

---

# Top Juice for Optimizing Gut Health: Expert Insights

## Description

- Gastroenterologist Joseph Salhab, D.O., endorses tart cherry juice for enhancing gut health.
- Its rich content of polyphenols and antioxidants aids in alleviating gut inflammation.
- This juice also serves as a natural source of melatonin, potentially improving sleep quality.

If you're searching for a beverage beneficial for your gut, Dr. [Joseph Salhab](#) recently highlighted tart cherry juice on Instagram, noting its multifaceted health benefits, particularly for gut health.

"I typically avoid most fruit juices, as they often strip away the beneficial compounds," Salhab stated. "Yet, I make an exception for juices abundant in antioxidants and polyphenols, like tart cherry, cranberry, and blueberry juice."

This physician champions tart cherry juice, citing recent studies indicating its effectiveness in lowering inflammatory markers in individuals with inflammatory gut conditions, likely due to its high anthocyanin and chlorogenic acid levels.

As Salhab elucidates in his video, "Gut bacteria utilize polyphenols to generate anti-inflammatory compounds."

Moreover, he enjoys this juice at night for its melatonin content, suggesting dilution with ice water for a refreshing and soothing evening drink.

Whether consumed neat or diluted, tart cherry juice can be enjoyed in various creative ways, such as in a mocktail, provided it is 100% juice without added sugars.

Salhab warns against high-calorie juices and emphasizes moderation, as excessive added sugars can lead to chronic fatigue and weight gain, while naturally occurring sugars can provide essential nutrients.

---

## Vocabulary List:

1. **Polyphenols** /,pɒli'fi:nɒlz/ (noun): A type of antioxidant found in plants that is believed to have health benefits.
  2. **Antioxidants** /,ænti'ɒksɪdənts/ (noun): Substances that inhibit oxidation thereby preventing cell damage.
  3. **Inflammation** /,ɪnflə'meɪʃən/ (noun): A biological response to harmful stimuli often resulting in redness heat and swelling.
  4. **Melatonin** /,mel.ə'toʊ.nɪn/ (noun): A hormone that regulates sleep-wake cycles often used to improve sleep quality.
  5. **Dilution** /daɪ'lʊ:ʃən/ (noun): The process of reducing the concentration of a substance in a solution.
  6. **Moderation** /,mɒdə'reɪʃən/ (noun): The avoidance of excess or extremes particularly in behavior or consumption.
-



---

## Comprehension Questions

### Multiple Choice

1. Who endorses tart cherry juice for enhancing gut health?  
Option: Dr. Joseph Salhab  
Option: Dr. John Smith  
Option: Dr. Emily Brown  
Option: Dr. Sarah Johnson
2. What compound in tart cherry juice aids in alleviating gut inflammation?  
Option: Polyphenols  
Option: Antioxidants  
Option: Vitamin C  
Option: Fiber
3. Which natural substance in tart cherry juice may improve sleep quality?  
Option: Melatonin  
Option: Caffeine  
Option: Vitamin D  
Option: Iron
4. What do gut bacteria utilize polyphenols for?  
Option: Generating anti-inflammatory compounds  
Option: Increasing inflammation  
Option: Breaking down proteins  
Option: Producing toxins
5. Which juice does Dr. Joseph Salhab specifically endorse for its beneficial compounds?  
Option: Cranberry juice  
Option: Tart cherry juice  
Option: Apple juice  
Option: Grape juice
6. What does Dr. Joseph Salhab suggest for enjoying tart cherry juice at night?  
Option: Adding sugar



- Option: Diluting with ice water
- Option: Heating it up
- Option: Mixing with alcohol

**True-False**

- 7. Tart cherry juice contains high levels of caffeine.
- 8. Dr. Joseph Salhab enjoys tart cherry juice due to its high sugar content.
- 9. Excessive added sugars in juices can lead to chronic fatigue and weight gain.
- 10. Natural sugars found in fruits are devoid of essential nutrients.
- 11. Dr. Joseph Salhab warns against consuming high-calorie juices.
- 12. Diluting tart cherry juice with ice water is recommended for a refreshing evening drink.

**Gap-Fill**

- 13. Tart cherry juice is endorsed for enhancing \_\_\_\_\_ health by Dr. Joseph Salhab.
- 14. Dr. Joseph Salhab avoids most fruit juices that strip away beneficial compounds, except those abundant in \_\_\_\_\_ and polyphenols.
- 15. Tart cherry juice is cited for its effectiveness in lowering inflammatory markers in individuals with inflammatory gut conditions due to its high levels of anthocyanin and \_\_\_\_\_ acid.
- 16. Dr. Joseph Salhab suggests diluting tart cherry juice with ice water for a \_\_\_\_\_ and soothing evening drink.
- 17. Dr. Joseph Salhab emphasizes moderation in juice consumption to avoid chronic \_\_\_\_\_ and weight gain.
- 18. Whether consumed neat or diluted, tart cherry juice can be enjoyed in various creative ways, such as in \_\_\_\_\_



a \_\_\_\_\_ .

