

Açaí and Hormone Balance



Hugo Rodier, M.D.

As we age, hormonal problems become more common as a result of the wear and tear of stressful living, pollutants and poor diets.

Dysfunction of various hormones including sex and adrenal hormones, as well as thyroid and insulin problems, have been implicated in practically all diseases. In men, Erectile Dysfunction (ED) is associated with lower levels of testosterone, which is aggravated by insulin, adrenal and thyroid resistance. Most women suffer with PMDD, or PMS, only to graduate to menopausal problems as they age. Thyroid problems are extremely common and we are all familiar with the epidemic of diabetes and obesity that plague modern societies. Relentless stress is also a problem, as it takes a significant toll on our adrenal glands, which secrete 32 hormones that are associated with practically all body functions, particularly the immune system and our metabolism. All hormones "dance" together: it is impossible to separate their interconnected functions. The more dysfunctional the non-sex hormones are, the more trouble we have with sex hormones.

The "Metabolic Syndrome," which is a dysfunction of energy processing in our cells, is turning out to be the common denominator to practically all diseases. Cell membranes throughout our body become more brittle and less responsive to insulin, because cell membranes suffer from "TOIL:" they become Toxic, Oxidized, Inflamed, and Lacking 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 compromise detoxification, which worsens "terrain TOILing." The more our terrain TOILs, the more hormone problems we have.

Poor diets interfere with detoxification function, particularly in the intestines and liver—this causes poor elimination of many environmental toxins that have been linked to sex hormone dysfunction such as endocrine disruptors, which affect the function of adrenal, thyroid, and insulin hormones. There are many other sex hormone imbalances that result from a poor diet, including infertility in men and women, excessive hair growth in women, birth defects, obstetric problems, etc.



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).

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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 answer is clear: eat well, get off refined foods and your hormone balance will improve. Since too many people will not heed this simple advice, supplementing with highly nutritional foods, like an açai blend makes a lot of sense. Historically, the açai berry, the main ingredient in an açai blend, has been used for many ailments with significant positive results, probably because of its high antioxidant content. It is estimated that Açai berries have 10 times more antioxidants than red grapes, and 10-30 times more anthocyanins than red wine. Açai in combination with other fruits also have significant amounts of other vitamins and minerals including amino acids, essential monounsaturated oils, fiber, Vitamin C, boron, and iron.

The action of these antioxidants and micronutrients in an açai blend is how TOILing cell membranes repair themselves, particularly the TOILing of cells involved in sex hormone balance, which improve our cell communication, metabolism, and insulin

function. Açai in combination with other fruits also decreases homocysteine—an inflammatory, oxidating toxin produced by a lack of nutrients, which increases terrain TOILing.

All the nutrients in an açai blend promote healthy metabolism in cells, thus increasing the energy available for these cells to carry out their function. The minerals in an açai blend are also very important to maintain sex hormone balance. Its micronutrients also improve detoxification pathways, thus eliminating EDs, or xenobiotics/toxins that have been associated with decreased hormonal health.

By improving the health of our intestines, açai in combination increases the levels of Short Chain Fatty Acids, SCFA, which are indispensable to the health of the cell membranes involved in hormonal health. Healthy intestinal organisms promote hormone balance, and improve immune system function, thus lowering inflammatory markers.

The Bottom Line: *The micronutrients in an açai blend reduce cell membrane TOILing, improve energy in cells, cell communication, detoxification and blood flow. All these actions lead to better hormonal balance.*

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.