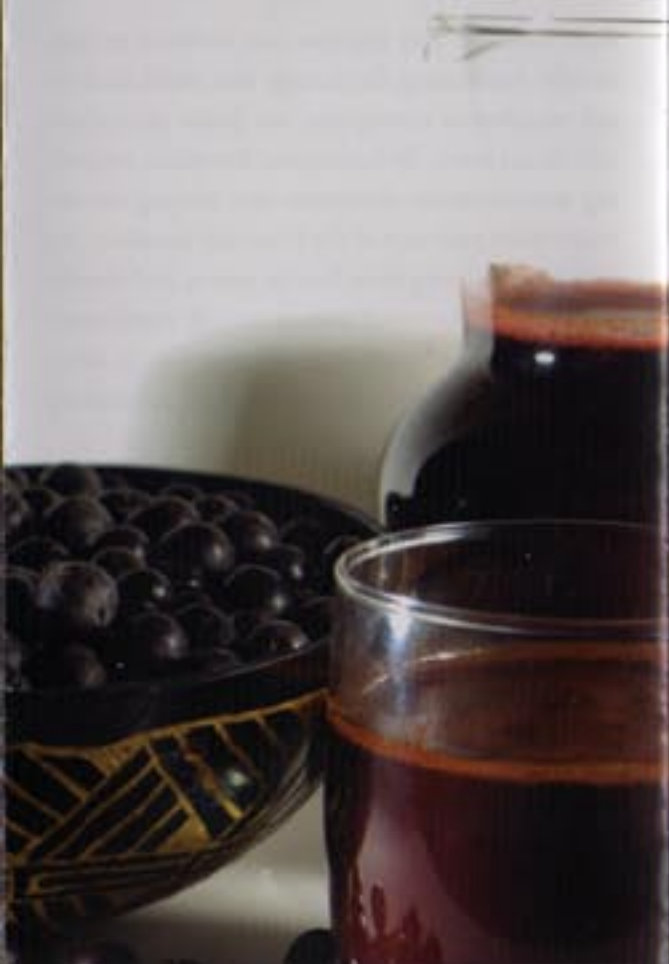


Açaí and Arthritis

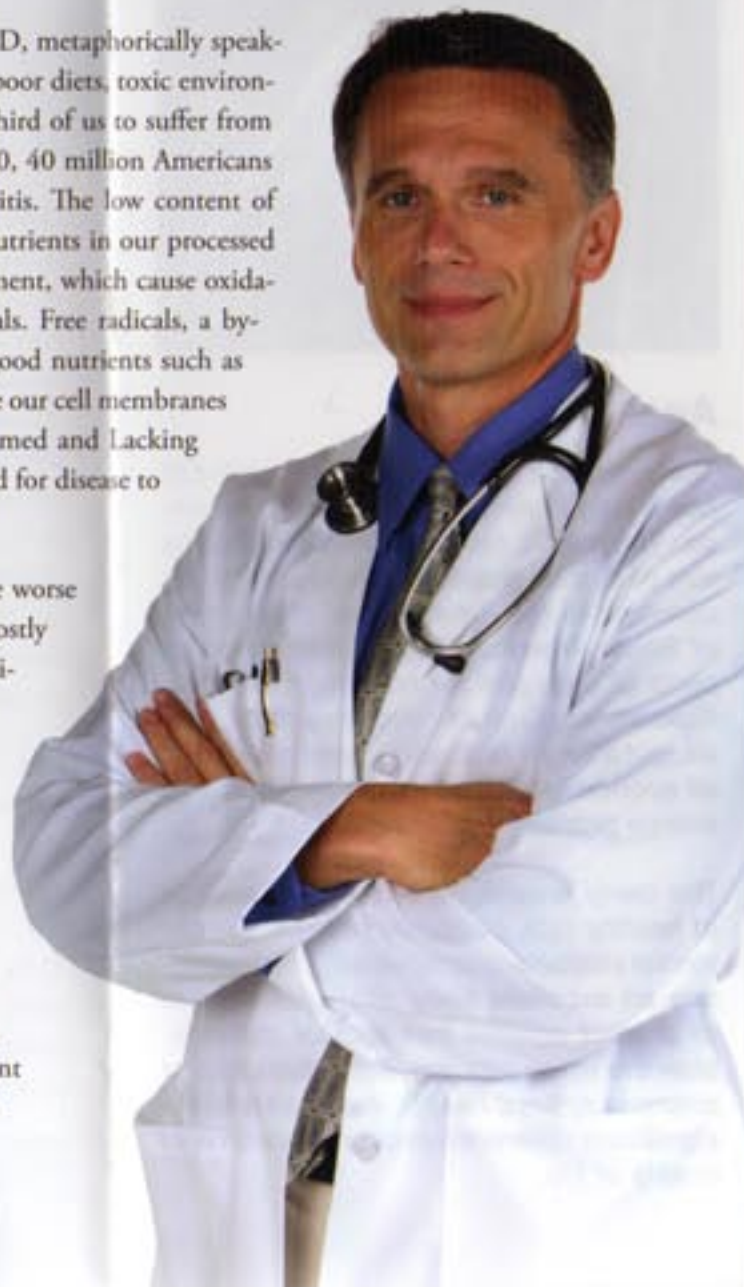


Hugo Rodier, M.D.

Time magazine and the **WORLD HEALTH ORGANIZATION** both agree that the first decade of the 21st century will be known as the *decade of bone and joint disease*.

Why? Because our society is aging AND, metaphorically speaking, the chicken is coming home to roost—poor diets, toxic environments and excessive stress are causing one-third of us to suffer from some form of joint disease. By the year 2020, 40 million Americans will be diagnosed with some form of arthritis. 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, a by-product of daily living, are neutralized by good nutrients such as antioxidants. A lack of antioxidants can cause our cell membranes to “TOIL”—become Toxic, Oxidized, Inflamed and Lacking in energy. Our “terrain” is then fertile ground for disease to take root.

The toiling of cells lining our joints is made worse by a distraught immune system, which is mostly found in tissues, such as the intestines. Poor diets compromise intestinal function, which has been linked to inflammatory changes throughout the body, particularly in joint tissue. Consequently, improving our diets and our ability to detoxify and absorb nutrients from our intestines, result in our immune systems working better and thus reduce inflammation. Cell toiling is also reduced by diets high in antioxidants, thereby improving joint function, since joint cells are compromised in arthritic problems.



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 the antioxidants and micronutrients in the açaí berry help to heal toiling cell membranes, thus improving cell communication and metabolism, and in turn leads to better joint health. Açaí improves the Nitric Oxide Synthase pathway of inflammation, making the toiling cell membranes throughout our bodies, especially our joints, less inflamed and oxidized. All the nutrients found in the açaí can help heal metabolism in cells, thus increasing the energy available for these cells to carry out their functions. The cells lining our joints are then better equipped to renovate themselves, thus decreasing wear and tear in our bodies.

Açaí micronutrients also improve detoxification pathways, thus eliminating xenobiotics that have been associated with joint inflammation. Heavy metals, air pollution, chemicals, pesticides, radiation, etc. are causing significant toiling in our cells. These foreign substances are known to create "immune complexes" when attacked by our immune system. The battle results in antibodies that may end up attacking our own joints.

Açaí nutrients also improve our immune system, thereby minimizing the damage that could occur to cell membranes throughout our body, particularly cells in our joints. 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, especially in our joints. Açaí can assist you in doing so, thereby improving your chances of maintaining joint and bone health.

Açaí 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 açaí berry can reduce the inflammation that causes our cell membranes to TOIL.*

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 well. 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.