

Açaí and

High Blood Pressure, Heart Disease, Strokes

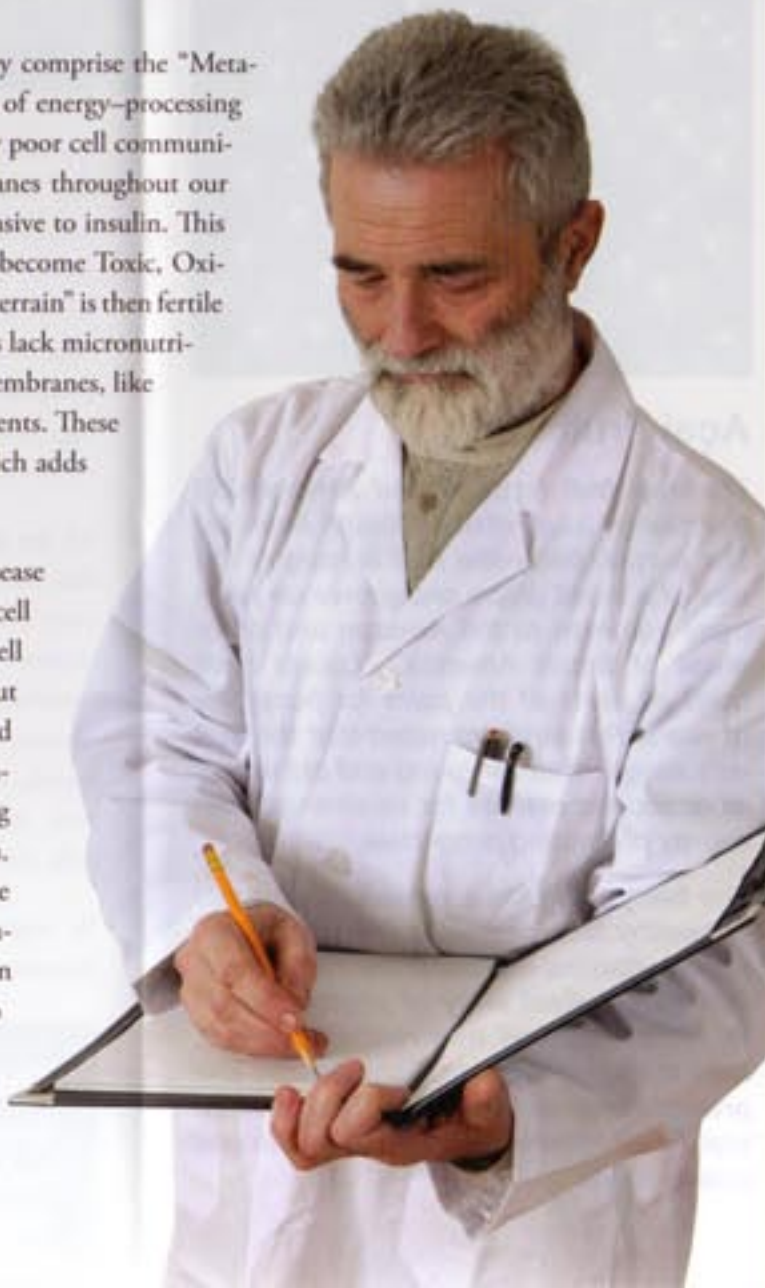


Hugo Rodier, M.D.

ABOUT HALF OF AMERICANS DIE FROM HIGH BLOOD PRESSURE, heart disease or stroke. Fortunately, 80 percent of those deaths could be prevented by changing the toxic lifestyles at the root of these diseases.

When these diseases cluster together, they comprise the "Metabolic syndrome," which is a dysfunction of energy-processing in our cells. This syndrome is triggered by poor cell communication or insulin resistance. Cell membranes throughout our body become more brittle and less responsive to insulin. This causes our cell membranes to "TOIL"—become Toxic, Oxidized, Inflamed and Lack in energy. Our "terrain" is then fertile ground for disease to take root. 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.

In other words, hypertension, heart disease and strokes are problems that start with cell membranes lining our arteries. When cell membranes therein are toiling, they put out messages leading to arterial spasms and high blood pressure. We may develop angina, or heart muscle pain. The same thing may occur in arteries supplying the brain. Arterial walls and cholesterol become sticky due to oxidation from a lack of nutrients and antioxidants. Cholesterol then sticks to the endothelium just like Velcro and leads to plaque formation, followed by clot formation and a more permanent restriction of blood flow to the brain and heart.



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.



The action of these antioxidants and micronutrients help heal toiling cell membranes, particularly the arterial lining, thus improving our cell communication, metabolism and insulin function. Açai improves the Nitric Oxide Synthase (NOS) pathway of inflammation, making the arteries less inflamed and oxidized. Homocysteine is an inflammatory, oxidating toxin produced by a lack of nutrients. It increases terrain toiling. Açai decreases homocysteine.

All the nutrients in açai heal metabolism in cells, thus increasing the energy available for these cells to carry out their function. Açai micronutrients also improve detoxification pathways, thus eliminating xenobiotics that have been associated with heart disease, strokes and high blood pressure. Heavy metals, air pollution, chemicals, pesticides, radiation, etc, are causing significant "toiling" in our cells, particularly those cells lining our arteries.

By improving the health of our intestines, açai increases the levels of Short Chain Fatty Acids,

(SCFA), which are indispensable to the health of cell membranes lining the arteries. SCFA are only produced by benign intestinal organisms, or probiotics, which thrive when nourished by açai and its high fiber content. Healthy intestinal organisms promote heart health, and improve immune system function, thus lowering inflammatory markers. Açai also improves our cholesterol profile by healing insulin resistance issues in the liver, where cholesterol is processed.

The high amino acid content of the açai berry is also helpful in reducing the risk of heart disease. The amino acid, L-Arginine, has been found to be critical to maintain a healthy NOS and lining of arteries. A lack thereof has been associated with significant inflammation and oxidation of the cell membranes that line our arteries. Açai is also high in monounsaturated essential oils, fats and trace minerals, which are indispensable for cell membrane, insulin and arterial health.

The Bottom Line: *The micronutrients in the açai berry reduce cell membrane toiling and improve energy in cells and cell communication; they also reduce insulin resistance, improve detoxification, and decrease clot formation. All these actions lead to better heart, brain and arterial health.*

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