

Cherries Health Benefits

Here's what they're good for:

1. Anti-Inflammatory & Antioxidant Power

Cherries—especially tart cherries—are rich in **anthocyanins and quercetin**, compounds that help **reduce inflammation** and fight **oxidative stress**. This can support:

- Joint health (great for people with arthritis or gout)
- Recovery after exercise
- Reduced risk of chronic diseases

2. Muscle Recovery

Tart cherry juice has been shown to reduce **muscle soreness** and improve **strength recovery** after workouts—especially in athletes or people starting a new exercise routine.

3. Natural Sleep Aid

Cherries contain **melatonin**, a hormone that regulates sleep-wake cycles. Drinking tart cherry juice or eating a handful of cherries in the evening can help improve:

- Sleep duration
- Sleep quality
- Insomnia symptoms

4. Heart Health

The antioxidants and potassium in cherries support:

- Lower blood pressure
- Improved cholesterol levels
- Reduced inflammation in blood vessels

5. Blood Sugar Regulation

Cherries have a **low glycemic index** (GI), which means they cause slower, steadier rises in blood sugar. Their compounds may help:

- Improve insulin sensitivity
- Regulate glucose levels

6. Digestive Support

Cherries contain both **soluble and insoluble fiber**, which support healthy digestion and regularity.

7. Brain Health

Thanks to their antioxidants and anti-inflammatory compounds, cherries may help:

- Boost memory
- Protect against neurodegenerative diseases
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