

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

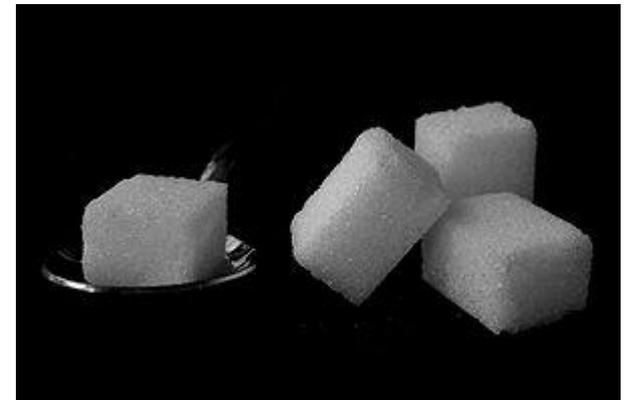
Cherries also contain a powerful plant compound called cyanidin, which has been shown to promote many positive health effects.⁶⁷

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



REFERENCES

64. "The Nibble: Cherry History." *The Nibble: Cherry History*. The Nibble, n.d. Web. 26 Feb. 2017. <<http://www.thenibble.com/reviews/main/fruits/cherry-facts2.asp>>.
65. "Cherry Fruit Nutrition Facts and Health Benefits." *Nutrition And You.com*. Nutrition and You, n.d. Web. 27 Feb. 2017. <<http://www.nutrition-and-you.com/cherry-fruit.html>>.
66. Adams, Case. "Cherries: Nature's Anti-inflammatory Sleep Aid." *GreenMedInfo / Blog*. Green Med Info, 6 Feb. 2014. Web. 27 Feb. 2017. <<http://www.greenmedinfo.com/blog/cherries-natures-anti-inflammatory-sleep-aid>>.
67. Muñoz-Espada AC et al, Cyanidin attenuates PGE2 production and cyclooxygenase-2 expression in LNCaP human prostate cancer cells. *J Nutr Biochem*. 2006 Sep;17(9):589-96. Epub 2005 Nov 9
68. Akkarachiyasit, S., P. Charoenlertkul, S. Yibchok-Anun, and S. Adisakwattana. "Inhibitory Activities of Cyanidin and Its Glycosides and Synergistic Effect with Acarbose against Intestinal α -glucosidase and Pancreatic α -amylase." *International Journal of Molecular Sciences*. U.S. National Library of Medicine, 20 Sept. 2010. Web. 27 Feb. 2017. <<https://www.ncbi.nlm.nih.gov/pubmed/20957102>>.