

Tart cherry is considered to be It is considered a “superfood” due to its outstanding nutritional properties and various health benefits. This is a result of the highly valuable phytochemicals found in this fruit.

Tart cherry It is mainly composed of anthocyanin, which gives the fruit a deep red color. and is a powerful antioxidant This substance helps prevent cell and DNA damage from ultraviolet rays and other pollutants. Tart cherries also contain flavonols from the polyphenol group, which strengthen the function of of anthocyanins to fight free radicals and reduce inflammation damage that leads to chronic disease.

- **Treat rheumatoid arthritis.** Studies have found that extracts from tart cherry seeds Helps reduce inflammation in people with rheumatoid arthritis. Helps reduce pain and increase mobility.

- **Controlling blood sugar levels.** Tart Cherry Extract Shows results in reducing blood sugar levels, such as diabetes, by increasing the number of pancreatic cells that produce insulin and reducing fat accumulation in the liver. Helps improve the function of the pancreas.

- **Reduce blood pressure.** In a group of middle-aged volunteers with high blood pressure. In the beginning Studies on arterial stiffness found no change. But it has the effect of increasing the level. Antioxidants in the blood

- **Develop brain function.** Anthocyanins in tart cherries help slow down the deterioration of the nervous system. and helps develop memory Studies have shown that consuming tart cherries improves cognitive function in humans. and decision making in elderly people with dementia

Surry Tart Has been used in a variety of formats. and provide health benefits to consumers, for example in the form of concentrated cherry juice, cherry wine. Dried cherries can be added to meals such as cereals and salads. Tart cherries can also be extracted into a powder. As an ingredient in smoothies or as a dietary supplement. which makes tart cherry consumption more convenient and easier

Although the benefits of tart seri are many, Using products extracted from tart cherry for treatment or prevention of various diseases Be aware that side effects may vary from person to person. For example, consuming large quantities of tart cherries. May affect blood sugar levels.

Therefore, it is best to consult a doctor or nutritionist before starting to use tart cherry products. It is important to evaluate the benefits and risks based on the individual's health condition. To ensure that the use of the product These can help enhance health appropriately and safely.



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Change the atmosphere from the past where flowers were arranged in vases to round circular flower arrangements by using Floral Foam as the base, cut into squares. Embroider flowers onto the Floral Foam to form a dimensional round shape. Can see all around and use a variety of flowers Shapes add color The color theme chosen is orange, yellow and white, embroidered alternately according to preference. The most important thing is to pin the flowers firmly. for beauty when looking at

Use different shaped flowers like gerbera flowers. with blooming petals that can be viewed in 2 dimensions, and the ping pong flowers that have a round shape that can be viewed in 3 dimensions. When arranged together, it will make the flower bouquet look more playful, not too smooth.

