



# *Tart Cherry*

## **Mother Nature's Joint Pain Reliever**

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## **Introduction: The Tart Cherry!**

It has long been a common belief that certain foods provide natural health benefits and these foods offer much more than just dietary value. In addition, new research is revealing that certain foods have natural health benefits, natural healing and disease fighting properties. This is proven since many medicines of today start with the basically the same ingredients found in nature.

This special report will introduce you the antioxidant-rich properties of a ruby-red fruit called the tart cherry. Ongoing research from medical universities show that tart cherries can benefit the human body by:

- Fighting joint pain due to gout and arthritis
- Fighting inflammation in the body
- Fighting heart disease
- Providing the body with high levels of ORAC units

Tart cherries, like many other foods are a natural source of antioxidants. In addition to the naturally occurring antioxidants, tart cherries also have a number of naturally occurring antioxidants including Anthocyanins. But, before we go any further, I will define both: antioxidants and Anthocyanins.

### **What is an Antioxidant?**

An antioxidant is defined as “any of various substances (as beta-carotene, vitamin C, and alpha-tocopherol) that inhibit oxidation or reactions promoted by oxygen and peroxides and that include many held to protect the living body from the deleterious effects of free radicals.”

Free radicals are unstable molecules that have lost an oxygen molecule. These unstable molecules steal oxygen molecules from healthy cells. One example of the affects of free radicals on healthy cells is the browning of a freshly cut apple or potato. If you have ever cut an apple or

a potato and let it set on the counter for 20 minutes you have witnessed the affects of free radicals. The browning of the exposed fruit is what is called “cellular rust.” Antioxidants help they body to fight free radicals and help to slow the aging process.

### **What are Anthocyanins?**

Anthocyanins are responsible for giving nature its vibrant colors. Anthocyanins are present in every fruit and vegetable that has color. You can see the overwhelming presence of this pigment when you visit an orchard or the fresh produce section of your local grocery store. Anthocyanins are present in blueberries, cherries, strawberries, apples, and red raspberries to name a few. In addition, Anthocyanins are the phytochemicals responsible for changing the colors of the leaves from green to fiery red, orange, purple, yellow and more.

Anthocyanins have long been the study of botanists due to their phytoprotective capabilities. To date, over 300 distinct types of Anthocyanins have been identified. Based upon research, Anthocyanins belong to one class of flavonoids. Flavonoids include a number of different classes including flavones, flavonones, flavon-3-ols and flavonols to name a few. Different classes of flavonoids have different oxidations states. Thus, from an oxidative standpoint, different fruits and vegetables offers different oxidative degrees.

Below is the nutrition information for several different types of tart cherry products:

A daily serving (1/4 cup – 100g) of dried tart cherries provides the following:

- 138 Calories
- 4.55 g protein
- 28.9g Carbohydrates
- .23g Fat

A daily serving (1 oz. – 100g) of tart cherry juice concentrate

- 74 Calories
- .92 g protein

- 17.5g Carbohydrates
- 0g Fat

A daily serving (1 oz. – 100g) of frozen tart cherries

- 28 Calories
- .65 g protein
- 6.35g Carbohydrates
- .4g Fat

## **Tart Cherries Offer a Supermarket of Antioxidant Compounds**

The good news about tart cherries and their natural health and healing benefits just keeps coming. Medical schools and research universities continue to publish more evidence showing the natural health benefits of this tiny red fruit.

Research shows tart cherries have at least 17 naturally occurring compounds that have antioxidant compounds and help prevent and/or slow down the oxidation process.

What Are Some of These Antioxidants?

- **Anthocyanins:** Anthocyanins are a naturally occurring compound found in nature. In fact, Anthocyanins is what gives all fruit and vegetables it color. Anthocyanins belong to a class of flavonoids.
- **Melatonin:** Melatonin is popular for helping the body regulate daily circadian patterns. Cherries are a high source of Melatonin.
- **Vitamins A, C and E:** Both of these vitamins are powerful antioxidants. High doses of vitamin E helps prevent oxidation of LDL. Oxidation of LDL, according the research can cause stroke and heart disease. LDL is also called the “bad” cholesterol inside arteries.

