

Overview:

Cherry juice is not only full of flavor, but it also provides some amazing health benefits for older adults. Cherry juice is low in calories and with no added sugar, cherry juice is ideal for those watching their sugar intake.

In addition to the cherry juice being a low calorie and low sugar drink, it is packed with nutrients like potassium and iron.

When looking for which cherry juice is the best, here are a few items to consider in your search.

Two Types of Cherry Juice

You see, there are two types of cherry juice available.

These include the “From Concentrate” and “Not from Concentrate”. Both are available on the market.

Here is the difference between the two. “Not from Concentrate” means the cherries are juiced and put into the bottle. The “From Concentrate” cherry juice is the cherries are juiced, then the water is removed. After the water is removed, the concentrated juice is bottled.

One of the biggest differences between ready-to-drink cherry juice and the cherry juice concentrate is the ready-to-drink options may also have other fruit juices added to the final products.

You may see products that say “Cherry Juice” on the front of the label, but in small print or on the back of the label, you’ll see there are other high-sugar juices added.

This may include apple, blueberry or even mango. These added juices may also mean more sugar per serving. In addition, some ready-to-drink cherry juices also have sugar or other sweeteners added to them to give the final product a more sweeten taste.

Cherry juice concentrate is usually 100% pure cherry juice with no other juices added.

For example, the Fruit Advantage Tart Cherry Juice concentrate 100% pure cherry juice concentrate. Nothing is added. Also, the Fruit Advantage cherry concentrate delivers about 15grams of natural sugar per serving.

Those are the main differences between the two type of cherry juice products on the market.

So now let’s turn our attention to the 7 benefits of cherry juice for older adults.

#1: Cherry Juice Inflammation Studies

One of the earliest studies conducted on cherry juice and inflammation was in the early 2000’s. It was conducted at Michigan State University.

In published studies, the researchers indicated the equivalent of 20 cherries inhibited pain signals to the brain. This points in the direction that tart cherries may fight inflammation in seniors.

In addition, the research also suggested the compounds responsible for the inflammation fight capability of tart cherries is due to anthocyanins.

These naturally occurring compounds help to inhibit the Cox-1 and Cox-2 enzymes. Cherry juice naturally has these anti-inflammatory compounds.

#2: Cherry Juice for Arthritis

In addition to inflammation studies for cherry juice, other research suggests tart cherries may help to reduce the pain of arthritis.

According to the Philadelphia VA Medical Center research published in 2013, patients who drank two 8-ounce servings of cherry juice daily for 6 weeks.

Those who drank the cherry juice experienced a significant reduction in pain, stiffness and enjoyed improved range of motion.

Another study published the results of tart cherry capsules for arthritis pain. The 20 patients of this eight-week study reported they enjoyed less pain and improved joint function. Each of the participants took cherry capsules once a day for the entire eight-week study.

#3: Tart Cherry Juice for Sleep. Dosage?

Did you know insomnia is very common for older individuals? According In fact, almost 50% of adults report trouble sleeping.

Those how drink cherry juice for sleep have reported a more restful night's sleep. The reason is cherries are a rich source of naturally occurring melatonin.

In fact, they are one of nature's leading source of melatonin. Cherry juice is a great way to enjoy this all-natural way to improve your sleep.

In a 2014 published study, participants suffering from insomnia drank 2 eight glasses of cherry juice daily for two weeks. Those who drank the tart cherry juice reported an average increase of sleep time of 85 minutes over those who drank the placebo.

#4: Stop Joint Pain with Cherries

Arthritis is caused by the degeneration of cartilage around the joints. There are a number of reasons for why arthritis occurs, such as natural aging, trauma and immune disorders.

Whatever the cause, arthritis can be painful and have a damaging effect on one's lifestyle. Because of the nature of arthritis, it's most common in the elderly.

If you have been struggling with osteoarthritis or rheumatoid arthritis, there are natural ways to cope with the symptoms without putting more medications into your body.

#5: How Much Cherry Juice Should Your Drink a Day?

Most of the published research studies on the health benefits cherry juice indicate is it best to drink 8 ounces of cherry juice or 2 tablespoons of Montmorency tart cherry juice concentrate.

Simply mix the 2 tablespoons (one ounce) of concentrated cherry juice with seven ounces of water to make an 8-ounce glass of 100% pure cherry juice.

#6: Tart Cherry Juice Side Effects

The side effects of cherry juice haven't been officially studied. However, like any supplement you would want to consume the amount which is most common.

For example, when drinking cherry juice daily for arthritis pain, most of the published studied indicate to drink one 8-ounce glass of cherry juice.

Cherries naturally contain sorbitol. For small percentage of people, drinking foods with naturally occurring sorbitol. Here is a brief list of foods with naturally occurring sorbitol:

- Beer
- Blueberries
- Raspberries
- Strawberries
- Grapes
- Cherries
- Apples
- Raisins
- Peaches

#7: Is Cherry Juice Acidic?

Cherry juice may or may not aggravate acid reflux. Cherries and tart cherry juice do contain some acid content. Always check with your doctor when changing your diet. Also, acid reflux may also depend on the

amount of cherry juice drink.

One of the best ways to consume red cherry juice is to enjoy one glass daily.

However, if you're looking to enjoy the health benefits of cherry juice without the worry, consider the tart cherry capsules.

Montmorency Tart Cherry Juice

There are different types of cherries to make cherry juice, however, most of the published research on the health benefits of the ruby red fruit has used the tart or sour cherry.

Other variety of cherries include sweet, purple or black cherry. Black cherries contain more naturally occurring sugar and more carbohydrates per serving than the red or tart cherry.

Check out the nutritional value of the one cup of unsweetened tart cherry juice:

15 grams of sugar

Naturally occurring anthocyanins and melatonin

Naturally occurring potassium

Almost zero fat

Most of the Montmorency tart cherries are grown in the Traverse Bay Farms region of Michigan. This farming region of Michigan grows over 70% of all tart cherries in the United States. It has earned the nickname of "Cherry capital of the world".

This region is located in the northwestern corner of the lower peninsula of Michigan. Due to the rural area and lower population when compared to other parts of Michigan, the Traverse Bay Farms region is fast becoming a popular retirement and vacation get-away.

This means people are not only enjoying northern Michigan for its beauty but also to enjoy the amazing health benefits of tart cherry juice.

Summary

As research continues to discover the amazing health benefits of this Michigan grown superfruit, older adults are enjoying the natural health benefits today.

Not only does the current published research suggest drinking cherry juice for arthritis pain for older adults is beneficial, it could be the wave of the future.

Best of all, as part of a balanced diet, drinking cherry juice can be an excellent way to add fruit to your diet. With today's busy and hectic lifestyles, getting 5-daily servings of fruit may be a challenge, however, enjoy a glass of cherry juice daily is an excellent way to enjoy the joint pain-relieving benefits of cherry juice.

Check out our Tart Cherry Capsules - Reduce Pain and Inflammation Naturally

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We do not provide any sort of medical advice. Please consult your doctor or medical health professional prior to taking any type of dietary supplement.

Check with your health care provider prior to starting any new exercise routine or diet.

Traverse Bay Farms
Sincerely,

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Super Fruit Educator

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