

Terry Talks Nutrition

Compliments of Terry... Naturally

Cherry fruit antioxidants have been reported to inhibit oxidized LDL cholesterol, a known contributor to the development of atherosclerosis.

Cherry fruit extract may be your choice for a healthy response to gout and joint inflammation. Disease associated with inflammation is often a common culprit of pain. Arthritis pain for example is a result of the harmful effects of inflammation. Pain can often interfere with performance of your typical daily activities. A daily dose of cherries however could help the body respond in a healthy manner to inflammatory conditions associated with arthritis. The anthocyanin pigments found in freeze dried cherry fruit extract have been reported to exhibit anti-inflammatory effects that could promote healthy joint flexibility and comfort.

Research has also reported the benefits of cherries in the association for treatment of gout. The development of gout is frequently tied to high concentrations of uric acid. As the crystals accumulate they can eventually cause inflammation and joint pain. The flavonoid compounds in cherries have been known to lower serum uric acid levels. Studies have also observed an acute reduction in C-reactive protein and Nitric Oxide levels, biomarkers of inflammatory response after cherry consumption.

Cherries may be your choice for healthy glucose metabolism.

Science has suggested that anthocyanins could also be associated with reduced risk of type 2 diabetes. Studies have shown that diets low in fat and rich in fruit and vegetable antioxidants can reduce the risk of obesity and insulin resistance. Animal studies have shown that certain anthocyanins reduce the risk of obesity in the presence of a high fat diet. Other studies have suggested that the role of cherries in this process is based on anthocyanin activity that initiates insulin resistance. Animal cells that were treated with anthocyanins from cherries led to insulin production increases up to 50% compared to unexposed cells. This same study determined that though anthocyanins are found in many other fruits, freeze dried cherry fruit extract seems to provide one of the highest concentrations based on serving size. For your daily intake of cherry fruit extract look for a highly concentrated and standardized cherry fruit extract containing a substantial quantity of anthocyanins.

Summary: Freeze dried cherry fruit extract promotes healthy LDL levels and prevents the oxidation of LDL cholesterol, promotes cardiovascular health, supports healthy glucose metabolism, supports healthy inflammatory response, supports joint flexibility and comfort and promotes healthy brain function.

Freeze dried cherry fruit extract – you will discover why this form of cherry fruit extract is your obvious choice. Drying is an ancient process used to preserve food. Unfortunately, the nutritional content in foods can be drastically altered or reduced when dried conventionally. This is why freeze dried cherry fruit extract is your superior choice. The absence of water combined with the low process temperature stops

cellular deterioration, enzymatic activity and microbiological reactions. This produces a final result of a superior quality cherry extract. You should only insist on the freeze dried form versus cherries that have been dried by conventional hot air drying, spray drying or sun drying. You want products that retain their cellular integrity, shape, natural color and nutritional profile. Freeze drying the cherry fruit retains the identical phytochemical content, enzymatic activity, nutritional value and bioactivity of fresh cherries. Freeze drying retains the highest level of antioxidants and flavor components. Freeze dried products have the longest ambient shelf life of any known drying process. Freeze drying based on lab analysis retains 100% of the nutritional value of the dried fruit. Drum drying, a process similar to drying fruit in a clothes dryer, destroys 35% of the nutrients. Air drying or sun drying destroys 55% of nutrients. Spray drying, a method where liquid juice is sprayed through a nozzle into a chamber allowing the mist to fall to the bottom of the chamber and dry the fruit, destroys 70% of the nutrients.

Terry's recommendation is freeze dried cherry fruit extract with a dosage of approximately 1500 mg to 3000 mg per day.

END

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Terry Naturally



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Terry recommends this formula for your best health:

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