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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Cherry Juice Can Alleviate Arthritis**

**By Richard Douglas**

Drinking just one ounce, or two tablespoons, of tart concentrated cherry juice every day can help alleviate arthritis pain. That's because tart cherries, specifically Montmorency tart cherries, contain anthocyanins and two important antioxidants: isoqueritrin and queritrin.

Anthocyanins create cherries' dark red pigment. Arthritis inflammation and pain is caused by the hormone prostaglandin; it is directly related to two enzymes that cause tissue inflammation and the resulting pain. Anthocyanins inhibit those two enzymes, decreasing inflammation and joint pain. Remarkably, the pain-inhibiting strength is comparable to ibuprofen and naproxen. And laboratory tests at Michigan State University find that tart cherry compounds are at least 10 times more effective than aspirin in reducing inflammation—without any of aspirin's side effects.

Queritrin and isoqueritrin are flavonoids. Flavonoids function as antioxidants, meaning that they destroy free radicals within the body to generally help prevent cancer. Queritrin and isoqueritrin help eliminate the byproducts of stress, and they help slow down the aging process in general. Queritrin also possesses anti-inflammatory effects similar to non-steroidal anti-inflammatory drugs, or NSAIDs, such as aspirin or ibuprofen. Queritrin can also inhibit the body's production of inflammation-causing leukotrienes and histamine.

Anthocyanins possess additional beneficial properties. They are powerful antioxidants, meaning they destroy free radicals within the body to generally help prevent cancer. Anthocyanins are even more powerful than vitamin E. Tart cherries boast a whopping 26.5 grams of anthocyanins—the highest of all fruits. Anthocyanins also help prevent plaque buildup in artery walls, which in turn helps prevent heart disease; they're more potent in this regard than vitamins C and E. Also, tart cherries are a low-glycemic food, so they're diabetic-friendly.

The antioxidant queritrin also possesses additional beneficial properties. It is one of the most powerful anti-cancer agents known. Its antioxidant properties are superior to vitamins C and E.

And if these powerful antioxidants in tart cherry juice weren't enough, it also contains ellagic acid, which may be the most potent substance to prevent cancer. It has been found to inhibit cancer cell

growth.

Drinking two tablespoons of Montmorency tart cherries daily is the equivalent of eating 60 cherries. The tart cherry juice can be added to any other beverage, such as water or tea. Or you can even add it to a fruit smoothie for breakfast or as an afternoon pick-me-up.

The highest quality Montmorency cherry juice available is a measurement known as 68 brix. Look for juice that's clear and sediment-free. Who knew alleviating arthritis pain could taste so good?

For more information, please visit

<http://find-arthritis-treatment.blogspot.com/>

. This blog dedicated to

arthritis solutions and other Health and Fitness related topics. Stop by to learn more!

### **Cherries – The Supercharged Fruit**

**By Tony Anderson**

The little red fruit that has been enjoyed by countless millions offers more than great taste.

Are cherries truly fruit for a healthy you? Recent studies have revealed that cherries offer an assortment of health benefits including the ability to offer natural relief from joint pain caused from gout, arthritis and joint inflammation.

So what makes the tasty red fruit so beneficial? The wonder of the cherry is the anthocyanins. According to research from Michigan State University tart cherries contain anthocyanins and bioflavonoids, which inhibit the enzymes Cyclooxygenase-1 and -2, and prevent inflammation in the body. These compounds have similar activity as aspirin, naproxen and ibuprofen. Further investigations revealed that daily consumption of tart cherries has the potential to reduce the pain associated with joint inflammation. Many consumers are choosing to drink cherry juice, eat cherries or consume tart cherry pills to starve off the pain of gout, arthritis and joint inflammation.

Linda L. Patterson is a living testimony of the soothing affects of cherries on her joint pain. "I enjoy crocheting and lately my hands have been so painful, I couldn't crochet for more than about 30 minutes.", says Patterson. In an attempt to find relief from her pain, she located Fruit Advantage Tart Cherry capsules, a supplement made from red tart cherries. "Within the first week of taking the tart cherry capsules my hands felt so much better.", says Ms. Patterson. "I am now able to crochet without the pain in my hands."

In addition to the health benefits offered by cherries, many people are just eating the fruit for the taste. John Simms, a life-long resident of Indianapolis, Indiana, eats cherries for the convenience and taste. "As a short-haul truck driver, my diet isn't the best, I would eat fast food every day. A year ago, my wife

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bought some dried cherries and I began eating them to keep my weight down. Now I eat a handful of cherries instead of eating fast food."

Not only are cherries a great way to maintain a healthy body they are a natural product. According to Andrew LaPointe, Director of Marketing for Traverse Bay Farms,

[www.traversebayfarms.com](http://www.traversebayfarms.com)

"many of

our customers are looking to eat healthier and fruit products fit this trend. It's certainly better than fast food." Traverse Bay Farms sells Fruit Advantage Tart Cherry capsules and cherry juice concentrate.

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Cherries – The Supercharged Fruit

Easy Blueberry (or Cherry) Cheesecake

Constipation Home Remedies Using Juices

Cat Arthritis

Could This Be Arthritis In My Hands

120 Lip–Smacking Good Jam Recipes

131 Ice Cream Maker Recipes

Valentine Day Recipes

Natural Pain Management

Brew Your Own Beer



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