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## Benefits Of The Acai Berry

Posted by: [Lizzy McGuire](#)

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The acai fruit has recently become the subject of a health craze. The Brazilian people have Acai berries eaten straight from the tree for years as one of its most important staples. The berry is in the Amazon rainforest on Acai palm trees grown in some of the richest soil of the planet. A palm tree can grow up to seven fifty-seven bundles of berries at a time. Each year, the acai berry from açai palm is harvested twice. The acai berry is an important part in the diet of indigenous Amazon of Brazil for constituted more than a hundred years.

Scientists have shown that many Brazilians, who use this wonderful fruit that a large part of their daily diet are completely free of toxic substances called free radicals. The effects of these toxins on the human body can lead to aging and certain types of diseases. The [Acai Berry](#) neutralizes free radicals and helps keep your body young, healthy and free of disease.

Where do free radicals? Unfortunately, it is virtually impossible to completely avoid these harmful toxins, such as your body naturally absorbs from many different sources. Free radicals are unhealthy, produces toxic food we consume every day without knowing it. When you breathe air loaded with pollutants to be enabled harmful toxins in your body. Your body can also absorb toxins from the radiation that comes from the electronics and even the sun. Even if we be careful what we eat, and stay away from electronics, we can never avoid polluted air or sun.

What makes acai berry so useful for the elimination of toxins damage cells in our body? The answer to this question is in acai berry "molecular composition. It has been shown that the key antioxidants free radicals are eliminated. Antioxidants neutralize free radicals and help to cleanse our body of harmful toxins.

In diabetes is often diagnosed at an alarming rate increased. Diabetes is a disease that currently affects on everyone else. Studies have shown that consumption of [Acai Berries](#) can reduce the impact of diseases such as diabetes. The fact is that the acai berry is a natural enzyme to stop the damage helps diabetes is produced, affecting a person. Diabetes damages the body's organs, then reaches the brain. to control pure acai berry to fix the level of sugar in the blood and damaged tissue to prevent further damage to those with diabetes.

Scientists are encouraged by the results of a recent study by the University of Florida, to study the health benefits of Acai Berry. The gaining popularity of acai berry has shown that many compounds have positive effects on our bodies, included. In a cell culture model Acai berries are used to destroy cancer cells that antioxidants could show culture. Data from the study in the Journal of Agricultural and Food Chemistry publishes acai berry extracts tested showed destroyed up to 86 percent of leukemia cells.

While there are a number of other fruit juices that anti-oxidants, none of them are in the vicinity of Acai juice. We must be careful that you get pure acai berry juice, no ordinary

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fruit juice mixed with flavoring ingredients. With the [Acai Berry Juice](#), you better more than you eat only fruit. Find a supplement that uses dried Acai Berry freeze is the best. Whether you are using a frozen acai powder, that all the health benefits of Acai keep costs.

The benefits of consuming this fruit is very nutritious almost limitless. Acai berries are exceptionally good for the present not only its elements, but also very nutritious. Take a look around and see what the health benefits of Acai berries are for you and your family. For those who can give you do not like taking pills Acai Berry enjoy frozen berries do with all species with a delicious and healthy smoothie.

[Fat Burning Furnace](#)