

CHERRY PITTS

1. Antioxidant Protection

Cherries contain powerful antioxidants like anthocyanins and cyanidin. One study found the antioxidant activity of these substances isolated from tart cherries was superior to that of vitamin E and comparable to commercially available antioxidant products.²

Sweet cherries also contain a small amount of quercetin, which is among the most potent in terms of antioxidant activity and a wide range of other health-promoting properties.³

2. Cancer-Preventive Compounds

Sweet cherries contain fiber, vitamin C, carotenoids, and anthocyanins, each of which may help play a role in cancer prevention. According to the National Cherry Growers & Industries Foundation:⁴

"The potential role of sweet cherries in cancer prevention lies mostly in the anthocyanin content, especially in cyanidin. Sweet cherries are a good source of cyanidins, which appear to act as an antioxidant and in this role may reduce cancer risk..."

A study... using human cancer cell lines demonstrated cell cycle arrest and apoptosis of mutated cells exposed to cherry anthocyanins...

Further research suggests that the growth arrest characteristics of cyanidin are likely, at least in part, to be a result of significant inhibitory effects of these cherry components on epidermal growth factor receptors...

Finally, there is compelling evidence from basic science that cyanidin may also promote cellular differentiation and thus reduce the risk for healthy cells to transform to cancer."

3. Reduce Inflammation and Your Risk of Gout

In a study of over 600 people with gout, those who ate only a ½-cup serving of cherries a day, the equivalent of about 10 or 12 cherries, or consumed cherry extract, had a 35 percent lower risk of a subsequent gout attack.⁵ Those who ate more cherries, up to three servings in two days, had an even lower, 50 percent reduction in risk.

Gout occurs when the metabolic processes that control the amount of uric acid in your blood fail to do their job effectively. The stiffness and swelling are a result of excess uric-acid-forming crystals in your joints, and the pain associated with this condition is caused by your body's inflammatory response to the crystals. Past studies have found:

- Eating two servings of cherries after an overnight fast lead to a 15 percent reduction in uric acid, and lower nitric oxide and C-reactive protein levels (which are associated with inflammatory diseases like gout).⁶

The researchers noted the study supports "the reputed anti-gout efficacy of cherries" as well as "evidence that compounds in cherries may inhibit inflammatory pathways."

- Consuming tart cherry juice daily for four weeks may lower your levels of uric acid⁷

4. Support Healthy Sleep (Melatonin)

Cherries contain natural [melatonin](#), which is a powerful antioxidant and free radical scavenger that helps "cool down" excess inflammation and associated oxidative stress. It also plays a vital role in sleep and bodily regeneration.

Based on daily environmental signals of light and darkness, your pineal gland has evolved to produce and secrete melatonin to help you sleep. Research suggests that consuming tart cherry juice not only help increase your melatonin levels but may also improve time in bed, total sleep time and sleep efficiency. According to researchers:⁸ *"...consumption of a tart cherry juice concentrate provides an increase in exogenous melatonin that is beneficial in improving sleep duration and quality in healthy men and women and might be of benefit in managing disturbed sleep."*

5. Arthritis Pain Relief

Cherries contain many anti-inflammatory compounds, and research suggests they may help to relieve pain from inflammatory osteoarthritis.

According to one study, women with osteoarthritis who drank tart cherry juice twice daily for three weeks had significant reductions in markers of inflammation. They also had a 20 percent reduction in pain. The researchers noted that tart cherries have the "highest anti-inflammatory content of any food."⁹

6. Reduce Belly Fat

In an animal study, rats fed tart cherry powder along with a high-fat diet gained less weight and built up less body fat than rats not fed tart cherries. They also had lower levels of inflammation and triglycerides, suggested a potential role in heart health.¹⁰

7. Reduce Post-Exercise Muscle Pain

Athletes who consumed tart cherry juice prior to long-distance running experienced less pain than those who did not. It's thought that the antioxidant and anti-inflammatory properties of tart cherries may have a protective effect to reduce muscle damage and pain during strenuous exercise.¹¹

8. Lower Risk of Stroke

Consuming tart cherries may activate PPAR (peroxisome proliferator activating receptors) in your body's tissues, which help regulate genes involved in fat and glucose metabolism. This activation may help to lower your risk of heart disease, and research suggests eating cherries may provide similar heart benefits to prescription drugs called PPAR agonists

Cyanide poisoning Myth

How cherry and apricot pits treat cancer?

The compound containing cyanide is amygdalin. The amygdalin compound has four molecules. Two are glucose molecules. The other two are cyanide and benzaldehyde. The last two are scary compounds, except for a couple of unusual metabolic activities: they are released by and into cancer cells only. Otherwise, they remain in

the amygdalin compound and are passed through. It's a very clever arrangement. The cancer cells depend on fermenting sugar (glucose) for their energy instead oxygen

So How Does It Work?

Amagdylin contains four substances. Two are glucose; one is benzaldehyde, and one is cyanide. Yes, cyanide and benzaldehyde are poisons if they are released or freed as pure molecules and not bound within other molecular formations. Many foods containing cyanide are safe because the cyanide remains bound and locked as part of another molecule and therefore cannot cause harm.

There is even an enzyme in normal cells to catch any free cyanide molecules and to render them harmless by combining them with sulfur. That enzyme is rhodanese, which catalyzes the reaction and binds any free cyanide to sulfur. By binding the cyanide to sulfur, it is converted to a cyanate which is a neutral substance. Then it is easily passed through the urine with no harm to the normal cells.

But [cancer cells](#) are not normal. They contain an enzyme that other cells do not share, beta-glycosidase. This enzyme, virtually exclusive to cancer cells, is considered the "unlocking enzyme" for amygdalin molecules. It releases both the benzaldehyde and the cyanide, creating a toxic synergy beyond their uncombined sum. This is what the cancer cell's beta-glycosidase enzyme does to self-destruct cancer cells.

Amagdylin or laetrile in conjunction with the protective enzymes in healthy cells and the unlocking enzymes in cancer cells is thus able to destroy cancer cells without jeopardizing healthy cells. Chemotherapy, on the other hand, kills a lot of other cells and diminishes one's immune system while killing an undetermined amount of cancer cells.

Those cancer cells tend to return elsewhere because the patient's general health was reduced from the pervasive chemo toxins. The cancer industry has declared the benchmark for curing cancer as being cancer free for 5 years. It's estimated that of those who undergo the AMA big three for curing cancer, surgery, radiation, and chemotherapy, no more than 3% make the 5 year cancer free mark. Besides the treatments' debilitating effects, they are much more expensive!

But for someone with cancer, it takes a considerable amount of daily B17 consumption to enable the amagdylin to reach the cancer cells with beta-glycosidase. That's because some of the amagdylin molecules will be neutralized by the normal cells containing rhodanese.

Many practitioners who use laetrile have an 85% [cure](#) rate among cancer victims who

did not undergo much of the standard cut, burn, and poison that is main-stream - while the cure rate for those who come to laetrile therapy as a last resort after all that conventional medicine could only have a 15% recovery rate. There is a clinic in Mexico that claims a 100 percent cure rate!

Learn

more: http://www.naturalnews.com/027088_cancer_laetrile_cure.html#ixzz4Srjwam
[MT](#)