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Tart Montmorency Cherry Juice

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Tart Montmorency Cherry Juice

The rate at which high levels of blood pressure affects people has highly increased causing an alarm in the risk of getting other cardiovascular diseases as well as increasing mortality rate. Similarly, when a high level of blood pressure is not controlled it may lead to a rise of other diseases such as kidney disease and heart attack. This paper will describe various steps of scientific method used in researching how tart Montmorency cherry juice use affects blood pressure together with identifying the relevance of the research.

Several steps in the scientific method are used. First is to understand the purpose of the study by deriving a question that will guide the research. Secondly, it is to have background research to comprehend more about the subject under investigation. The third step is to have a hypothesis that will be used to predict the result of the experiment. The test hypothesis used in this case is that “taking tart Montmorency cherry juice decreases high level of blood pressure similarly with medicine does.” Thirdly, is to experiment using both dependent and independent variables. The article expounds on the outcome of fruit juice on vascular function. In this case, the fruit juice is the independent variable because it was changing. On the other hand, the dependent variable is the vascular function as it depended on the juice. During the study, it is observed that there is an increase in blood pressure in England which if not managed could lead to increased dangers such as heart failure. Fifteen samples are used in the research having early hypertension indicating 130/90 mmHg blood pressure or more. Also, blood samples and pressure tests are taken before and after consumption of the juice after an hour indicating that individuals who took cherry juice recorded a fall in blood pressure by 7mmHg.

The sample size was not large enough because the study focused more on men and hence forgetting that women also have the risks of having high blood pressure. Therefore, it was

important to involve women and other people with different conditions to realize the effects on the same. Similarly, the method used to conduct the study was right but it considered the results on a short term basis. Performing tests for more than eight hours was necessary to realize the trend of blood pressure. Notably, blood pressure may drop after several hours or raise therefore taking tests more than eight hours could result in more precision.

The study is relevant because it portrays the importance of diet in improving the health conditions of participants. Thus, people need to get fond of eating healthy foods to reduce the risks of high blood pressure. As stated by Te Morenga et al. (2014), high or low blood pressure contributes to mortality to people with cardiovascular ailments hence taking early precautions is more important. The study is also significant because people will understand that there are other means of reducing blood pressure such as using Montmorency cherry than just using anti-hypertensive drugs.

In summation, high blood pressure is very common and causes deaths to many people especially those with cardiovascular disease. Additionally, the study conducted by following the scientific methods was very important in realizing how Montmorency cherry juice and anti-hypertensive drugs reduce high blood pressure the same way.

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Reference

L. A. Te Morenga, A. J. Howatson, R. M. Jones, J. Mann. Dietary sugars and cardiometabolic risk: systematic review and meta-analyses of randomized controlled trials of the effects on blood pressure and lipids. *American Journal of Clinical Nutrition*, 2014; 100 (1): 65
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