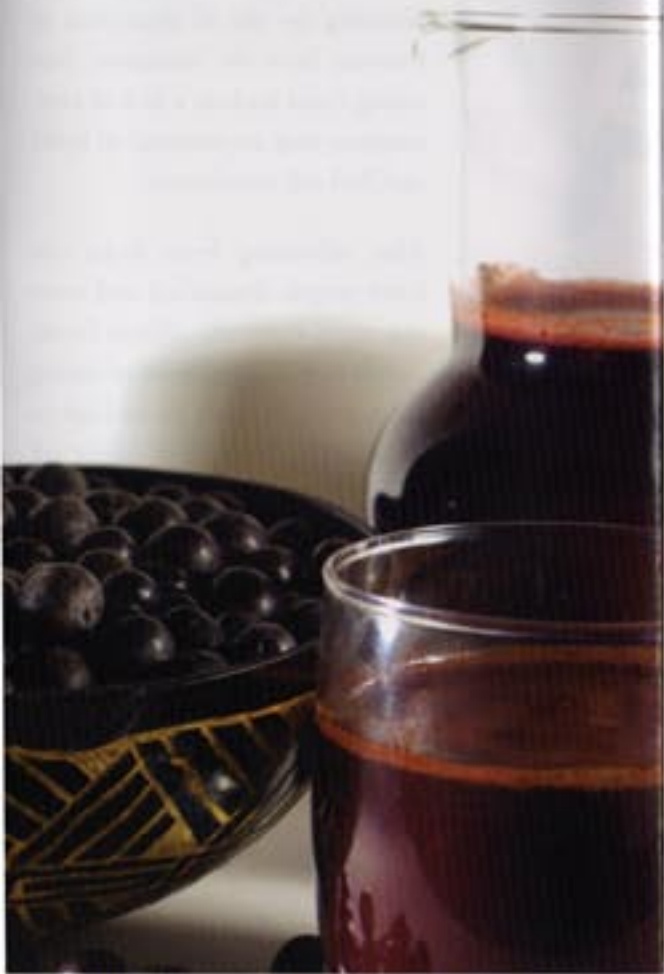


Açaí and Diabetes



Hugo Rodier, M.D.

WE FACE A DEADLY EPIDEMIC OF DIABETES AND OBESITY IN OUR COUNTRY TODAY.

In fact, one-third of our children will be Diabetic as adults.

Some people blame obesity and Diabetes on genetics. While it is true that some people have a genetic disposition to insulin resistance, the vast majority of people suffer from these conditions due to poor diets, stress and lack of activity. Type I, or Juvenile Diabetes, is not caused by diet or obesity. It occurs when the Pancreas loses its ability to produce insulin. Type I is more severe than Type II, which is characterized by insulin resistance in the cell membrane. Type II diabetes may be controlled with diet changes and exercise.

Cell membranes throughout our body become brittle and less responsive to insulin, because of diets high in refined sugars and toxic processed fats (transhydrogenated and saturated fats). Specifically, cell membranes "TOIL"—by becoming Toxic, Oxidized, Inflamed and Lacking in energy. In other words, our "terrain" is fertile ground for disease to grow roots. Poor diets lack micronutrients necessary to maintain healthy cell membranes, like antioxidants and anti-inflammatory nutrients. These diets also lead to poor detoxification, which adds to terrain toiling. Toiling cell membranes also result in Pancreatic dysfunction, insulin secretion is compromised as well. As a consequence of the loss of cell membrane flexibility, insulin levels go up in the blood in an effort to break through this resistance. Higher insulin levels may cause all kinds of problems including glucose build up in the blood stream.



Dr. Rodier brings a unique perspective to traditional medicine through extensive research (surveying 150 medical journals each month), teaching (University of Utah, School of Medicine, College of Health, and Department of Nutrition), and active clinical practice (working with a variety of chronic conditions).

