

**Marianne E. Meyer**



# **CRANBERRY POWER FRUIT**

**Handbook to the Methuselah Berry**



**Sensational Healing Successes and  
Delicious Recipes for the Healthy Kitchen**



The information introduced in this book was carefully researched and imparted in all conscience. However, author and publisher do not take any liability for damages of any nature that could emerge directly or indirectly from the usage or application of the data in this book which is for interested parties and education.

© 2017 by Marianne E. Meyer, Tavira, Portugal

All rights are with the author  
[drmarianneemeyer@gmail.com](mailto:drmarianneemeyer@gmail.com)  
[www.marianne-e-meyer.com](http://www.marianne-e-meyer.com)

***Some other books by M. E. Meyer:***

*How Water Connects our Worlds*  
*Family Code - Death is Not the End*  
*Migrant Birds on Wheels*  
*Spirulina für ältere Menschen*  
*Psyllium - So bekommen Sie Ihr Fett weg*  
*Spirulina für Kinder*  
*Spirulina, das blaugrüne Wunder*

Marianne E. Meyer  
Apartado 320, P-8801 Tavira



Marianne E. Meyer has already passed through many stages of life with the focus on self-help and learned: We are our own best teachers, healers, and spiritual leaders. Formerly a doctor's assistant, she later studied with a focus on family therapy and gerontology in Frankfurt. She then studied food science in the USA. The dissertation case study on immune defense and Spirulina she published in her bestseller *Spirulina, das blaugrüne Wunder*. The author lived 10 years in the US, intervening in Southern Hesse, Portugal, and Morocco. Until recently, she worked temporarily with

maladjusted adolescents in Portugal. She is inspired by a pioneering spirit and a passionate dedication on the well-being of the people.

Layout: I would like to thank the Cranberry Marketing Committee (CMC) - Cranberries from the USA for the friendly providing of photos.

Other photo credits

Cover back and page 2: R. Taylor

Cover, typography & typesetting: M. Meyer

# **TABLE OF CONTENT**

## **Preface**

### **I. INTRODUCTION**

Every second woman has a urinary tract infection  
Candida or cystitis?  
The anti-candida diet has many benefits

### **II. NORTH AMERICAN BERRY ON THE RISE**

The French celebrate the fire-red fruit  
Success measured at trade exhibitions  
Product range: almost weekly new outputs  
    Fresh and frozen cranberries - keepability  
    Sirup, concentrate, and powder  
    Cranberry juices and juice mixtures  
    Cranberry dry fruits & snacks  
    Nutritional analysis of cranberry products  
Acid fruits conquer the media  
Superpower against bacteria.

### **III. FACTS AND FOLKLORE**

The cranberry botanized  
Habitat requirements  
Growth process of the capricious roots  
The Harvest of cranberry: a berry sports festival

Dry harvest: when berries are jumping  
Wet harvest: swimming is cool  
History and mystery  
Use: a good fit with cranberries  
Awaken cranberries the joie de vivre of the cow?  
In comparison with the cowberry

#### **IV. HEALTH ENHANCING CONTENTS**

What's in the redskin?  
Secondary metabolites: Can we reverse the clock?  
How do the phytochemicals work?  
Oligomeric procyanidins (OPC) or proanthocyanidins (PAC)  
How many antioxidants do we consume?  
Polyphenol comparison of conventional beverages  
Polyphenol comparison of common beverages  
Polyphenol comparison of common foods  
Health effects of PAC/OPC  
Lutein and zeaxanthin prevent macular degeneration  
Vitamin C - ascorbic acid - E 300  
Average analysis of cranberry juice

#### **IV. DISEASE PREVENTION AND CURE FROM A - Z**

Arteriosclerosis: stretching for the veins  
Bladder infections: Cranberries dispel Coli bacteria  
Cancer: Special nutrients delay cancer growth  
Candida: Cranberry helps to prevent fungi  
Caries: The cranberry can scare away germs



Cataract: The OPC of the power berry protects the lens

Cystitis: When the bladder is plaguing

Diabetes: 240 ml Cranberry juice ensures constant blood glucose levels

Food poisoning: Cranberries protect against salmonella

Gastritis: Cranberry juice prevents the docking of Helicobacter pylori

Gingivitis: cranberries for powerful biting

Heart disease: red card for heart diseases

Immune deficiency: bathing fun without bladder problems

Intestinal infections: Cranberry juice prevents ulcers

Irritable bladder: the bladder as a mirror of the psyche

Kidney stones: cranberry for prevention

Macular degeneration: lutein and zeaxanthin guard against

Pancreas: when parasitic fungi are plaguing

Periodontitis: Cranberries prevent bacteria from adhering to teeth

Plaque/bleeding gums: cranberry juice for prevention

Poor digestion: The bitter substances of the cranberry stimulate gastric juices

Rheumatoid arthritis (RA): Can crippling form back?

