

# BERRY

# POWER

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## **IMPORTANT**

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.**

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## **Introduction**

Following is an overview of some berries that can greatly augment your health and wellbeing.

### **Acai**

Acai is known to have very high antioxidant properties. During a recent in vitro test the well known antioxidant phenols and anthocyanin chemicals were extracted from the fruit. Acai has the ability to support healthy and normal cellular tissue growth. The \*ORAC value of Acai is one of the highest in the world.

[\*] ORAC - Oxygen Radical Absorbance Capacity. This is a method of measuring antioxidant capacities of different foods).

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### **Blueberry**

Blueberries contain 14 mg of Vitamin C and 0.8 mg Vitamin E per 1 cup of blueberries. In addition, blueberries contain anthocyanins and phenolics that can also act as antioxidants. Based on data from the \*USDA Human Nutrition Research Centre on Aging (Boston, MA), blueberries are among the fruits with the highest antioxidant activity.

[\*] USDA - United States Department of Agriculture.

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### **Cranberry**

Cranberries have long been valued for their ability to help prevent and treat urinary tract infections. Now, recent studies suggest that this native American berry may also promote gastrointestinal and oral health, prevent the formation of kidney stones, lower LDL (bad) and raise HDL (good) cholesterol.

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### **Goji Berry**

Goji berries are rich in antioxidants, particularly carotenoids such as betacarotene and zeaxanthin. One of zeaxanthin's key roles is to protect the retina of the eye by absorbing blue light and acting as an antioxidant. In fact, increased intake of foods containing zeaxanthin may decrease the risk of developing age-related macular degeneration (\*AMD), the leading cause of vision loss and blindness in people over the age of 65.

[\*] AMD - Age-related Macular Degeneration

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### **Mangosteen**

Mangosteen contains Xanthones, which are a specialized family of antioxidants. Antioxidants fight free radical damage. Mangosteen has much research behind it, more than many other health supplements. According to medical research, Xanthones have antibacterial, anti-viral, anti-fungal, and anti-parasitic properties as well as their fabulous antioxidant effects.

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### **Maqui Berry**

The Maqui Super Berry is a recently discovered berry that was found in the jungles of South America. It is packed full of benefits and its benefits are truly incredible. Unlike any other fruit, the Maqui Berry is said to have the highest levels of anti-oxidants; and it helps to clear up the skin, speed up digestion, strengthen the bones and joints, and so much more.

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### **Raspberry**

As an antioxidant food containing ellagic acid, raspberries help prevent unwanted damage to cell membranes and other structures in the body by neutralizing free radicals. Raspberry's flavonoid content is also well documented. In addition to their unique phytonutrient content, raspberries are filled with traditional nutrients, primarily in the antioxidant and B vitamin categories. Raspberries emerged from a nutrient ranking system as an excellent source of manganese and vitamin C - two critical antioxidant nutrients that help protect the body's tissue from oxygen-related damage.

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### **Strawberry**

Strawberries, like other berries, are famous in the phytonutrient world as a rich source of phenols. In the strawberry, these phenols are led by the anthocyanins (especially anthocyanin 2) and by the ellagitannins. The anthocyanins in strawberry not only provide its flush red colour, they also serve as potent antioxidants that have repeatedly been shown to help protect cell structures in the body and to prevent oxygen damage in all of the body's organ systems. Strawberries' unique phenol content makes them a heart-protective fruit, an anti-cancer fruit, and an anti-inflammatory fruit, all rolled into one.

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## Yumberry

Yumberry juice is rich in antioxidants like proanthocyanidins and contains many vitamins including vitamin C, thiamine, riboflavin, and carotene. Yumberrries are rich in oligomeric proanthocyanidins (\*OPC), which are antioxidants that give the fruit their colour. OPC is said to fight oxidation 50 times better than vitamin E, and 20 times better than vitamin C.

[\*] OPC - oligomeric proanthocyanidins - antioxidants that give the fruit their colour.

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