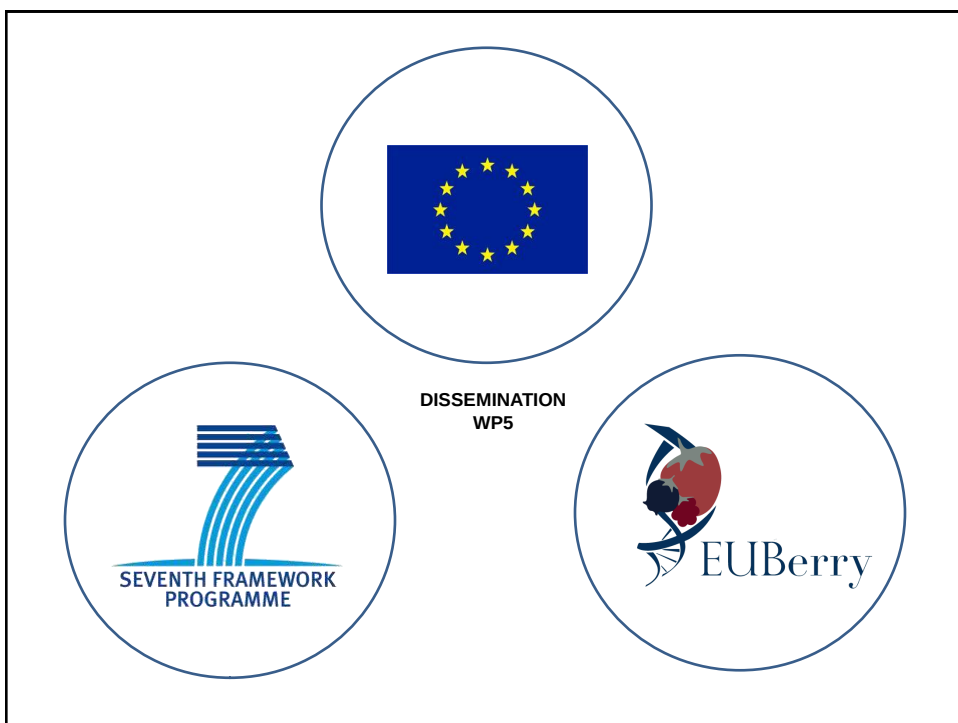






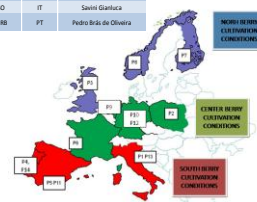
WP5 - DISSEMINATION AND TRAINING

Organization and meetings

KICK OFF MEETING 26-28 September 2011



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WP5 - DISSEMINATION AND TRAINING

Organization of scientific meetings



March 19-20th 2012



**EUBERRY
SEMINAR AND WP2
MEETING**



SANTORSOLA





WP5 - DISSEMINATION AND TRAINING

Participation at International scientific events

Participation at the 7th strawberry Symposium, Beijn 2012



WP5 - DISSEMINATION AND TRAINING

Scientific and Technical Training



P14 organized a blueberry growers meeting



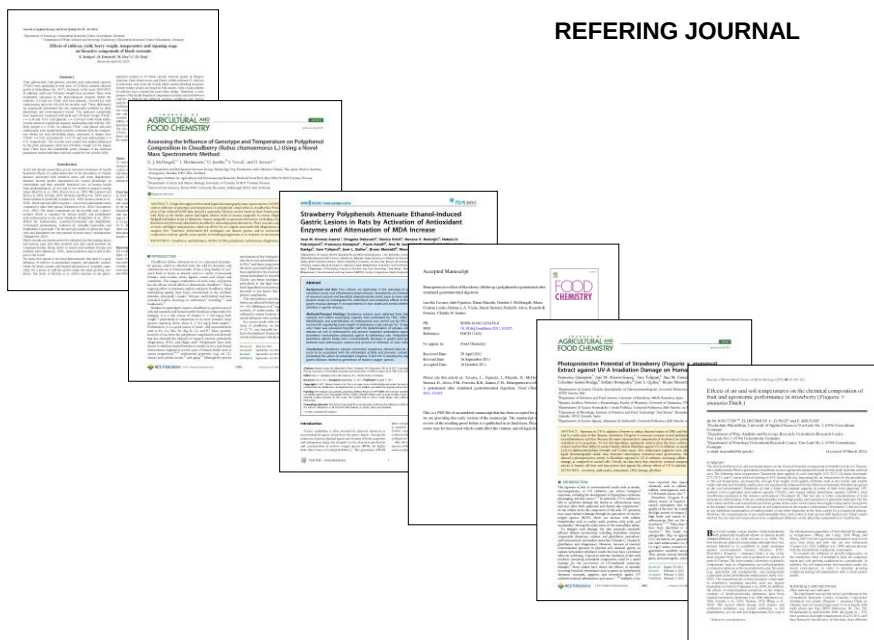


The Sustainable Improvement of European Berry Production, Quality and Nutritional Value in a Changing Environment

