

# Açaí and Sexual Health



Hugo Rodier, M.D.

Sexual problems are extremely common and often neglected for many reasons.

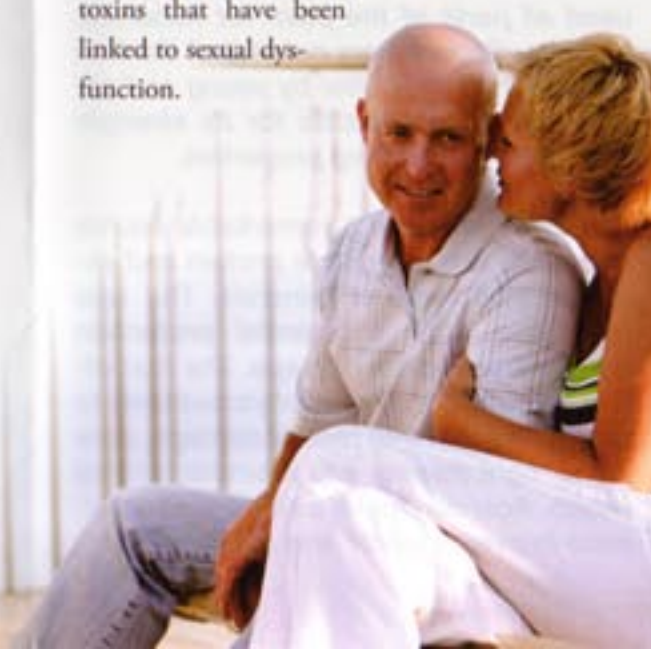
In men, Erectile Dysfunction, or ED, is the main manifestation of sexual problems. It is not easy to admit that 30% of men in their 30s, 40% in their 40s, 50% in their 50s (and so on) are afflicted. It is estimated that about 50% of all women, regardless of age, have some type of sexual dysfunction, with the numbers going up as they age. Most of them have a low libido, or sex drive.

The obvious setbacks that may result from poor sexual health are relationship and behavioral problems, depression and stress. What is not so obvious is that sexual dysfunction happens for a reason. The factors that lead to sexual dysfunction have been shown to be the same as those that lead to heart disease, strokes and vascular problems. In other words, any man or woman having sexual problems may be at a higher risk of other serious health problems. In fact, the Chinese have maintained for millennia that optimal sexual health increases longevity.

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. Poor cell communication or insulin resistance characterizes this syndrome. 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 lead to poor detoxification, which adds to "terrain TOILING."

Insulin resistance causes our levels of insulin to increase in the bloodstream, which leads to the irritation of the lining of arteries everywhere because insulin interferes with the normal dilatation mechanism of those tissues, or the Nitric Oxide Synthase (NOS) pathway of inflammation. This extra insulin also interferes with blood flow—a vital aspect of maintaining a functional erection and healthy vaginal/vulvar tissues—and the proper function of testicles and ovaries, which cause many problems with sex hormone levels. In other words, the worse the diet, the worse our sexual health is going to be. Poor diets also interfere with detoxification function that causes poor elimination of many environmental toxins that have been linked to sexual dysfunction.



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
- University of Utah, School of Medicine – Salt Lake City, Utah – Adjunct professor of Family and Preventive Medicine (Social/ Integrative Medicine) and member of the School of Medicine Admissions Committee.
- Utah Medical Association – Salt Lake City, Utah – Member of Editorial Board, House of Delegates Representative and Chairman Environmental/Public Health Committee

## References:

- "Is oxidative stress the pathogenic mechanism underlying insulin resistance, diabetes and cardiovascular disease? The common soil hypothesis revisited."* J. Arteriosclerosis Thrombosis Vascular Biology 2004;24:823
- "Phytochemical composition and pigment stability of Açaí."* J. Agric Food Chem 2004;24:1539
- "Antibioactivity from fruits of Açaí."* J. Tropical Sciences 1992;32:41
- "Total antioxidant scavenging capabilities of Açaí fruits."* Int J. Food Science and Nutrition 2005;56:53
- "The economic value of managing the Açaí plant."* J. Forest Ecology Management 1996;87:163
- "Anaerobic metabolism of Açaí."* J. Bras Frutol Veg 1995;7:67
- "Medicinal uses of South American palms."* J. Ethnopharmacology 1984;10:157
- "Brazilian berries destroy cancer cells in the lab."* J. Agricultural Food Chem 2006;22:54



soundconcepts

For additional copies of this brochure call 1.800.561.6893 or visit [www.açaitools.com](http://www.açaitools.com)

© 2006 Hugo Rodier, M.D. All Rights Reserved. No part of this publication may be reproduced, transmitted, or translated into any language in any form by any means without the written permission of Sound Concepts. Information herein is NOT intended to be taken as medical advice. No therapeutic or medical claims are either implied or made. DO NOT ALTER ANY MEDICAL TREATMENT, OR THE USE OF MEDICATIONS, WITHOUT THE PERMISSION OF YOUR MEDICAL CARE PROVIDER. FDA regulations prohibit the use of therapeutic or medical claims in conjunction with the sale of any product not approved by the FDA.



### 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 sexual health 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, 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.

The action of these antioxidants and micronutrients in an açai blend is how TOILing cell membranes, particularly the TOILing arterial lining, are helped. Açai in combination with other fruits also improves the Nitric Oxide Synthase pathway of inflammation, making the arteries less inflamed and oxidized. The high amino acid content of an açai blend is also helpful in sexual health. The amino acid L-Arginine has been found to be critical to maintain a healthy NOS and lining of arteries, and it has also been shown to improve erections. An açai blend 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 micronutrients in an açai blend also improve detoxification pathways, thus eliminating xenobiotics/toxins that have been associated with poor blood flow in arteries, including those that supply sexual organs.

By improving the health of our intestines, açai blends may help increase the levels of Short Chain Fatty Acids, SCFA, which are indispensable to the health of cell membranes lining our arteries. SCFA are only produced by benign intestinal organisms, or probiotics, which thrive when nourished by an açai blend and its high fiber content. Healthy intestinal organisms promote sexual health, and improve immune system function, thus lowering inflammatory markers. Açai in combination with other fruits also improves our cholesterol profile, by healing insulin resistance issues in the liver, where cholesterol is processed. This leads to better blood flow to sexual organs.

**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 sexual health.*

### 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.