


Cherries

Cherries have been a cherished treat since the dawn of mankind. In fact, modern archeologists have discovered cherry pits inside stone age caves. ⁶⁴



In ancient Greece, cherries were documented within the pages of a landmark 3rd century B.C. botanical book called “History of Plants,” written by a protégé of Aristotle named Theophrastus. ⁶⁴

In early America, the first cherry trees were planted along many miles of river banks in Michigan. Today, there are over 1,000 different varieties of cherry trees in the United States. ⁶⁴



Cherries contain natural antioxidants, such as anthocyanins that “act like anti-inflammatory drugs by blocking the actions” of the pain and inflammation enzyme cyclooxygenase-2 (Cox-2).⁶⁵

This is especially beneficial for easing the symptoms of gout, a severely painful metabolic arthritis that attacks the joints.⁶⁵

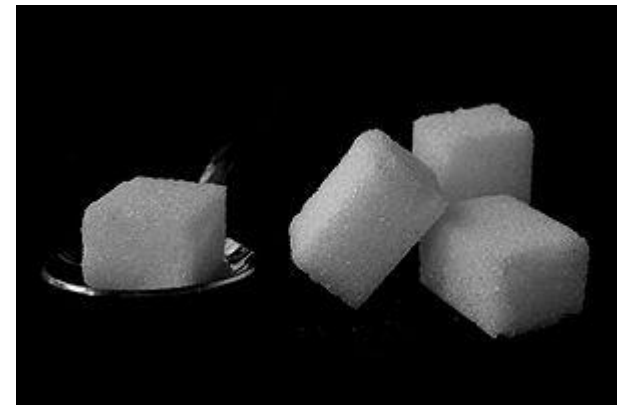
Cherries also contain a powerful plant compound called cyanidin, which has been shown to promote many positive health effects.⁶⁷

For example, in 2006 *The Journal of Nutritional Biochemistry* reported that cyanidin had a significant impact on a malignant form of prostate cancer called adenocarcinoma.⁶⁷

Recent research has also indicated that cyanidin is a “promising candidate in the prevention & treatment of diabetes mellitus.”⁶⁸

A 2010 study in the *International Journal of Molecular Science* discovered that, in Type 2 diabetics, cyanidin alleviated postprandial hyperglycemia, which is a dangerous spike in blood sugar following a meal.⁶⁸

This was due to cyanidin’s ability to inhibit the absorption of sugar into the blood.⁶⁸



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