

## What are Tart Cherries?

Other names: Prunus cerasus, sour cherry, pie cherry, tart cherry juice, montmorency cherry, balaton cherry.

Cherries are the smallest members of the stone fruit family, which include plums, apricots, nectarines, and peaches.

### Cherries are Usually Classified as Either Sweet or Tart

Sweet cherries include Bing cherries, Lambert cherries, Rainier cherries and so are grown mainly in Washington, Or and Idaho. Tart cherries range from the Montmorency and Balaton varieties and are produced primarily in Michigan.



“ Why do people make use of sour cherries and tart **cherry juice**?

Both sweet and tart cherries and cherry juice have long been used by traditional healers as a folk remedy for gout, because cherries are thought to lower urate levels in the body.

Tart cherries are used for conditions concerning inflammation and pain, such as: arthritis **gout** muscle mass pain back pain diabetes neurodegenerative diseases.

Both sweet and tart cherries contain phenolics, naturally-occurring plant compounds that have anti-inflammatory, antioxidant effects.

- The main form of phenolic in cherries is called anthocyanins.
- In general, the darker the cherry color, the higher the anthocyanin content.

Anthocyanins have been found to block two enzymes, COX-1 and COX-2, which play a role in the production of inflammatory compounds called prostaglandins. Aspirin and also nonsteroidal anti-inflammatory drug treatments (NSAIDs) such as naproxen as well as ibuprofen also work by doing this.

Test tube studies, cherry anthocyanins have been found to protect neurons from damage by oxidative stress. However, there have been no studies that have looked at whether or not cherry extracts could prevent or even slow the progression of neurodegenerative diseases such as Alzheimer's disease or Parkinson's disease in humans.

- Both Balaton and Montmorency sour cherries contain relatively high levels of the antioxidant melatonin compared to other foods.
- Montmorency cherries contain approximately 6 times more melatonin compared to do Balaton cherries.

### Are Tart Cherries More Effective as Compared to Fairly Sweet Cherries?

Generally, tart cherries have been found to have higher levels of phenolics and also anthocyanins than sweet cherries.

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**Effective Guide On How To Easily Deal with Arthritis Polymyalgia Rheumatica** Women who have arthritis should avoid wearing shoes with heels in favor of supportive running shoes. Shoes that don't support the foot properly will stress the joints and cause pain in your feet and back. If supportive...

- Tart cherries are also slightly lower in sugar.
- Half a cup of sweet cherries contains 9.3 g of sugar and 46 energy, in comparison to 6.6 g of sugar and 39 calories in tart cherries.

However, there is no real evidence that these differences are significant-both types of cherries are very high in anthocyanins compared with other foods.

May be that we are listening to more about the health benefits of tart cherries because of the way they are marketed. In 2005, the US Food and Drug Administration sent warning letters to 29 cherry farmers and distributors for positioning tart cherries on their websites as a therapeutic foods that could possibly help people with gout, arthritis, diabetes, and prevent cancer.

### What Research Has Already Been Done on Tart Cherries?

Although anthocyanins, which are also found in blueberries and other purplish-red fruits and vegetables, are known to be powerful antioxidants, no studies have looked at whether or not cherries--tart or sweet--can reduce symptoms of arthritis, gout, or diabetes outside the lab.

- All studies involving cherries happen to be very small, so we will have to wait to see whether tart cherries are beneficial and in what quantities.
- In the meantime, here are a few of the studies that have been carried out so far:

Little randomized controlled trial in the British Journal of Sports Medicine examined the effectiveness of a sour cherry juice mix in preventing symptoms of exercise-induced muscle damage. Fourteen male college students drank 12 fl oz of a cherry juice blend or a placebo, two times per day for eight consecutive days. Strength loss was significantly lower in people taking the cherry juice (4%) compared with the placebo (22%). Pain was also significantly lower in people taking the cherry juice. Jill M.

Tall, Ph.D., research fellow at Johns Hopkins, was the lead researcher of a study that tested the effectiveness of orally administered anthocyanins from tart cherries on inflammation-induced discomfort in rats. The results of the study suggested that tart cherry anthocyanins may have a beneficial role in reducing inflammatory pain. One small study published in the Journal of Nutrition supported the **anti-gout** effectiveness of cherries. looked at the effects of Bing cherry (a sweet cherry) usage on healthy women and found that cherry consumption decreased blood urate levels, and there was a marginal decrease in inflammatory markers c-reactive protein and nitric oxide. Safety.

Cherries contain sorbitol, which may exacerbate signs and symptoms in people with irritable bowel syndrome, small intestine bacterial overgrowth, or fructose malabsorption.

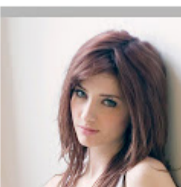
### Where to Find Tart Cherries

Tart cherry juice and refreshing, frozen or dried sour cherries can be found in grocery stores, health food stores, and online.

### The **Gout Remedy Report**

To stop this (gout) happening to you, please now go to The **Gout Remedy Report** where you'll also get the facts on a devastatingly simple 2 hour or so remedy. Just click here.

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“ **Susie Hart**

Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.

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