

CHERRY ON TOP

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Mmmm - Cherries for Great Skin!

In the past we have talked about the benefits of green tea and its antioxidant power and benefits to your skin. I buy pomegranate juice at the store and sip on it for the same reason, and now I have discovered cherry juice! Cherry pie is one of my favorite desserts, and after drinking cherry juice, I remember why (since I haven't been eating any pie lately!). This blurb is from health.com:

The tiny fruit rivals grapes, red wine, and blueberries when it comes to anthocyanins (the antioxidants that give cherries their color). That means cherries can increase your antioxidant levels, and an abundance of antioxidants may help slow the aging process. Cherries are also full of vitamin C, calcium, potassium, and fiber—a lot of nutrition for about 90 calories per cup.

So just last night I had the opportunity to try cherry juice from CherryPharm.com - and my whole family is totally in love with it. I can't tell you how yummy it is - we drank it straight out of the bottle last night, and made smoothies this morning with it:

1 bottle cherry juice

1 banana

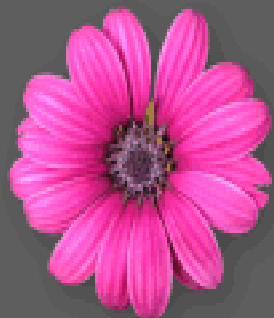
handful of blueberries

1/2 cup plain or vanilla yogurt

1 tsp honey

A few cubes of ice

Blend it up and drink it down. While this mixture is WAY too much for me to drink right now in the calorie department, I split this recipe between my two kids for breakfast this morning, and



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made myself a 1/3 version for a snack yesterday - Scrumptious! - and great for your body, and even better for our purposes here - your skin. I really haven't seen cherry juice available anywhere other than the health food stores, but I would venture to say you will be seeing it front and center soon.

CherryPharm uses a process to extract the juice from these tart cherries that was created with the help of researchers at Cornell University, and leaves them with a product that retains the benefits of the whole food rather than one made from concentrate that has lost many of the beneficial nutrients. In fact, CherryPharm is working with several research institutions with ongoing studies about the benefits and efficacy of their juice with several medical conditions. I will keep an eye on them definitely - I love a company that stands behind their product and certainly one that is really working to determine the real benefits like CherryPharm seems to be.

CherryPharm is only available online, and while the price is a little more expensive than the juices from concentrate that you would buy in the store, it is not outrageous at all. You can buy their Whole Tart Cherry juice, Cherry Fruit juice - which is combined with apple and white grape juice to make it a little sweeter, and their Natural Recovery (whole cherry juice with whey protein) in packs of 8 (\$20) or 24 (\$48). They also offer a subscription program where they will automatically ship you more juice according to your time and product preferences, and you get free shipping with this option. I will definitely be doing that.

Start learning about antioxidants and free radicals here at eBeautyDaily - aging is a process that we know a limited amount of factual informatin about, but these two items will put you well on your way to keeping yourself beautiful for a long time to come!

