

Acai: Nature's Superfood

It may seem odd you've likely never even heard of this superfood. But studies have shown that this little berry is one of the most nutritious and powerful foods in the world! Açai (ah-sigh-ee) is the high-energy berry of a special Amazon palm tree. Harvested in the rainforests of Brazil, açai tastes like a vibrant blend of berries and chocolate. Hidden within its royal purple pigment is the magic that makes it nature's perfect energy fruit. Açai is packed full of antioxidants, amino acids and essential fatty acids.



Açai pulp contains a remarkable concentration of antioxidants that help combat premature aging, with 10 times more antioxidants than red grapes and 10 to 30 times the anthocyanins of red wine. Secondly, it contains a synergy of monounsaturated (healthy) fats, dietary fiber and phyosterols to help promote cardiovascular and digestive health. Thirdly, it contains an almost perfect essential amino acid complex in conjunction with valuable trace minerals, vital to proper muscle contraction and regeneration.

The fatty acid content in açai resembles that of olive oil, and is rich in monounsaturated oleic acid. Oleic acid is important for a number of reasons. It helps omega-3 fish oils penetrate the cell membrane; together they help make cell membranes more supple. By keeping the cell membrane supple, all hormones, neurotransmitter and insulin receptors function more efficiently. This is particularly important because high insulin levels create an inflammatory state, and we know, inflammation causes aging.

Not only did Oprah Winfrey cover the many benefits that Acai provides, NBC reported that "the Anomabi" Indians have believed for centuries that this fruit helps women recuperate after birth and it is also able to deliver a great deal of energy to anyone who drinks of its juice; the Vogue magazine calls it the next big workout cocktail and the London Times said that Acai is able to deliver such a high nutritional value that makes other fruits blush with inadequacy, a statement which is well put.

In recent laboratory studies, Acai extract triggered a self-destructive sequence amongst leukemia cells, showing this Brazilian berry is worthy of additional research, including its age slowing and weight loss properties.

Here at Food for Thought we have the pure juice, capsules and the puree. Come in and try this wonderful beauty berry!