## **Tart Cherries Help Fight Joint Pain Due to Arthritis**

To the legions of joint pain sufferers the tart cherry is a welcome natural relief. Many do not want to take prescription joint pain medication due to the unhealthy side effects reported just a few years ago. Tart cherries help to reduce joint pain due to arthritis.

According to research from Michigan State University, tart cherries inhibit COX 1 and COX 2 (cyclooxygenase 1 and 2) enzymes and prevent inflammation in the body. Tart cherries help the body to produce similar types of chemical process as non-steroidal anti-inflammatory drugs (NSAIDS). Some examples of NSAIDS drugs are ibuprofen and aspirin.

NSAIDS work by inhibiting two popular enzymes, COX 1 and COX 2 (cyclooxygenase I and II). These enzymes are naturally produced in the body to respond to pain. NSAIDS prevent chemical messengers from binding to COX 1 and COX 2. Thus, the messages are not delivered, so the body doesn't become inflamed and doesn't feel the pain. Tart cherries contain natural COX 1 and COX 2 inhibitors that function in the same manner to NSAIDS. The inhibitors found in the tart cherries are of the flavonoids class. Unlike NSAIDS, research shows these flavonoids protect against stomach damage. So in other words, the compounds in the tart cherry are natural COX-1 and COX-2 inhibitors.

According to the research from Michigan State University the natural inhibitors found in tart cherries act superior to over-the-counter (OTC) pain relievers. In addition, according to Michigan State University tart cherry inhibitors are most effective in concentrated forms of tart cherry products. Some examples of highly concentrated tart cherry products include tart cherry juice concentrate and tart cherry powder.

In addition to tart cherries, two other natural ingredients also help joint pain due to arthritis. These ingredients include glucosamine and chondroitin. These two ingredients are the most researched ingredients in the history of natural medicine. The combination of these two natural ingredients helps to lubricate joints and build cartilage. I am bringing this to your attention because if you combine tart cherries with glucosamine and chondroitin you will have a combination of ingredients that addresses the main concerns for arthritis sufferers: pain and lack of cartilage. The

tart cherries reduce the pain and inflammation, while the glucosamine and chondroitin build cartilage and lubricates the joints.

In fact during my research for this book, I did learn about a product that combines tart cherries, glucosamine and chondroitin. The name of this patent-pending product is Fruit Advantage Cherry Prime. <http://www.fruitadvantage.com> It combines 425mg of tart cherry with 1500mg of glucosamine and 1200mg of chondroitin. These are the recommended dosages for these ingredients.

## **Tart Cherries Helps Fight the Gout**

Gout is actually a form of arthritis. Gout pain is the result of the buildup of uric acid in the body. Uric acid is a result of crystal-like formations that travel though out the body via the blood stream. These jagged crystals are the cause of the redness, swelling and pain that gout is infamously known for.

### **What is the Cause of these Painful Crystals?**

Gout is normally associated with high concentrations of uric acid in the body. Uric acid is produced in the liver. As uric acid level in the body increase little needlelike crystals of salt form. These are called monosodium urate (MSU). Over time, these needlelike crystals tend to collect in the open spaces between the joints and cause pain and inflammation.

Here is a brief list of some of the top causes of the causes of these painful crystals, aka gout:

1. If you have a family history of gout, you may also suffer from gout.
2. Being overweight also contributes to gout.
3. Drinking excess alcohol or people drinking large amounts of alcohol on a continued basis can contribute to gout.
4. People how had an organ transplant are more likely to have gout than those who have not an organ transplant.

5. Men are more likely to get gout than women, however more women are getting gout.
6. The consumption of high purines food including seafood, alcohol and meats like kidney's and liver.

