

Açaí and Fibromyalgia



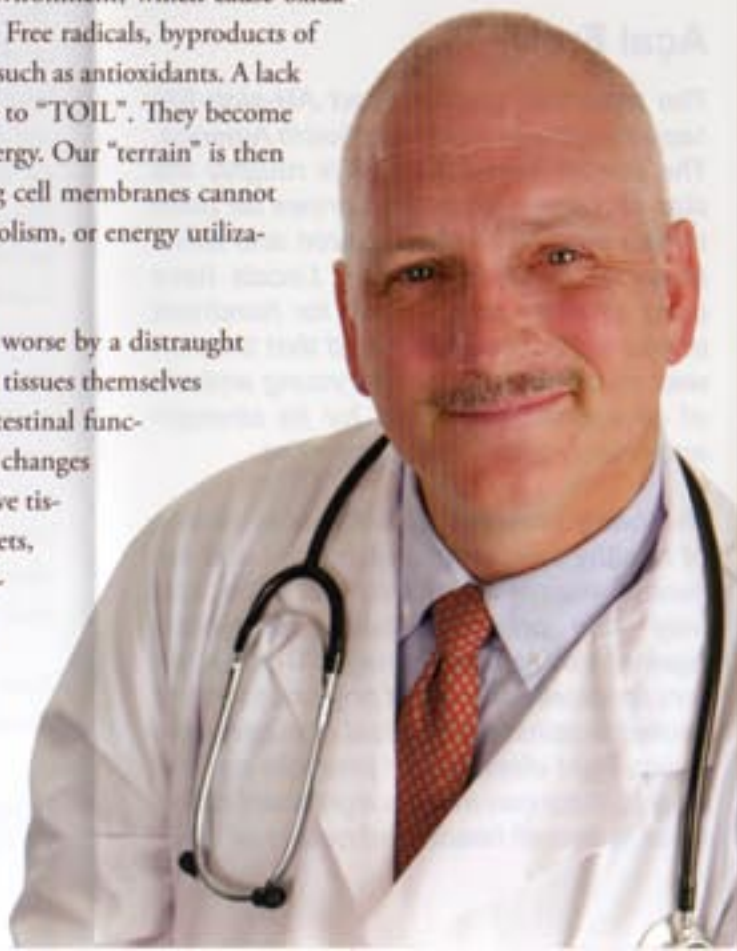
Hugo Rodier, M.D.

Fibromyalgia is an illness characterized by chronic pain that includes muscle aches, pain and stiffness, soft tissue tenderness, fatigue and sleep disturbances.

For many a diagnosis of fibromyalgia is a diagnosis of exclusion: after all the testing is done, if nothing turns up to explain your aches and pains, you are told that you have Fibromyalgia. The standard treatment is the proverbial cold shoulder, or anti-inflammatory drugs and antidepressants, which may have significant side effects. Fortunately, modern research shows that Fibromyalgia is a disease of poor cell metabolism and a breakdown in cell communication. These problems result in toxins not excreted from our bodies, which then may deposit in our tissues, creating the pain felt by a significant number of disenfranchised patients.

The low content of antioxidants and anti-inflammatory micronutrients in our processed diets is aggravated by toxins in the environment, which cause oxidation, or ravaging of our cells by free radicals. Free radicals, byproducts of daily living, are neutralized by good nutrients such as antioxidants. A lack of antioxidants can cause our cell membranes to "TOIL". They become Toxic, Oxidized, Inflamed and Lacking in energy. Our "terrain" is then fertile ground for disease to take root. Toiling cell membranes cannot send signals that should result in good metabolism, or energy utilization for any cell in the body to do its job.

The toiling of the cells in our tissues is made worse by a distraught immune system, which is mostly found in the tissues themselves and the intestines. Poor diets compromise intestinal function, which has been linked to inflammatory changes throughout the body, particularly in connective tissue, like muscle and joints. Improving our diets, and our ability to detoxify and absorb nutrients from our intestines, may result in our immune systems working better and thus reduce inflammation. The cell toiling is also reduced by diets high in antioxidants, thereby improving tissue detoxification.



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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Serving Recommendation✓:

Açai 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 açai 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 açai berry. The açai 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.

Açai in the News✓

Nicholas Perricone, M.D. said, "[The açai] 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.

Açai Fruit

The açai fruit (pronounced AH-sigh-EE) has a long history of use in South America. The purple, berry-like fruit is roughly the size of a small grape and 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 much sought after by young and old 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 açai may also offer substantial protection against free radical damage. The fruit offers an excellent array of phytonutrients to protect against free radical damage, slow aging, fight disease and promote optimal health. Açai can make a significant difference in overall health and quality of life.

The action of the antioxidants and micronutrients in the açai berry help to heal toiling cell membranes, thus improving our cell communication and metabolism, which leads to better tissue health by better detoxification of inflammatory toxins. The açai berry improves the Nitric Oxide Synthase pathway of inflammation, making the toiling cell membranes throughout our bodies, especially our connective tissues, less inflamed and oxidized. All the nutrients in the açai berry heal our metabolism in cells, thus increasing the energy available for these cells to carry out their function. The cells in our connective tissues are then better equipped to detoxify, thus reducing the pain of fibromyalgia, by eliminating xenobiotics that have been associated with tissue inflammation.

Açai nutrients also improve our immune system, thereby minimizing the damage that could occur

to cell membranes throughout our body, particularly cells in our connective tissues. By healing our intestines, improving micronutrient absorption and healing the detoxification pathways of the liver and intestines, we end up detoxifying these foreign toxins, and thereby improve our chances of healing our cell membranes in our connective tissues. Açai can assist you in doing so, thereby improving your chances of detoxifying.

Açai also has many anti-inflammatory micronutrients that directly neutralize the messages of inflammation. Of course, when such blockage comes from natural food ingredients, such as minerals, antioxidants, flavones, isoflavones, etc., one does not experience potentially disastrous results as seen with the use of pharmaceutical anti-inflammatory agents.

The Bottom Line: *The açai berry can reduce the inflammation that causes our cell membranes to TOIL.*