Salmonellosis: healthy despite rotten meat

Stomach ulcer: Cranberry juice dispels Helicobacter

Stroke: Cranberry's polyphenols prevent brain attacks

Thrombosis: prophylaxes instead of support stockings

Urinary tract infections: Belly shows can end painfully

The miraculous transformation of rods into spheres

Prevention with the redskin is a necessity

What else can we do for the bladder?

Can the cranberry turn the clock back?

## **V. PROGRESS REPORTS: EXPERIENCE AND PERCEPTION**

Distress during coitus

Distress after coitus

General resistance: the barefoot woman from Beerfelden

Cranberry mobilizes memory capacity

Painful bladder as blown away

Short story for the coincidence album

After a few days a lot of energy and super coagulation test

How much juice does the bladder boost?

If we can tolerate little acidity

Cranberry tip for bright minds

## **VI. REFINED RECIPES OF THE HEALTH CUISINE**

Spicy universal mash

Sweet universal mash

### **Salads**

Asparagus salad with "ham" strips

Cranberry dressing  
Cranberry vegetable salad  
Millet and cranberry salad  
Red, raw vegetable salad  
Spinach salad with cranberries  
Tabbouleh

### **Soups, snacks, and appetizers**

Acranjoli  
Avocado puree  
Carrot soup with cranberries and pita  
Flatbread (chapati)  
Green spelt soup  
Kichari with cranberries  
Naan bread  
Roasted and salted cranberries  
Sweet-and-sour cranberry coconut soup

### **Main courts without beheading**

Apple curd casserole with cranberries  
Aubergine cranberry pizza  
Cranberry fresh cheese balls on salad  
Cranberry nut bread  
Canneloni rolls  
Cranberry pumpkin risotto  
Fried pumpkin with dried  
"Meat" loaf  
Potato salad with cranberry, celery and walnuts  
Pasta with dried cranberries  
Pizza with dried cranberries

“Rehragout” with dried cranberries and mushrooms  
Spaghetti “bolognese”  
Spicy reddish muffins  
“Turkey breast” with cranberry walnut chutney)  
Zucchini boats, loaded with tofu  
Zucchini pancake with apple sauce

### **Cakes, desserts & sweets**

Ananas (pineapple) pie on the head  
Cranberry almond bar  
Cranberry apple strudel with walnuts  
Cranberry chocolate delight  
Cranberry jelly  
Cranberry sauce  
Cranberry sorbet  
Cranberry walnut muffin  
Fruit ice cream with nut  
Fruity soft ice cream  
Papaya - pep up  
Chocolate cranberry walnut cake  
Chocolate nut fruit bars  
Vanilla and cranberry waffles

### ***Happy Hour: vital food dips & spreads***

*Chickpea cranberry dip*  
Herbal cranberry cream  
*Immuno power paste*  
Tofu deli dip  
Tart lemon mouse

## **Cranberry mixtures**

Anti-stress shake  
Artery power drink  
Cashew cranberry mix  
Cranberry milk  
Fruity cranberry fizz  
Nerve cooler  
Paradise punch  
Pineapple cranberry juice  
Pink dream  
Souls comforter  
Thanksgiving punch

## **Cocktails & Dreams**

*Cosmopolitan*  
*Cran-Appler*  
*Cranberry Collins*  
*Sex on the Beach*  
*Save Sex on the Beach*  
*Cranberry Colada*  
*Vocal cord delight*

**Free forum for free questions**

**Acknowledgments**

**References**

**Alphabetical index**



## Preface

It looks as if spiritual children also choose their parents. Sometimes they even wait for many years until their parents are ready. In the mid1990s I walked with my friends from the neighborhood in the Santa Monica mountains. I asked Bette Rohm if she had heard of *speaking in tongues*. Yes why? She asked. I just realized that my mother told me that she heard women suddenly talking in a foreign language. We belonged to a splinter group of the New Apostolic Church. Bette said:

*That's known in the Seventh-day Adventist Church, too. So we have a similar upbringing. Passing a ruby blooming hibiscus bush, I said: Those are edible, good for the immune system. Bette stopped abruptly. Huh? What? Um! Gazing at me, she said: You'll have a message for us in 10 or 12 years. Wide-eyed with goosebumps all over, I asked: What kind of message? Had Bette a vision? Was s h e now speaking in tongues? Um ... something with crystal ... wait ... What do you mean, Christ? Maybe. I don't know I ... cranberries? No, wait, it's got to do with water. Huh? Dunno. (Meyer 2017, p. 159)*

It was true that I had written down this incident, but had long since forgotten it, when the director of the Windpferd publishing house, Mrs. Jünemann, asked me to write a book about the cranberry.

***Meanwhile, the acid berries had triggered a real hype. That's why I'm all the more surprised that there is still no reference book in English.***

So why me? Why was I selected to write a book about the North American Cranberry? I was born on Sunday after Thanksgiving. But that will not be the reason. Rather, that my father's grandfather had emigrated to Northern California in 1902 and I would like to find his descendants.

Since my biography consists of a collection of coincidences I might be led again. And if the cranberry book will be well received in the Anglo-American market it might be that a relative of my father will read the book about the bladder curative. For my grandmother Maria the child of love who may have driven her father into the wide world had bladder problems, so perhaps her relatives in the USA as well. To find my great-grandfather would be to prove the existence of the spiritual world and to confirm the cosmic laws. To understand this, you would need to read my book *Family Code*.