### **How Tart Cherries Fight Gout?**

Research shows that tart cherries contain flavonoid compounds that may help to lower uric acid and help to reduce pain and inflammation. The compounds found in tart cherries help to dissolve the needlelike crystals in the joints and reduce the redness and swelling.

### **Get a Good Night's Sleep with Tart Cherries**

One area of continued interest regarding the tart cherry is the presence of Melatonin. Melatonin helps to regulate the body's rhythmic patterns – it helps control sleepiness during the night and wakefulness during the day. According to research from the University of Texas the amounts of Melatonin present in tart cherries can produce a positive outcome in the body.

Melatonin is usually not found in many fruits. Tart cherries, when compared to other fruits have high levels of this naturally occurring compound. In addition, different types of tart cherry products have different Melatonin levels.

#### **Melatonin Levels in Different Tart Cherry Products:**

Fresh Tart Cherries:	Up to 13.5 nanograms (ng) of Melatonin per gram
Tart Cherry Juice Concentrate:	Has up to 10 times more the Melatonin per gram when compared to the raw fruit.
Tart Cherry Powder:	137+ ng per gram
(Cherry powder is used to make tart cherry capsules)	

Thanks to advances in food science technology, different production methods are able to extract different levels of this naturally occurring compound.

### **What is Melatonin?**

Melatonin is produced in the pineal gland, which is located at the base of the brain. In addition to control the body's rhythmic clock, Melatonin also acts as an antioxidant. It helps to combat free radicals in the body. Additional research from the University of Texas Melatonin is both soluble in both fat and water. This helps this compound to penetrate some cells that vitamins can not enter, thus Melatonin is more potent than vitamins A, C, and E. Although Melatonin is available without a prescription, food experts recommend consuming this beneficial compound through whole food consumption.

### **Fighting the Factors of Heart Disease and Diabetes**

In 2008 research results from the University of Michigan Cardiovascular Center shows that tart cherry powder showed good results with reducing factors associated with heart disease and diabetes. The results of this ground breaking research were presented at the 2008 Experimental Biology meeting held in San Diego, CA by individuals from the University of Michigan Cardioprotection Research Laboratory.

This research was conducted on the rats, U of M is currently preparing clinical trials working with humans participants. In short, rats in the research study were given whole tart cherry powder. Tart cherry powder is made from whole tart cherries that have been powdered down to create an easy-to-take and consumer friendly way to enjoy the natural health benefits of whole tart cherries.

The rats given the tart cherry powder during the study had significantly lower blood levels of triglycerides and cholesterol than the other rats that didn't receive the tart cherry powder. In addition, according to the research, the rats in the study didn't build up as much body fat in the belly or gain as much weight as those who didn't receive the cherry powder. Belly fat is just one

factor linked to cardiovascular disease. Some of the tests conducted on the subjects during the test were measured on variables linked to Type 2 diabetes and cardiovascular disease. And blood samples from the participants showed much lower levels of the specific molecules that indicate the kind of inflammation that has been linked to diabetes and heart disease.

The results of these finding built on the results that the University of Michigan team presented in 2007. This previous experiment involved lean rats that were prone to impaired glucose tolerance, high blood pressure and high cholesterol. The participants in the 2007 study results receive were divided into two groups – a low fat diet with tart cherries and a low fat diet without tart cherries. In the earlier test, the cherry-fed rats had lowed oxidative stress, less fat storage, lower blood sugar and lower total cholesterol.

According the researchers that conducted the test, the findings were very exciting and encouraging. At the end of the 2007 study the rats were tested for blood level glucose, cholesterol and triglyceride levels. In addition to plasma inflammation tests, the participants are received DEXA scans to measure body and to see where fat had collected. By the end of the study, the rats that received tart cherry powder had lower body weight, lower fat mass and lower total triglyceride and cholesterol than the rats that didn't receive the tart cherry powder.

