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**Miracle food? Cherries can help reverse gout and arthritis inflammation**

- Posted by [James Φοίγιξ](#) on January 17, 2012 at 10:52am in [Healthy Cooking Videos and Natural Remedies](#)
- [Back to Healthy Cooking Videos and Natural Remedies Discussions](#)



Mike Adams

[Natural News](#)

Did you know that cherries can lower levels of inflammation in the body drastically enough to actually alleviate arthritis symptoms and reduce your risk of cardiovascular disease and diabetes? It doesn't even take a super-powerful extract to feel the effect; powdered cherries alone have produced dramatic results.

In at least one study, powdered cherry consumption actually led to a change in the functioning of inflammation-regulating genes in mice.

Cherries are also well known to help **reverse gout** — a condition caused by too much *uric acid* circulating in the blood.

Like all dark-skinned fruits, cherries are high in antioxidants and other phytochemicals that promote human health in numerous ways. While sweet cherries may be more fun to eat, the most potent inflammation-fighting cherries are the tart variety.

In addition to fighting inflammation and arthritis, cherries have also been found to fight gout, reduce body fat and lower levels of cholesterol.

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