- University of Utah— Salt Lake City, Utah – Adjunct professor Department of Foods and Nutrition. Adjunct professor College of Health
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Açaí Fruit

The acai fruit (pronounced AH-sigh-EE) has a long history of use in South America. The purple, berry-like fruit roughly the size of a small grape, grows on palm trees common to the Amazon and other areas of South America. Locals have used all parts of the palm for hundreds of years. Researchers noted that the fruit was sought after by both young and old and of all economic classes for its strength and energy promoting properties.

The berry provides a remarkable source of healthy fats, complete protein and essential vitamins and minerals. The fruit offers an excellent array of phytonutrients to protect against free radical damage, slow the aging process, fight disease and promote optimal health. Acai can make a significant difference in overall health and quality of life.

The action of these antioxidants and micronutrients in the açaí berry is what heals toiling cell membranes—thus improving our cell communication, metabolism and insulin function. Açaí improves the Nitric Oxide Synthase pathway of inflammation, making the toiling cell membranes resistant to insulin less inflamed and oxidized.

All nutrients in the açaí berry heal the metabolism in cells, thus increasing the energy available for these cells to carry out their function. The micronutrients also improve detoxification pathways, thus eliminating xenobiotics that have been associated with insulin resistance. Heavy metals, air pollution, chemicals, pesticides, radiation, etc. are causing significant toiling in our cells.

Açaí berry nutrients also improve our immune system, thereby minimizing the damage that could occur to the pancreas and cell membranes throughout our body. By healing our intestines, improving micronutrient absorption and healing the detoxification pathways of the liver and intestines—we end up healing our cell membranes. Açaí can assist you in doing so, thereby reducing your risk and the problems associated with Diabetes.



Some people worry that the elevation of blood sugar while consuming fruits like the açaí berry is a sign that açaí is not good for Diabetics. This is not correct. The problem with fructose is not in natural foods, but its the "High Fructose Corn Syrup" processed from corn and consumed in exorbitant amounts by most people. Even HFCS is not a problem, unless it is more than 25 percent of total calories per day. Furthermore, natural fruits are high in fiber, which mitigates any adverse effects of fructose consumption by blunting the rate of absorption of fructose from the intestines. Not eating fruits leads to a lack of antioxidants that are essential to build and fuel cell membranes.

Also, refraining from fruits can leave people dissatisfied and craving sugar, especially refined foods.

And so they succumb to the temptation of eating simple carbohydrates and processed foods high in refined sugars. They would have been better off satisfying their sweet tooth with fruits, like açaí. If you are still worried about sugar levels and the Açaí, consult your physicians. As stated above, Açaí can help you control your sugar levels in the blood. But, NEVER stop taking any medication or insulin, without proper supervision.

The Bottom Line: *The açaí berry may reduce the amount of sugar present in our bloodstream, by reducing insulin resistance. Insulin and sugar may then enter the cells where they belong and leave the blood stream, thereby reducing the myriad of complications seen in Diabetics such as eye problems, ulcers in extremities, heart disease, strokes, hormone problems and neurologic and immune system dysfunction.*

Serving Recommendation✓

Açaí is a superfood. It is not to be taken in "doses," as you would a drug. Like any food, you may enjoy it as much as you like, in servings that you tolerate. Consume the açaí juice on an empty stomach, or at least a few minutes before consuming solid foods.

As a general rule, the more nutrition one needs, the more one should consume a food such as the açaí berry. The açaí berry in particular, will avail you of higher micronutrients to promote healing and optimize arterial health. A good starting point is to drink between two and four ounces a day.

Açaí in the News✓

Nicholas Perricone, M.D. said, "[The açaí] berry is one of the most nutritious and powerful foods in the world...nature's perfect energy fruit!" This fruit has been discussed on Oprah, NBC's Today Show, and on Steve O'Brien's CBS-FM New York radio show. In addition to its inclusion in several nutritional supplements, the little fruit from the Amazon has even made its way into a fruit smoothie available from the popular national chain, Jamba Juice.