any changes to your diet or lifestyle.

Do you have a question email me at Dr. Manny of foxnews.com.