



# Juice that can ease the pain

By **Jo Willey**

**A GLASS** of unsweetened cherry juice can take the pain out of a gruelling workout, experts claim.

They found that runners who drank the juice before training for a long-distance relay had 23 per cent less muscle pain than those on an artificial fruit drink.

Researchers discovered that the juice of tart cherries contains flavonoids, naturally occurring antioxidants with anti-inflammatory powers.

The test on relay runners was carried out at the Oregon Health and Science University in the US.

Dr Kerry Kuehl, a sports medicine specialist at the university, said: "Our research suggests that tart cherry juice may work like common non-steroidal anti-inflammatory drugs, used by millions to treat pain and inflammation after exercise.

"Also, drinking tart cherry juice may help people avoid negative side effects of these drugs."