

Acai Berry: Huge Health Benefits From A Simple Fruit

Acai berry is a small type of berry found to only grow in Central and South America. It is about the size of a grape and contains a large pit in the center. The pit is not edible, but the juicy pulp that surrounds it may be one of the world's most nutritious foods. In addition, it has the ability to help aid in weight loss (if combined with a proper diet and exercise plan), and it contains heart-healthy nutrients like omega 3 fatty acids. How can one small berry do so much?

A Bit Of History Of The Acai Berry

The **acai berry**, until recently, was relatively unknown to most of the modern world. However, people living in Brazil's rainforest have used this berry as a constant supply of nutrition for centuries. There is even an old tale of how this single berry helped to save a starving native group living deep within the rainforest. Whether this is true or not, science is giving people a much more thorough look at what this berry is and what benefits and nutrients it contains.

Why Is It So Important?

The acai berry comes from the acai palm tree, or *Euterpe Oleracea*. The berry is no more than an inch long and has a red to purple coloring to it. Scientists are learning more about this unique berry through various studies being conducted, but what they have found is that it contains two particular substances known to be incredibly helpful to overall health. These are called **anthocyanins** and **flavonoids**.

Anthocyanins are what helps to make some fruits turn a blue, purple, or red color. Any fruit, vegetable or even flowers that contain this coloring can be rich in this nutrient. The stronger the coloring is, the more anthocyanins is present in the food. Both flavonoids and anthocyanins are powerful antioxidants, which help fight off bad chemicals known as free radicals that are found in the body.

Free radicals are the byproducts produced by the body, or ingested in other ways. They line the arteries of the heart and clog cells, possibly causing disease. Because of this, the body is unable to work at maximum potential and sometimes the free radicals hinder the cell protection system. Antioxidant-rich diets help to flush away free radicals by neutralizing them. This process also helps to improve overall health and reduces aging, especially early signs of ageing like wrinkles and fine lines.

Nutrient Rich

- 1. Acai Berry has up to 30 times the amount of antioxidants found in red wine.**
- 2. It contains monounsaturated fats, dietary fiber, and contains phytosterols, all of which contribute to overall cardiovascular health and aids in digestive health.**
- 3. It contains Omega 3 fatty acids, which are incredibly important in maintaining cell membranes and aid in keeping you looking young.**
- 4. It has a high level of Vitamins B, C, D, and E**

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