## **Tart Cherries Help to Fight Muscle Pain**

The anti-inflammatory properties of the tart cherry not only reduce pain due to arthritis and inflammation in the body, by also muscle pain due to physical exercise.

Much research has been conducted on the anti-inflammatory benefits of tarts regarding joint pain and heart related issues. The University of Vermont and colleagues at New York's Nicholas Institute of Sports Medicine and Athletic Trauma and Cornell University conducted a study on the a fresh, highly-concentrated, specially- processed tart cherry juice blend in preventing the symptoms of muscle pain and damage on 14 male college students. This was a placebo-controlled study by the researchers.

The study had the participants drank either a placebo or a bottle of a cherry juice blend twice a day for three day before exercise. The 12 ounce bottle of juice contained the liquid equivalent of 50 to 60 tart cherries. During the study the participants were asked to perform exercise including contractions in the muscle including tensing and flexing one arm 20 times. The study rated the muscle soreness on a scale of one to ten. According to the study, there was a significant difference in the degree of muscle strength between the tart cherry juice product and the placebo. Those drinking the placebo, muscle strength fell by 22 percent while those drinking the cherry juice product fell by only 4 percent. In addition, the average pain score between the placebo and the cherry drink was 3.2 compared to only 2.4. The results indicated muscle pain was less with those that drink the cherry juice.

## **Tart Cherry Supplements and Tart Cherry Products**

The tart cherry offers a number of ways to enjoy the natural health benefits including dried tart cherries, tart cherry juice concentrate, tart cherry capsules and more. Below are some of the ways and sources to incorporate tart cherries into your daily diet.

- **Fresh Tart Cherries:** When in season, you can get fresh cherries straight from the farm market or the produce section of your local store. Unfortunately, fresh tart cherries are only in season for a few short weeks during the summer months. Thus, find fresh cherries may be very difficult.
- **Frozen Tart Cherries:** Enjoy a few thawed cherries in your pancakes or muffins. To get your hands on frozen cherries visit the refrigeration section of your local grocery store.
- **Dried Tart Cherries:** A handful of dried cherries make a great healthy snack or an addition to your morning cereal. They also make a good alternative to the candy in the candy jar next to your computer. Dried cherries make a great choice since they are available year round. One source for dried cherries is Traverse Bay Farms [www.traversebayfarms.com](http://www.traversebayfarms.com) The company will ship dried tart cherries directly to your home or office.
- **Tart Cherry Juice Concentrate:** It takes approximately 100 tart cherries to make one ounce of tart cherry juice. Tart cherry juice concentrate is a concentrated way to get the natural health

## Tart Cherries for a Healthier and More Active Lifestyle

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benefits of this ruby red fruit. One source for tart cherry juice concentrate is Traverse Bay Farms [www.traversebayfarms.com](http://www.traversebayfarms.com)

- Tart Cherry Extract (Super Fruit Supplements): Tart cherry supplements are the most convenient and easiest way to get the natural health benefits of the tart cherry. These super fruit dietary supplements start with the whole cherry. The entire tart cherry, excluding the pit and the stem, is used to produce the tart cherry capsules, including the skin and the flesh of the fruit. A good source for cherry capsules is from Fruit Advantage [www.fruitadvantage.com](http://www.fruitadvantage.com)

### **Sources for Tart Cherry Products:**

*Tart Cherry Juice Concentrate:* Traverse Bay Farms [www.traversebayfarms.com](http://www.traversebayfarms.com)

*Tart Cherry Capsules (capsules):* Fruit Advantage [www.fruitadvantage.com](http://www.fruitadvantage.com)

*Dried Tart Cherries:* Traverse Bay Farms [www.traversebayfarms.com](http://www.traversebayfarms.com)

### **Sources for Additional Antioxidant and Anthocyanins Information:**

American Heart Association – [www.americanheart.org](http://www.americanheart.org)

