



CHERRIES... so much more than just a tasty summer snack

Only a surprisingly small quantity of cherries can reduce inflammation in the body significantly enough to dramatically alleviate arthritis symptoms.

This formidable fruit also decreases the risk of cardiovascular disease, helps fight gout and diabetes, reduces body fat, and lowers cholesterol levels.

Even powdered cherries seem to brim with goodness - in at least one study, they were found to actually alter the function of inflammation-regulating genes in mice. It is worth noting that, whilst sweet cherries may be tastier, the most potent inflammation-fighting cherries are in fact of the sour variety.

As with all dark-skinned fruits, cherries are also high in antioxidants and other phytochemicals that boost our wellbeing in ways that science is only just beginning to get a grasp on. Some sour cherries also contain high enough levels of the drowsiness inducing hormone, melatonin, that consuming them can serve as a powerful tool in combating insomnia...