

## Protect your Joints, Connective Tissues and Arteries from Free Radical Damage with Cherry Fruit Extract

Cherry fruit extract contains organic compounds known as flavanoids, which is a form of phytochemical frequently found in highly colored fruits and vegetables. If you eat a fruit such as pomegranate, blueberry, blackberry or cherry, or if you eat red peppers, aubergines and broccoli, you are eating foods that are rich in flavanoids.

Such foods provide you with remarkable health benefits that your ancestors knew about but did not understand. They ate these highly colored foods because they knew they helped prevent certain medical conditions, and to help others get well faster. They knew nothing about phytochemicals – chemicals contained in plants – or flavanoids, but knew about the results of eating them.

In fact, flavanoids are very powerful antioxidants and anti-inflammatories, and each of these require more detailed explanation since between them, oxidants and inflammation are responsible for most of the non-infectious common ailments of the human body. First, let's have a look at antioxidants.

In chemical terms oxidation is the removal of an electron from an atom or molecule. There are species within your body known as free radicals whose sole purpose in their short life is to steal an electron from the nearest molecule to them. This is almost instantaneous, and most free radicals are very short lived. The concept of free radicals roaming your body and your bloodstream waiting to pounce on the first unwary molecule is a fairy tale. In fact the vast majority react as soon as they are formed.

When they do react, they remove an electron from a stable molecule, render it unstable and thus destroy it. If that molecule is part of a cell, and enough of them are robbed of their electrons, then the cell is destroyed. One result in visible terms is wrinkling of your skin, as your skin cells become destroyed, and hence you age quicker. In terms that you are not immediately aware of, oxidation can lead to many unwanted changes in your body.

For example, the low density lipids, that carry the cholesterol in your blood to areas of the body where it is needed, are oxidized by free radicals which causes the LDL to deposit along with their cholesterol on the walls of your arteries as a layer of plaque. Eventually that will build up to constrict the artery and cause a condition known as atherosclerosis – the arteries become blocked, and you can suffer from heart attacks and strokes.

These free radicals are formed by the normal metabolism of the body when energy is created in the cell mitochondria, by pollutants such as pesticides, cigarette smoke and traffic fumes, and by radiation such as excessive exposure to the UV radiation in sunlight.

Flavanoids, contained in cherry fruit extract, are antioxidants, which prevent this oxidation of body cells from taking place. They do so by being in the right place at the right time. If a flavanoid molecule is close to a free radical when it is generated, then the antioxidant will reduce the free radical and neutralize it.

If you eat a lot of cherries, or drink cherry fruit extract, you will be consuming a massive amount of flavanoids molecules that are ready and willing to destroy these free radicals. However, that is not all that flavanoids do. They are also, as has already been stated, anti-inflammatories.

The inflammatory response is the reaction of the body to a foreign presence such as bacteria. The tissues around the infected area receive an increased blood supply, and the cell walls produce gaps allowing the large immune system blood cells, or macrophages, to pass through. The temperature around the area increases due to the concentration of blood, and this itself is controlled by the body since bacteria die off after a certain body temperature has been reached, hence the reason for fever in the immune response.

The area swells up due to the concentration of fluid and protein, and becomes painful due to pressure on nerve endings. Anti-inflammatories, such as the flavanoids, work to relieve the symptoms of inflammation without interfering with the way the immune system deals with infection.

Many inflammatory conditions occur without any apparent reason, and while anti-inflammatories might not be used to suppress the immune system, it is used in such conditions as rheumatoid arthritis where the inflammation is a mis-firing of the immune system. Cherry fruit extract can be used to alleviate many similar conditions such as gout, and osteoarthritis where its use is well known and recorded.

It can also be used to help reduce the effects of atherosclerosis through its anti-oxidant properties, and cherries contain, not only a good supply of flavanoids, but also anthocyanins, another group of powerful antioxidants. They also contain vitamin C which is also a strong antioxidant.

Another property of flavanoids is their collagen strengthening properties, which they achieve by cross-linking the fibers to form a string fibrous network. That can be used to strengthen the walls of veins, and render them less liable to stretch or expand, thus providing them with the rigidity needed to prevent varicose veins caused by the puddling of blood below weak valves. They have the same effect on arteries, providing increased

strength and a reduction in the blood pressure needed to pump blood round the body.

A good intake of cherry fruit in your diet will help to improve the condition of your cartilage and other connective tissue in addition to your veins and arteries, and is particularly appropriate for athletes who place great stresses on connective tissues such as the tendons that transfer muscular energy to the levers – the long bones.

In summary, then, cherry fruit extract and the flavanoids and anthocyanins it contains, possess properties to help relieve the symptoms of gout, and various forms of arthritis, to reduce the likelihood of cholesterol oxidation that leads to heart disease and strokes, to help strengthen the walls of veins and arteries and to improve the strength of connective tissue such as cartilage and tendons.

In other words, to improve the quality of life of the majority of the population that suffers from one or more of these conditions. After learning about the health benefits of cherries and all the mounting evidence in research, my question to you is why did the FDA make cherry farmers pull the health benefits of cherries from their websites with threats of legal action if not removed? Makes a person wonder who is on our side and who isn't?

## About the Author

More information on [Cherry Extract](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

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