American Medical Association – [www.ama-assn.org](http://www.ama-assn.org)

Center for Disease Control – [www.cdc.gov](http://www.cdc.gov)

Food with Benefits – [www.foodwithbenefits.com](http://www.foodwithbenefits.com)

Fruits and Vegetables Matter – [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Orchard of Health – [www.orchardofhealth.com](http://www.orchardofhealth.com)

5 Day Program - [www.5aday.gov](http://www.5aday.gov)



# Natural Help for Pain Management

Joint Pain, Arthritis and Gout, Headaches & Migraines, Sciatica, and Fibromyalgia

## Joint Pain, Arthritis and Gout

An herbal pain remedy can be a safe, effective way of treating pain in your back, joints, legs, etc. without the potential side effects of prescription medications.

With all of the recent controversy surrounding pharmaceutical drugs, including the recall of Vioxx, more and more **people are looking towards herbal remedies** for joint pain.

From treating the symptoms of arthritis to easing your back from overactivity, herbal pain remedies may just be the answer for you.

### What is the best herb for treating joint pain?

Although there are a variety of herbal remedies for joint pain and other afflictions, **one of the most researched herbs is Harpagophytum Procumbens**, also known as Devil's Claw because of the shape of its fruit.

Harpagophytum is native to the Kalahari Desert in South Africa, and **natives have used it for centuries to treat aches and pains** throughout the body.

In addition to being a **powerful herbal pain remedy**, Devil's Claw has been shown to have a number of other health benefits, including lowering cholesterol levels and reducing uric acid.

It is used worldwide as an herbal remedy for joint pain, hypertension, diabetes and gout, and has **strong anti-inflammatory properties**.

As such it can **significantly reduce back pain** and symptoms of rheumatoid arthritis and osteoarthritis, among other health problems.

We have discovered a natural treatment for joint and arthritis pain that we have had tremendous

success with.

This herbal supplement is called [Joint Ease](#) and it contains **pure Harpagophytum Procumbens (Devil's Claw)** which can help relieve joint and back pain, treat the symptoms of arthritis, as well as provide general health benefits.

This breakthrough [herbal arthritis pain remedy](#) can provide **safe, effective pain relief** without the potential side effects and complications of prescription drugs.

For gout pain, Gout-Gone is a safe, non-addictive, FDA-registered natural remedy containing *100% homeopathic ingredients* to **relieve gout symptoms, including swelling, inflammation and burning pain** in small joints, especially the big toe.

Gout-Gone helps to **support joint health** and keep uric acid levels in the healthy range, without harmful side effects. This remedy contains a selection of homeopathic ingredients known to **address discomfort associated with gout**.

Gout-Gone is taken internally and presented in a convenient, concentrated tincture formula. It is easy to ingest and hassle-free with **no artificial colors or preservatives**. It is *safe for all ages, including pregnant women or those who may be breastfeeding*.

## Headaches & Migraines

Headache natural treatments can help alleviate the symptoms associated with mild headaches as well as migraines and tension headaches.

Many people look to **natural alternatives for headache relief** to avoid the potential side effects of prescription medications such as Fiorcet, Imitrex and Relpax.

### Natural Headache Cure

There are many different types of headaches, the most common of which is the tension headache. This is characterized by **muscle contractions which pinch nerves or blood vessels** in the head, and can be brought on by stress, eyestrain or teeth grinding.

Vascular headaches, such as migraines, are **caused by the constriction and dilation of the blood vessels** in your head.

Migraines can be triggered by a variety of factors, including **excessive caffeine, certain foods, emotional swings, sexual activity, exercise and hormonal imbalances**, among others.

Natural treatments can help ease the pain by tempering muscle and blood vessel constriction as well as **treating the causes and symptoms** of the various types of headaches.

## Following are the best natural headache herbs:

**Chamomile** - one of the best natural sedatives, chamomile can relieve migraine and tension headaches, and can alleviate symptoms such as irritability and nervousness.

