

# 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** /ˌpɒliˈfiːnɒlz/ (noun): A type of antioxidant found in plants that is believed to have health benefits.
2. **Antioxidants** /ˌæntiˈɒksɪdənts/ (noun): Substances that inhibit oxidation thereby preventing cell damage.
3. **Inflammation** /ˌɪnfləˈmeɪʃən/ (noun): A biological response to harmful stimuli often resulting in redness heat and swelling.
4. **Melatonin** /ˌmel.əˈtoʊ.nɪn/ (noun): A hormone that regulates sleep-wake cycles often used to improve sleep quality.
5. **Dilution** /daɪˈluːʃən/ (noun): The process of reducing the concentration of a substance in a solution.
6. **Moderation** /ˌmɒdəˈreɪʃən/ (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

## CATEGORY

1. Sci/Tech - LEVEL4

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