

## **The Acai Berry Health Guide** **brought to you by: [Acai Health](#)**

**If you have been suffering from disease, dis-ease, ill health and pain, then this is one of the most important health guides you will ever read!**

The Acai Berry is a little berry that was discovered in the heart of the Amazon Forest.



Since its discovery, some amazing facts have been discovered about this unassuming little berry. It is being hailed as the world's No 1 Superfood, and has been discussed on Oprah and many other media.

### **Here is a quote from Dr. Oz**

"Dr. Oz is ready to introduce a new entry to his hall of fame—the acai (pronounced "AH-sigh-EE"), a small fruit from South American rainforests that is often found in the United

States in juice. "It has twice the antioxidant content as a blueberry, so it's a wonderful alternative," Dr. Oz says"

[Dr. Oz Reveals the Ultimate Checklist for Great Aging \(click for full story\)](#)

The Acai Berry seems to be the answer to preventing diseases and giving major relief to people who are in pain due to ill health. It has also been proven to slow down the aging process.

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**While we do not claim that the Acai Berry can cure all diseases that exist, in most cases consuming pure Acai Berry products have been scientifically proven to:**

- Maintain the healthy function of bodily systems and organs
- Increase energy, libido and stamina
- Promote healthy, glowing skin and hair
- Promotes healthy sleep
- Support immune system
- Act as a powerful anti-inflammatory
- Help reduce pain and soreness
- Help rejuvenate your mind, body and spirit

To understand how this is possible, let's take a look at the make-up of the Acai Berry.

### What properties do the Acai Berry have?



- The protein profile of an egg
- All Essential fatty acids (omega 3, 6, and 9) similar to olive oil
- A leading source of Anthocyanins, often reported as 3 times that of the protective potential of red wine. One of the many attributes of anthocyanins is its anti-inflammatory qualities.
- A low glycemic index. Helpful to Diabetics
- High Fiber content
- More than 16 phytonutrients and antioxidants
- Copious amount soft trace (i.e. Co, V+Cr, CU, MO) and macro minerals (i.e. Ca, Fe)
- Packed with vitamins including natural vitamin E (mixed tocopherols and tocotrienols)
- An excellent source of plant sterols, particularly Beta-sitosterol which the FDA has declared is the best known substance to aid in lowering your cholesterol.

**The Acai has every single essential nutrient humans require**, which is very rare in a single food source. The berry contains everything that a human needs to survive, so in effect one could live off the berry alone.

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### What exactly does Acai have larger than normal amounts of?

- Many different Antioxidant compounds, especially Anthocyanins
- Many different Phytonutrient compounds,
- Essential Fatty Acids (Omegas 3, 6 and 9)
- Amino Acids
- Vitamins C, E and many others
- Complex carbohydrates
- Dietary Fiber
- Trace Minerals
- And even Protein!

**How does all of this help you?** To understand how the Acai Berry prevents disease and illness in the human body, let's take a look at how our cells get affected by our daily lives.

Biologically, there are two ways for every cell in your body to die. There is a good way and a bad way. The good way is called Apoptosis and the bad way is called Necrosis.

**Apoptosis is the way you want it to happen.** Apoptosis is the process whereby an ageing cell signals a white blood cell to come and destroy it thoroughly. The result of this is that there is no left over part of the cell that can do damage to other cells.

**Necrosis on the other hand** is when the dying off of a cell happens unassisted by a white blood cell. The cell breaks off and becomes a free radical. The electrons from this dying cell fall off into other cells creating havoc and causing everything we know as aging, including non-genetic diseases.

The result is that the body ages, cancer can develop, heart diseases, arthritis, tumours, high blood pressure etc. **So theoretically if you stop the process from taking place in your body then you stop the aging process.**

The only defences we have had so far against necrosis are the antioxidants that appear in nature. These antioxidants are natural compounds that soak up the extra cell parts or free radicals left over from Necrosis, resulting in slower aging and less illness.

**These antioxidants however have up to now been found only in small concentrations in most foods until the discovery of the Acai Berry.**

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### **It can help people who have cancer**

Recently a group of scientists at the University of Florida did some tests on the Acai Berry pulp by putting some Acai Berry extracts into a petri dish that was filled with leukemia cancer cells.

**The extract from the berry triggered a self-destruct response** in up to 86% of the cancer cells. More studies are being done at the moment and it has already been said that a possible cure for cancer with Acai Berry looks very promising. If the berry extract could stop the necrosis, it would be able to prevent and destroy cancer.

This is just one of the many studies that are going on at the moment. In the future there could be possible cures for heart disease by preventing necrosis of the heart cells with the Acai Berry extract, and it could possibly also prevent and destroy Alzheimers Disease.

### **It can help people suffering from high cholesterol**

However, antioxidants are not the only amazing property of the Acai Berry. It contains plant sterols that can keep cholesterol from being digested which is good news for high cholesterol sufferers.

The list goes on and on. The berry's low glycemic index improves glucose and lipid levels which again, stops necrosis, and prevents and destroys diabetes.

### **It can help prevent gastric ulcers**

The berry is also high in fiber, which aids in digestion while allowing the antioxidants to heal the digestive tract. Ulcers which are caused by bacteria can be prevented and destroyed. The antibacterial properties of the berry destroys bacterial infection and rebuild the intestines with its antioxidant properties.

### **It helps relief Astma**

It even offers relief to Astma sufferers with the high vitamin c content that is present in the berry, resulting in fewer asthma attacks.

### **It slows down the Aging Process**

Even aging can be slowed down by eating high amounts of this berry as the high content of antioxidants will result in preventing necrosis in the body. Almost all non-genetic diseases can be prevented or cured by the use of the Acai Berry. It helps to greatly boost the immune system and thereby preventing possible diseases from taking hold in the body.

All of this is only made possible by the super concentration of antioxidants found in the Acai Berry.

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### **The Acai Berry can be used for enhanced health, pain relief and well being by:**

- People who suffer from arthrities, or rheumatism or other painful conditions
- People with heart conditions
- People who suffer from asthma
- Athletes who want to build endurance and stamina while boosting their immune systems
- Pets who suffer from painful conditions
- People who want delay the aging process
- People who want to improve their libido
- People who want to be healthier overall

For more extensive information on the Acai Berry, visit our site to read more articles on the uses of the Acai Berry - [Acai Health](#)

If you would like to try out the health benefits of the Acai Berry for yourself, you can order 100% Acai Berry Products here:

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