



Access to hidden cures... powerful discoveries... breakthrough treatments...  
and urgent advances in modern, underground medicine

## Discover How One Incredible Supplement Can Help Protect Your Heart, Brain And Joints

There has been growing interest recently in the effects of certain foods on health... something we've been reporting on here at JNHS for years. When Hippocrates uttered the now-famous words "Let food be thy medicine" truer words were never spoken.

This is certainly true in the case of antioxidant-rich cherries, which help maintain the health of everything from your capillaries and complex collagen structures to your joints, eyes and arteries.

Back in June 2007, JNHS brought you a report on the therapeutic properties of cherries after studies revealed they can bring much-needed relief from gout pain and even prevent future flare ups.

Since then, research into their extraordinary health benefits has been ongoing and as well as confirming their ability to alleviate joint pain, scientists have also found that they are able to provide vital protection to two of your body's most important organs – your heart and brain.

The only drawback is that you'd need to consume vast quantities of cherries in order to reap these rewards, which is why we're pleased to announce the launch of CherryBomb™. Just two capsules of CherryBomb™ contain the equivalent of eating 10,000mg of fresh cherries... a much more preferable option to eating nothing but cherries for breakfast, lunch and dinner I'm sure you'll agree!

### Cherries help prevent uric acid building up to dangerous levels

For those of you who missed the June 2007 article here's a quick recap on how cherries help prevent painful gout attacks. Gout is a form of arthritis that occurs when uric acid crystals accumulate in a joint – typically affected joints include the toes, fingers, knees and elbows – leading to the sudden development of pain and inflammation. Sufferers either overproduce uric acid or are less efficient than others at eliminating it.

US researchers found that levels of uric acid decreased significantly in volunteers' blood over a five-hour period, while urinary excretion of uric acid increased to a peak three hours after they ate sweet cherries for breakfast.<sup>1</sup> In addition, the study revealed that two markers of inflammation – C-reactive protein and nitric oxide – decreased.

C-reactive protein, which is produced by the liver, increases rapidly during inflammation, such as during a gout attack. An increase in nitric oxide is another reliable sign of inflammation and is also thought to play a role in damaging arthritic joints.

A further study revealed that C-reactive protein decreased by 25 per cent and nitric oxide by 18 per cent following 28 days of cherry consumption.<sup>2</sup>

### Works in a similar way to COX II drugs but without their harmful side effects

Studies indicate that a complex group of antioxidant compounds – known as anthocyanins – are not only responsible for the red skin and flesh colour of cherries but also for the fruit's beneficial anti-inflammatory effects.<sup>3</sup>

In addition to decreasing C-reactive protein and nitric oxide levels, scientists have discovered that the anthocyanins and phenols found in cherries are also able to inhibit two other key inflammatory

1. Journal of Nutrition. 2003;133: 1826–1829

2. J. Nutr. 2006;136:981-986

3. Biochem. 1995; Biophys. Res. Commun. 214: 755–759.

markers – tumour necrosis factor (TNF) and cyclooxygenase (COX).

With regards to the latter, cherries (sweet cherries in particular) have been found to be selective in terms of their inhibitory action – exerting a far greater influence over COX II than COX I.<sup>4</sup> This is an important finding as research on the cyclooxygenase group of compounds strongly suggests that it is the COX II inhibitors that are mainly responsible for inflammation control.<sup>5</sup> Not only that, but COX I plays an important role in your body as it helps maintain and protect your gastrointestinal tract.

Many conventional drugs prescribed for inflammatory joint pains work by blocking the actions of COX II but the main drawback attached to them is that they also exert a powerful inhibitory action over COX I, which means they can damage your stomach lining and cause gastrointestinal bleeding.

### **The remarkable health benefits of cherries don't end there...**

It was this ability of cherries to reduce inflammation so successfully that led researchers to study the fruits' potential for promoting circulatory health. Inflammation has been strongly implicated as being one of the main culprits behind heart disease.

Studies have shown that high levels of inflammatory markers such as C-reactive protein are a reliable predictor of heart disease risk and a useful prognostic tool.<sup>6</sup> The American Heart Association place a person at 'high risk' if their C-reactive protein is found to be higher than 3.0 mg/l.

As already mentioned, cherries are rich in phenols and anthocyanins, which not only help lower inflammatory substances such as C-reactive protein and help reduce the risk of circulatory diseases like atherosclerosis, they have also been found to have strong anti-neurodegenerative activities.<sup>7,8,9</sup>

Research has shown that phenolic compounds exert a protective effect on neuronal cells. In particular they help prevent damage from harmful free radicals and amyloid protein, which are both implicated in causing dementia and Alzheimer's disease.<sup>10</sup> People whose diets are rich in phenols and anthocyanins – as found in cherries and other berries including bilberries and strawberries – have been found to be at significantly lower risk of these degenerative conditions.<sup>11</sup>

More research now needs to be carried out in this area to confirm these preliminary findings, and HSI promises to keep you updated as soon as the results become available.

### **What to take for best results**

The recommended dosage is two capsules a day. In acute cases, sufferers can take up to two capsules two or three times a day. You should not take CherryBomb™ if you are pregnant, nursing, or taking prescription drugs without consulting your doctor first.

[Urgent information: Prescription drugs have long been seen as the answer to treating chronic illnesses like heart disease, diabetes and dementia. But this recent report shows that modern medicine might not have all the answers after all...](#)

4. Phytomedicine, 2001;8(5):362-369  
5. Proc. Natl. Acad. Sci. USA 1994;91:3328-3332  
6. Curr. Opin. Lipidol. 2002;13(4):383-9  
7. Nutr. Res. Rev. 2000;13:79-106

8. J. Nat. Prod. 1999;62:294-296  
9. J. Agric. Food Chem. 2005;53: 9921-9927  
10. Free Radical Biol. Med. 2001;30: 433-446.  
11. Eur. J. Epidemiol. 2000;16: 357-363.