## Answer

**Multiple Choice:** 1. Dr. Joseph Salhab 2. Polyphenols 3. Melatonin 4. Generating anti-inflammatory compounds 5. Tart cherry juice 6. Diluting with ice water

**True-False:** 7. False 8. False 9. True 10. False 11. True 12. True

**Gap-Fill:** 13. gut 14. antioxidants 15. chlorogenic 16. refreshing 17. fatigue 18. mocktail

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. What is a legally binding agreement between two parties?

Option: A) Purchase

Option: B) Contract

Option: C) Sale

Option: D) Offer

2. Which compounds can be found in various fruits and vegetables known for their antioxidant properties?

Option: A) Carbohydrates

Option: B) Polyphenols

Option: C) Proteins

Option: D) Fats

3. Which term refers to the introduction of new ideas methods or products?

Option: A) Replication

Option: B) Conservation

Option: C) Innovation

Option: D) Imitation

4. What measures the efficiency of production output?

Option: A) Profitability

Option: B) Productivity

Option: C) Quality

Option: D) Speed

5. Which term describes something that is absolutely necessary or extremely important?

Option: A) Optional



- Option: B) Essential
- Option: C) Luxurious
- Option: D) Trivial

6. What means to act against or neutralize something?

- Option: A) Enhance
- Option: B) Improve
- Option: C) Counteract
- Option: D) Support

7. Which term refers to the distribution or positioning of resources and personnel?

- Option: A) Extraction
- Option: B) Deployment
- Option: C) Storage
- Option: D) Disposal

8. Which term is related to mental processes such as thinking learning and understanding?

- Option: A) Emotional
- Option: B) Cognitive
- Option: C) Physical
- Option: D) Spiritual

9. Which hormone is produced by the pineal gland and regulates sleep patterns?

- Option: A) Insulin
- Option: B) Estrogen
- Option: C) Melatonin
- Option: D) Serotonin

10. What term describes a deep mental involvement or absorption into an activity or experience?

- Option: A) Observation
- Option: B) Immersion
- Option: C) Distraction
- Option: D) Detachment

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. A \_\_\_\_\_ material is one that can withstand or recover from difficult conditions.
12. It is important to consume alcohol in \_\_\_\_\_ to avoid negative health effects.
13. The new software update offers several features for the \_\_\_\_\_ of user experience.



14. The two products are not \_\_\_\_\_ in terms of quality and performance.
15. After a long day at work I enjoy \_\_\_\_\_ by reading a book or listening to music.
16. In online gaming a high \_\_\_\_\_ can result in delays in player actions.
17. The study aims to investigate the \_\_\_\_\_ of historical events to current social issues.
18. GPS devices are widely used for accurate and efficient \_\_\_\_\_ during travel.
19. The performance of the team showcased their \_\_\_\_\_ over their opponents.
20. A \_\_\_\_\_ artist can work in various styles and mediums with equal proficiency.
21. Proper nutrition and rest are essential for muscle \_\_\_\_\_ after intense workouts.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

22. During the drought there was a severe shortage of water in the region.
23. The project proposal outlined a viable plan for sustainable energy production.
24. A diet rich in fruits and vegetables provides the body with essential antioxidants.
25. Regular exercise can help reduce inflammation in the body and improve overall health.
26. His pragmatic approach to problem-solving focused on practical solutions rather than theoretical concepts.
27. The software company developed an enterprise-grade solution for large-scale businesses.
28. The virtual reality game offered an immersive experience that made players feel like they were in another world.
29. The architect presented a new concept for the design of the city park.
30. His logical reasoning skills helped him analyze complex problems and reach sound conclusions.
31. The band experienced a resurgence in popularity after releasing their latest album.



---

## Answer

**Multiple Choice:** 1. B) Contract 2. B) Polyphenols 3. C) Innovation 4. B) Productivity 5. B) Essential 6. C) Counteract 7. B) Deployment 8. B) Cognitive 9. C) Melatonin 10. B) Immersion

**Gap-Fill:** 11. resilient 12. moderation 13. enhancement 14. comparable 15. winding down 16. latency 17. relevance 18. navigation 19. dominance 20. versatile 21. recovery

**Matching sentence:** 1. Shortage 2. Viable 3. Antioxidants 4. Inflammation 5. Pragmatic 6. Enterprise-grade 7. Immersive 8. Concept 9. Reasoning 10. Resurgence

## CATEGORY

1. Sci/Tech - LEVEL4

### Date Created

2025/05/16

### Author

aimeeyoung99

ESL-NEWS.COM