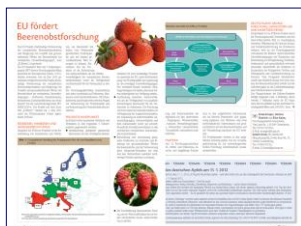
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Publications

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TECHNICAL PUBLICATIONS



**The Sustainable Improvement of European
Berry Production, Quality and Nutritional
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Meetings

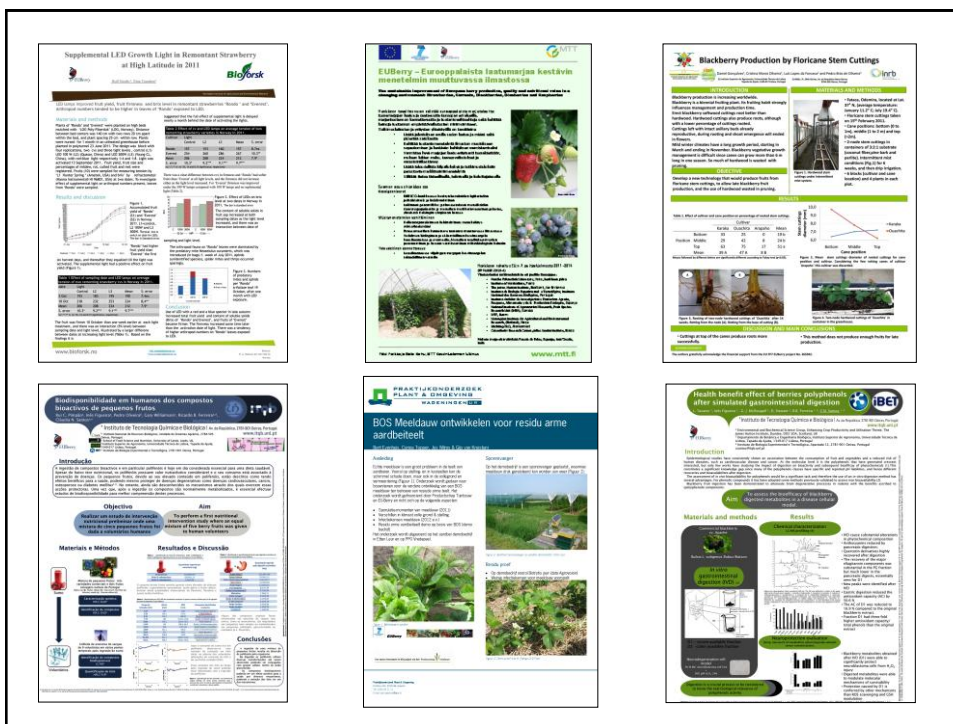




The Sustainable Improvement of European Berry Production, Quality and Nutritional Value in a Changing Environment

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Posters



WP5 - DISSEMINATION AND TRAINING

Public Dissemination

Strawberries Protect the Stomach from Alcohol, Rat Experiments Suggest

Suggest

ScienceDaily (Oct 25, 2011) — In an experiment on rats, European researchers have proved that eating strawberries reduces the harm that alcohol can cause to the stomach's mucous membrane. Published in the open access journal PLoS ONE, the study may contribute to improving the treatment of stomach ulcers.

See Also:

- Health & Medicine
- Strawberries
- Gastrointestinal Problems
- Heartburn
- Plants & Animals
- Strawberries
- Cell Biology
- Molecular Biology

A team of Italian, Serbian and Spanish researchers has confirmed the protecting effect that strawberries have in a murine stomach's that has been damaged by alcohol. Strawberries gave ethanol (ethyl alcohol) to laboratory rats and, according to the study published in the journal PLoS ONE, this proved that the stomach mucous membrane of those that had previously been strawberry extract suffered less damage.

Strawberries. (Credit: G. Bello-Fernandez)

Strawberries reduce alcohol damage to the stomach

By Anika Bucka

It turns out that the famous phrase "an apple a day keeps the doctor away" is not far from the truth. But the fruit with golden properties this time seems to be for the strawberry, not the apple!

Researchers from the Max Planck Institute of Food Research in Bonn, in collaboration with international research centres, have discovered that the red berry can reduce and even prevent gastric problems caused by the consumption of alcohol.

Free radicals are dangerous because they damage cells, causing a variety of chronic diseases such as inflammation and cancer. This happens after a meal in a long, grating after burn and causing the stomach to secrete a large amount of gastric acid. Free radicals in the body can damage a cell in a way that is irreversible, not the cell.

One of the numerous problems caused by the consumption of alcohol is the production of these free radicals.

Strawberries protect the stomach from alcohol damage

By Anika Bucka

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