

# CHERRIES

AND

GOUT

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## IMPORTANT

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### Cherries May Well Be an Effective Remedy for Many Gout Sufferers

A letter in *Prevention Magazine*, by Dr. Ludwig W. Blau, relating how eating a bowl of cherries one day led to complete relief from pain sparked off the interest in cherries in the treatment of gout.

Dr Blau's gout had been so severe that he had been confined to a wheelchair. One day, quite by accident, he polished off a large bowl of cherries and the following day the pain in his foot was gone.

He continued eating a minimum of 6 cherries every day and he was free from pain and able to get out of his wheelchair. Dr Blau's research led to many other people suffering from gout who reported being helped by cherries.

This effect has also been reported with strawberries, and it may be because of the fact that these foods help the body to eliminate uric acid.

According to a 1950 study of twelve individuals with gout, by them eating one-half pound of cherries, or the equivalent amount of cherry juice, attacks of gout were prevented. Black, sweet yellow, and red sour cherries were all effective.

Since that study, there have been many anecdotal reports of cherry juice as an effective treatment of the pain and inflammation of gout. Strawberries, blueberries and other red-blue berries are also believed to be beneficial.

Another study performed by Agricultural Research Service also demonstrated efficacy of cherries in treating gout.

Cherries already have a reputation for fighting inflammation.

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