But perhaps you want to know how I came to write the cranberry book:

A Russian doctor living in Braunschweig provided the ignition spark. Alfira Weihe wrote a comment on my website on June 7, 2006. She had perceived me in the ARD *Wunschbox* with Ingo Dubinski as a committed Spirulina expert. Since then she has been consuming the blue-green algae and would like to translate my bestseller *Spirulina, das blaugrüne Wunder* into Russian.

On the same day, I called the head of the Windpferd publishing house. Monika Jünemann asked me if I wanted to write a book about the natural appetite suppressant hoodia or the cranberry. Destiny or guidance? Both topics are a big hit. Already as a 16-year-old, I'd been messing with appetite suppressants. I thought, hey, that's it. In the following week, however, I was bothered by my irritable bladder. I interpreted this in the way, as to go for the urinary tract healing berry. To follow in the steps of Dr. Ruth K.



Westheimer, I'm also not a person beating around the bush and will make the taboo topic sociable again.

## I. INTRODUCTION

In North America since 1621 every end of November a red carpet is laid out for a redskin that is worth its weight in gold. Whether in California, Texas or New England, Americans can barely imagine the prelude to the Christmas season without the cranberry.

When the Puritan pilgrims no longer liked in England reached the coast of Massachusset in 1620, the Indians made them acquainted with the cranberry. After the seven-week sea voyage on the Mayflower, they may have suffered from vitamin C deficiency.

***The natives have valued the versatility of the fruit hundreds of years before regarding it as a symbol of peace and friendship.***

Part I. shows you that you are not alone with bladder problems. And since it is hard to tell if the reason is a bacteria or a yeast, you can test it with cranberries or the anti-candida diet.

So far the cranberries in the North American cooking were only celebrated on Thanksgiving similar to the peanut. But this will probably change soon. In part II. you learn about the wide range of cranberry products and the nutritional value of the fruit.

Part III. tells you facts and folklore: how cranberries are grown and harvested and their value compare to the cowberry.

At the moment international research is running at full speed. They show: The *Vaccinium macrocarpon* is a real cornucopia of powerful antioxidants. It has caused a great stir in France: The French Ministry of Health has attributed

the acidic fruit a very special healing potential: it prevents the adhesion of bacteria! So the consumption of cranberries prevents infections caused by bacteria. Therefore, I am quite confident about their glorious future: They will become a permanent ingredient of daily food preparation: at the latest when people have realized how easy they can naturally strengthen their immune system.

American researchers have found that we can even protect ourselves against the No. 1 killer: the regular consumption of cranberries slows the buildup of plaques in arteries, makes the vessels elastic again and prevents heart and circulatory diseases. You can find out which of the ailments you can get rid of by the healing powers of the allrounder, in part IV. DISEASES PREVENTION AND HEALING FROM A - Z.

Until recently the nutritious redskins were only colored blobs on the American feast days table. A turkey without cranberry sauce is unthinkable in the USA. But I would like to bet that

***chefs of all countries will surpass  
each other in the future with  
cranberry creations.***

Even the children do not have to do without their peanut butter & jelly sandwiches. The sweet bread spreads will get cranberries mixed into in the future: apple, apricot or orange gels will then shine in a reddish color. Also, in private kitchens, the trend berry will soon be indispensable: Fresh, frozen or dried it gives every vegetable, meat or fish dish a special touch. My readers can convince themselves of this in the extensive recipe section in Part V. REFINED RECIPES OF THE HEALTH CUISINE. It will be not possible to imagine muesli and salad without the round healthy berry anymore. We are facing a whole new era of nutrition. Health-conscious

people around the world will soon learn to appreciate the healing power of the cranberry!

## **Every second woman has a urinary tract infection**

The reason why women suffer much more frequently from urinary infections is the anatomy: the female urethra is 5-8 times shorter than the male with 2½ to 4 cm. In cases of urinary bladder or urethral infections, an increased urge to urinate may occur, often associated with burning during urination. Young women also suffer from inflammation of the urinary tract. One-third of all sufferers have recurring ailments of the lower urinary tract often associated with agitation and sexual pain. Women are also plagued by increased urge to urinate during menopause. Passing urine twice or more frequently at night is called nocturia pointing to an overactivity or dysfunction of the bladder muscle. There could also be serious physical problems, such as cardiac insufficiency or diabetes.

In conversations, it is always clear how little we know about our body. My interest in the causes of illness results from my experiences as a frequently ill child. My symptoms covered with drugs led to new suffering. It was not until much later that I learned disease is the organism's attempt to excrete toxic substances. It is essential to strengthen our body's defenses better paying for maintaining our health than for disease.

## **Candida or cystitis?**

During my preparatory work for this book, I found the term "Candida cystitis" in the literature. I thought that must be it. Because of my antibiotics flood in childhood, I had suffered Candida infections ever since I can remember, especially in