

Published based on [Lose Weight With Pure Acai Berry](#)

Lose Weight With Pure Acai Berry

A new superfood called Pure Acai Berry that had been discovered in the Amazon Rainforest is now is taking the world by storm, and is becoming known as the most beneficial fruit in the world. Pure Acai berry can help you lose weight by suppressing hunger and boosting energy, this is what busy people needed. Pure Acai berries have been used for many generations by the natives of Brazil, This berry boosts 10 times the antioxidant benefits of grapes and twice that of blueberries. Pure Acai berry is considered to have the best nutritional value of any fruit on earth.

NUTRITIONAL VALUE

The nutritional breakdown of Pure Acai berry is prodigious. It has high levels of iron, calcium, carbohydrates, fibre and antioxidants. And energy. A small 100g cup has almost 300 calories. Combined with the mystique of its Amazonian origins, acai berry's contents have made it the beverage of choice for Rio's sporty elite. ORAC value (a measure of its antioxidant properties) is higher than any other edible berry on the planet.

Pure Açai berry may be the most potent of all 'forgotten fruits' - those raw, whole fruits that are little known or consumed. By any standards, the scientific facts about the Açai berry are most impressive. Pure Acai berry is popular among health food enthusiasts because it is high in many important vitamins and minerals, including B vitamins, Omega-3 fatty acids, and anthocyanin. Anthocyanins are a class of phytochemicals found in red wine believed to contribute to the "French paradox". Today the French have one of the all-time low occurrences of heart problems of the western world in spite of prevalent habits of smoking and a diet quite high in cholesterol and saturated fat. Acai has 33 times more anthocyanins than red wine.

HEALTH EFFECTS OF PURE ACAI BERRY

Many claims have been made as to the positive effect of Acai berry on many contemporary health problems, including high cholesterol, digestive problems, diabetes, vision, and weight loss. All the ingredients in the Berry promote increase in energy along with improved health. Because of its high protein content, Acai berry products can also assist in weight loss because one of the properties of protein is its longer digestion time. This helps to alleviate hunger pangs even though the caloric content of acai berries is rather high. Pure Acai berry has been praised for it's ability to cleanse your body and help you lose weight!

Article by Gilles Coulombe B.A. B.LL D.S.A. Gilles Coulombe is the webmaster of NewHealthFrontier.com a site about a wide range of health problems proposing for each of them natural solutions for a longer and healthier life. Many claims have been made as to the positive effect of Acai berry on many contemporary health problems, including high cholesterol, digestive problems, diabetes, vision, and weight loss. All the ingredients in the Berry promote increase in energy along with improved health. Because of its high protein content, Acai berry products can also assist in weight loss because one of the properties of protein is its longer digestion time. This helps to alleviate hunger pangs even though the caloric content of acai berries is rather high. Pure Acai berry has been praised for it's ability to cleanse your body and help you lose weight!

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