

THE AMAZING ACAI BERRY

Compiled by
Campbell M Gold

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Introduction

Recently, there has been a lot of hype regarding the Acai berry (pronounced "ah-sigh-ee"), and many proponents are suggesting that it is a "super food". Outside of promotional and advertising hype, a super food is simply a food that is so naturally packed with goodness, that it may help to boost levels of health and vitality - naturally.

Acai berries

The Acai berry is a small grape-sized berry that is unique to the Amazon Rainforest of Brazil. The natives of the region have harvested this berry, as part of their diet, for centuries. Unfortunately Acai berries are extremely perishable, and they spoil within 24 hours of being picked from the tree.

Because the actual fruit only makes up 10% of Acai berry (the berry is predominantly seed surrounded by pulp), it is put through a process that separates the pulp from the seed which produces a thick, edible puree. Depending on its final destination, the Acai berries may also be turned into juice, pulp, dried, or freeze dried into powder.

Pure Supplemental Acai is made from the skin and pulp of 100% organic Acai berries, which have been freeze dried to maintain freshness.

Health Benefits

The Acai berry has an extremely high concentration of antioxidants, healthy omega fats and fibre, and is thought to have beneficial health properties:

- Lowers blood pressure
- Helps lower cholesterol
- Protects against heart disease
- Supports and improves the immune system
- Fights aging and inflammation
- Fights cancer and disease
- Improves digestion
- Full of antioxidants, which help the liver
- Aids in weight loss
- Reduces pain
- Improved mental focus
- Promotes healthy sleep cycles
- Increases energy, vitality, and stamina
- Increases libido
- Provides vital daily vitamins
- High in nutrition
- Conserves the level of antioxidants in foods

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Specific health properties of the Acai berry include:

Acai berries have a high fibre content - For every 100 grams of Acai berries, there is approximately 45 grams of fibre.

Acai berries contain vitamins - specifically Vitamin C, B1, B2, B3, and E, and supplying just as much vitamin C as blueberries. Plus, for every 100 grams of Acai, there is more than 1000 IU of Vitamin A.

Acai berries contains essential minerals - specifically potassium, calcium, copper, magnesium, and zinc.

Acai contains a high level of anthocyanins - These help to conserve the level of antioxidants in foods and continue to do so after they are eaten. While red wine is recognised as containing a high level of anthocyanins, the Acai berry actually provides 10 to 30 times more.

Acai berries are rich in omega fats - giving a healthy dose of unsaturated fats including Omega-3, Omega-6, and Omega-9.

Acai berries have a high amino acid and protein content - The Acai berry contains 19 different amino acids - which help with the growth, repair, and maintenance of body tissues. As the body can only supply 11 of these amino acids, the rest have to be derived from the diet.

Acai berries contain three different plant sterols - B-sitosterol, campesterol, and stigmasterol. These help to keep a heart healthy, as well as assisting in proper digestive functions.

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Acai Berry and Weight Loss

The Acai berry contains Omega fatty acids - the same recommended fats which are found in fish oil, olive oil and flaxseed. These fatty acids cannot be produced by the body, and must be obtained from our diets. Instead of being stored as fat, they are used by the liver to "kick-start" the metabolism. If you are a slow starter when it comes to losing weight, or if you have reached the frustrating "plateau" phase of weight loss, adding some form of Acai to your diet might help to move things forward.

Acai Berry Aids Digestion - The Acai berry contains a generous amount of fibre which promotes a healthy digestive system and helps cleanse your system of fatty foods.

Acai Berry Suppresses Appetite - As mentioned above, the Acai berry has a generous amount of fibre. High fibre foods like Acai help you to feel fuller faster and cut down on nagging cravings, needless snacking, and late night trips to the refrigerator.

Acai Berry Builds Muscle Tone - The Acai berry is rich with amino acids, which your muscles need in order to function properly and grow from exercise. These amino acids combined with the fatty acids in the Acai berry allow your body to burn fat more efficiently and help your muscles grow. Muscle, of course, makes your body look fit and toned. In addition, the more muscle your body has, the more calories you will burn, and the faster you'll lose weight.

Acai Berry Increases Energy and Stamina - Jiu-jitsu practitioners and soccer players in Brazil often have a large meal of Acai berry pulp before a competition. Why? Aside from being a perfect source of nutrition and carbohydrates, the high levels of antioxidants in the Acai berry lead to a drastic increase in energy levels and stamina. If it gives a Jiu-Jitsu fighter enough energy for a competition, it's going to really help keep your energy level up for cardio and exercise.

Final Word

Although it's not the miracle weight loss solution that some claim, the Acai berry has been medically and scientifically proven to contain ingredients that aid in weight loss. Not only does it provide a valuable boost to the metabolism, it also suppresses appetite, helps build muscle, and gives a much-needed shot of energy and stamina for those fat reducing routines.

Dosage

A typical supplemental dosage is 500 mg cap(s), 1 to 2 x daily.

However, as a general rule of thumb, consult the manufacturers recommendations and to take the max daily dose.

Negative Side Effects

At this time there have been no established negative side effects from the use of Acai berries.

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