

PART ONE of TWO

# Terry Talks Nutrition

## Gout, Arthritis and Inflammation

those who don't like to drink cherry juice or find it convenient, you can take **freeze dried cherry fruit extract** that is available in a hard shell capsule for convenience and ease of taking daily.

The cherry's juicy flavors have dazzled our taste buds for centuries. The cherry was noted in Roman writing dating back as far as 73 BC. They recorded the history of the cherry tree's introduction to Italy by the Roman General Lucullus in order to mark a battle victory. The beauty and wonder of the cherry is more than skin deep. The power of the cherry is more than a legend. A look inside at the value of this fruit reveals there is more than meets the eye.

### Cherry consumption provides powerful natural health benefits.

Cherries have recently been investigated for their ability to promote cardiovascular health and healthy glucose metabolism. However, the contents of my article really focus on the research surrounding the cherry's ability in the area of Cox inhibition.

### Freeze dried cherry fruit extract packs the dynamic power of the cherry into a highly concentrated standardized extract.

This special and unique extract is especially of interest because of its substantial amount of anthocyanins. This very powerful flavonoid, an active antioxidant, comes from the deep red and luscious color of the pigmentation. Studies of cherries have suggested that anthocyanins promote healthy responses to inflammatory conditions and cellular proliferation (healthy reproduction of cells). It is also believed that anthocyanins protect the body against damaging effects of free radicals and the initiation of chronic diseases associated with the aging process.

Cherries have been studied for their ability to inhibit the enzyme cyclooxygenase. Cyclooxygenase (Cox) is produced in the body in two different forms termed Cox-1 and Cox-2. Cox-1 is associated with the creation of prostaglandins that send basic messages throughout the body. Cox-2 is only found in certain cells and functions as a messenger for pain and inflammatory signals throughout the body. Special anthocyanins are able to block Cox-1 and Cox-2 respectively.

Other studies have examined the benefits of Cox inhibition for the promotion of healthy cardiovascular systems. Results have indicated that Cox inhibition may slow the buildup of plaque in blood vessels. In one study researchers analyzed the aortas of Cox inhibition of high cholesterol animals for 16 weeks. Data showed that lesions were reduced by 55% in Cox inhibited animals when using cherry extracts as compared to the control group. Cherry anthocyanins have also been associated with a healthy inflammatory response. This is significant because scientists believe inflammation contributes to the buildup and eventual rupture of plaque on arterial walls. When plaque breaks open clots can form that contribute to the development of cardiovascular complications... *MORE*

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#### KEY WORDS

Gout, Arthritis, Inflammation, Cardiovascular health, Healthy glucose metabolism, Freeze dried cherry fruit extract

The wonderful red fruit and vibrant pink blossoms of the cherry tree have inspired wonder, art and legends for centuries and it's now a highly effective medicine.

I became very interested in the wonders and medicinal value of cherries. It was easy to become interested and involved in the science of cherry extracts since I live in Green Bay, Wisconsin. Not only is Wisconsin known as the dairy state but we also produce a high volume of cranberries and cherries. Just north and east of Green Bay is a peninsula that resembles the position of your thumb jutting away from your hand. On this peninsula are wonderful little cities, Sturgeon Bay, Fish Creek, Baileys Harbor, Ephraim, Egg Harbor and Sister Bay. From Sturgeon Bay to the tip of the peninsula at Gill's Rock you will find dozens of cherry orchards. This area is known as Cherryland.

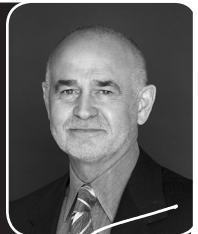
I grew up with the old wives tale that several ounces of cherry juice a day can be used to eliminate the pain and inflammation of gout and arthritis. However, today much research is going on regarding the value of freeze dried cherries and cherry juice products at universities in the United States. Not only for Wisconsin but for other states as well, it is a good fruit crop. For

**Terry recommends this formula for your best health:**

Sweet Cherry (Freeze Dried) Extract standardized to contain >0.7% anthocyanins, 1500 mg

Look for this column every Wednesday.

Terry Naturally



#### STORE HOURS

M - F: 9 a.m. - 7 p.m.

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