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# A Review of the Therapeutic Effects of Stone Fruits

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**ABSTRACT**

Stone fruits, enjoyed as meals or snacks, serve as valuable therapeutic agents. Rich in essential nutrients and boasting anti-inflammatory properties, these fruits contribute significantly to a healthy diet. *Prunus avium* (sweet cherry), *Prunus domestica* (plum), *Prunus armeniaca* L. (apricot), *Prunus dulcis* (almond), *Prunus persica* (peach), *Prunus persica* var. nucipersica (nectarine), and *Phoenix dactylifera* (date) are the most important stone fruits. The presence of anthocyanins and flavonoids in certain stone fruits is especially noteworthy. These compounds play a crucial role in the prevention of chronic diseases, including cancer, heart disease, diabetes, and Alzheimer's disease, thereby reducing the overall risk of such health conditions.

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## Dear Editor,

The body receives energy day and night by eating different foods, and to provide this energy in a healthy way, you must follow a diet that corresponds to the main food. The most basic diet is the diet based on the food pyramid (Fulker, 2001). In the food pyramid, from the lower part of the base of the pyramid to the upper part, the foods that the body needs more are distributed accordingly. According to this pyramid, fruits in the second row are the most important foods for the body. Supplying the body with energy, maintaining the health and proper functioning of the organs, preventing diseases, etc. are some of the benefits of consuming this group of foods (Kahlon, 2006). Fruits are one of the most useful types of food that can be used as healthy snacks or used in cooking different foods beside medicinal uses (Arayne et al., 2005). Among the foods and edibles that are rich in vitamins and help improve health a lot, we can mention all kinds of fruits (Goldman et al., 2003). Eating fruit is an excellent solution to maintain body health and reduce the risk of disease. The benefits of fruits are enormous because they are excellent sources of vitamins, minerals, fiber and antioxidants, and that recommended by all physicians and nutritionists (Ibrahim et al., 2017).

Fruits sometimes have preventive and curative properties against diseases (Zhao et al., 2017). Stone fruits include cherries, apricots, peaches, nectarines, plums, plums, and dates (Crisosto et al., 2009). Natural products and vegetables, particularly fruits, are a wealthy source of phenolic antioxidant compounds. The reason for this letter is to examine the dietary and restorative esteem of stone fruits (Redondo et al., 2017). Apricot (Prunus armeniaca) is rich in carbohydrates and phenolic compounds and a good source of fiber, minerals, vitamins A and C which play an important role in preventing oxidative stress. Fatty fruits are rich

in nutrients including fiber, polyphenols, carotenoids, vitamin C and potassium along with phenolic compounds (Gupta et al., 2018). Consumption of plums (Prunus domestica) has anti-inflammatory, antioxidant, ameliorating the memory and anti-constipation effects. Additionally, it has a high number of 3-flavon compounds such as catechin, which prevents the growth of cancer cells (Igwe and Charlton, 2016). Peaches (Prunus persica) and nectarines (Prunus persica var. nucipersica) have high nutritional value. These fruits have many therapeutic properties such as anti-cancer, anti-allergy, anti-tumor, anti-bacterial, anti-microbial, and anti-inflammatory effects. Almonds (Prunus dulcis) have a high amount of energy, saturated and unsaturated fatty acids, proteins, fibers, vitamin E, vitamin B2 and a wide range of secondary compounds for plant protection (Fruk et al., 2014). Consuming almonds has a prodigious effect on reducing blood plasma cholesterol levels, reducing cardiovascular diseases, controlling type 2 diabetes and body weight. Therefore, it can be acknowledged that putting stone fruits in the daily food basket is actual essential and they play an effective role on human health (Karimi et al., 2021). Dates (Hoenix dactylifera L) are an identical good source of potassium, copper, pentonic acid B5, vitamin B6, niacin, magnesium and iron beside mineral salts and energetic properties. Dates are very nutritious due to their high amount of carbohydrates (Al-Shahib and Marshall, 2003). Among the properties of cherry, it can be mentioned that it is anti-inflammatory and pain-relieving. This fruit, which is rich in vitamin C, reduces the pain of arthritis and gout. Among the benefits of cherries, as a rich source of anthocyanin (a type of antioxidant), it can protect the body against cardiovascular diseases such as heart failure (Santos et al., 2021).

For wellbeing and life span, the benefits of expending a few consumable cancer prevention agents such as vegetables, teas, and supplements include reduce premature skin aging , body tissue, joints, eyes, heart, and brain, having more youthful and brighter skin, reducing the chance of cancer, expanding detoxification within the body, expanding life span, avoiding heart infections and strokes, diminishing cognitive issues such as dementia, diminishing the hazard of eye issues such as cataracts and macular illness, which causes the misfortune of the retina. In this manner, the utilization of stone natural products within the diet is prescribed, particularly since they are wealthy in plant and normal cancer prevention agents.

## Conflict of interest

There is no conflict of interest among the authors

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