**Dandelion Root** - an important liver tonic, dandelion can cleanse the liver and help remove toxins which may be the root of headaches and other health conditions.

**Ginkgo Biloba** - one of the oldest herbal remedies, ginkgo has been shown to increase oxygen and blood flow to the brain. It can help dilate blood vessels therefore easing migraine and tension headache pain.

**Gotu Kola** - similar in action to ginkgo, gotu kola can help improve circulation in the brain and increase blood vessel strength.

**Rosemary** - used in many culinary dishes, rosemary has antioxidant capabilities and can increase your sense of wellness.

**Yucca Root** - also a treatment for arthritis pain, yucca can relieve high blood pressure and can relieve migraines and other types of headaches.

## Other Headache Natural Treatments

**5-HTP** - derived from the seeds of an African plant, 5-HTP is helpful with all types of headaches and can ease anxiety, depression and sleep disorders.

**SAMe** - a naturally occurring substance in the body, SAMe is used for improving intellectual performance and can help relieve headache symptoms.

We have found a nutritional supplement that contains all of the [headache natural treatments](#) in one comprehensive formula.

The product is called [Neuro Natural Formula](#) and it is made up of **all natural herbal extracts, as well as important vitamins, minerals and nutrients** that can offer headache relief as well as provide many other therapeutic benefits.

We researched the company that makes [this natural product](#) and have found that they adhere to **strict GMP compliance**, which are the highest manufacturing standards in the world. This ensures the **quality and effectiveness** of the ingredients.

## Sciatica Pain

The sciatic nerve is **the longest peripheral nerve in the body**, and runs from the lower back through the pelvis and buttock area, right down to the back of the lower leg. It is an extension of the lower end of the spinal cord and is made up of the lumbar and sacral nerve roots from the

spine.

The sciatic nerve runs out of the lower spine, behind the hip joint and down the back of the thigh. Its **function is to send signals from the brain to the muscles of your leg** and from the leg back to the brain – therefore **helping to regulate movement in the limbs**. Movement and feeling in the legs and feet are largely dependent on the sciatic nerve, which is very important to quality of life and maintaining normal mobility. Because it originates in the spinal cord, the health of the spinal cord and its vertebra plays a large role in the healthy functioning of the sciatic nerve.

**SciatiGon** is a 100% safe and effective natural remedy for supporting the health of the sciatic nerve, spine, and nervous system.

The formula remains true to the **Full Spectrum Approach**<sup>™</sup> (FSA) of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

By supporting the spine and the nervous system, including the sciatic nerve, **SciatiGon** can make all the difference.

## Fibromyalgia

**Fibromyalgia** (FM) is a collection of signs and symptoms that can change from day to day. Fibromyalgia herbs may help treat the many symptoms associated with this mysterious and debilitating syndrome. Fibromyalgia affects millions of people, with a larger percentage of women being affected than men.

**Fibromyalgia** is a systemic condition which is characterized by a number of symptoms. The **cause of fibromyalgia is unknown**, and unfortunately it cannot be diagnosed until all other conditions are ruled out. Fibromyalgia symptoms include **severe muscle pain and soreness, fatigue and restless sleep and morning stiffness**.

Some other fibromyalgia symptoms are depression and anxiety, which could result from the pain and sleep deprivation associated with the condition.

**Fibromyalgia** can be severe, and it can take its toll anywhere on the body. It can also be an underlying cause of neck and **back pain**.

There are no known cures for **Fibromyalgia**, due to the fact that the cause is unknown. Theories suggest the condition **may be due to chemical or hormone imbalances**. However there are treatments that can help alleviate the various fibromyalgia symptoms. Besides pharmaceutical drugs, there are natural alternatives such as fibromyalgia herbs that may be safer

than prescription medications.

Learn more about natural ways to help heal your [Fibromyalgia](#) and end your cycle of pain.