

Eight Reasons To Sip & Savor Cherry Juice:

Cherry juice is not only refreshingly delicious, but it provides solid health benefits, as well. With about 120 calories per 1-cup serving, it's rich in nutrients like potassium and iron.

There are many different varieties of cherry juice. Cherry juice "cocktails" typically add sugar and preservatives.

What you want is 100% pure cherry juice with no added sweeteners.

Here are 8 reasons to have it always available:

1. Helps Post-Workout Recovery

Cherry Juice is naturally high in potassium, which conducts electrical impulses throughout the body.

This mineral also helps maintain blood pressure, hydration, muscle recovery, nerve impulses, digestion, heart rate, and pH balance. Cherries contain about 330 milligrams (mg) of potassium per cup, which is almost 10 percent of your daily recommended value.

2. Fights Inflammation & Arthritis Pain

Research shows that the antioxidants in cherry juice can reduce pain and inflammation from osteoarthritis (OA). A 2012 study showed that drinking cherry juice twice a day for 21 days reduced the pain felt by people with OA. Blood tests also showed that they experienced significantly less inflammation.

3. Reduces Swelling

When people experience pain from swelling, they often turn to nonsteroidal anti-inflammatory drugs (NSAIDs). However, the effects of these drugs can be harmful, especially when you take them too often or have allergies. A 2004 study found that cherry juice can reduce inflammation and pain in animals, showing promise as a treatment for swelling in humans.

4. Boosts Immunity

Like all fruits and vegetables, cherries pack a powerful antioxidant and antiviral punch. Flavonoids, a type of antioxidant in cherry juice, are made by plants to fight infection. Research shows that these chemicals can have a significant impact on immune system function.

5. Regulates Metabolism & Fights Fat

There is evidence in animals that cherries can help adjust the body's metabolism and ability to lose abdominal body fat. One study showed that anthocyanins, a type of flavonoid responsible for cherries' red color, act against the development of obesity.

Another study in rats found that cherries can help reduce inflammation and abdominal fat, and lower the risk of metabolic syndrome.

Even without its antioxidants and nutrients, cherry juice is delicious and refreshing which makes it a healthy replacement for sodas and sports drinks.

6. Helps You Sleep

The anti-inflammatory properties of cherry juice combined with a dash of sleep-regulating melatonin may help you sleep better, according to a 2010 study. The results suggest that cherry juice has similar effects as insomnia medications like valerian or melatonin on older adults.

7. Blocks Cancer Growth

In a 2003 study, researchers pitted cherry juice against the NSAID sulindac, which is the most common preventive anti-inflammatory treatment for colon tumors. Although an animal study, it is notable that cherry juice — unlike the NSAID — reduced the growth of cancer cells.

8. Helps Manage Gout

Cherry juice contains anthocyanins, which is what gives cherries their color. Anthocyanins have anti-inflammatory properties, which makes cherry juice a natural anti-inflammatory. Cherry juice treats gout flare-ups by reducing the level of uric acid in the body. Uric acid buildup is what causes gout.

A 2012 pilot study found that consuming cherry juice was more effective than pomegranate concentrate at lowering uric acid levels.