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Oprah's Show On The Acai Berry Diet

Nature's Energy Fruit: Acai Berry as seen on Oprah's Show!

You've got seemingly never even heard of Acai Berry but Oprah has simply featured it on her show and it is likely one of the 10 superfoods promoted by Dr Perricone. Research have proven that this little berry is among the most nutritious and powerful foods on this planet! Açai (ah-sigh-ee) berries are the excessive-energy berry of a particular Amazon palm tree. Harvested within the rainforests of Brazil, açai berry tastes like a vibrant and yummy blend of berries and chocolate. Açai berry is packed stuffed with antioxidants, amino acids and essential fatty acids. Although açai berry might not yet be accessible in your local grocery store, you can find it in several well being food and gourmand stores.

A new product that includes the unsweetened pulp is now additionally available, and Oprah and Dr. Perricone highly suggest that you just select this type of açai berry because the acai berry pulp adds much more vitamins than the typical juice form.

Açai berry pulp incorporates:

- o An intense focus of antioxidants that help combat untimely aging, with 10 instances extra antioxidants than pink grapes and 10 to 30 instances the anthocyanins of red wine. These antioxidants hold your pores and skin tender and supple and clean and can actually reverse some wrinkle lines.
- o An efficient combination of monounsaturated (wholesome) fat, dietary fiber and phytosterols to assist promote cardiovascular and digestive health. Phytosterols from plant sources have been found to be useful in treating many situations, resembling improving the immune system, arthritis and high cholesterol. The plant sterols compete for absorption sites with these of cholesterol (an animal sterol), they thus scale back the amount of ldl cholesterol absorbed. Total and LDL (low-density lipid) levels of cholesterol will be reduced by the ingestion of phytosterols.
- o An virtually good important amino acid complicated in conjunction with valuable trace minerals, important to proper muscle health contraction and regeneration.

The fatty acid content in açai berry resembles that of olive oil and different wholesome oils corresponding to canola and grapeseed, and is wealthy in monounsaturated oleic acid. Oleic acid is important for a variety of reasons. It helps omega-three wealthy oils resembling fish oils penetrate the cell membrane; together they assist make cell membranes extra supple and flexible. By retaining the cell membrane supple, all hormones, neurotransmitter and insulin receptors operate more efficiently. This is notably critical as excessive insulin levels create an inflammatory state, and as we all know, inflammation causes unwanted and unnecessary aging. From a well being standpoint, oleic acid exhibits further benefits because it has been shown to slow the event of coronary heart disease.

One very interesting use of oleic acid is its use as an ingredient in Lorenzo's oil made well known in a TV film, a medication developed to forestall onset of adrenoleukodystrophy (ALD), a condition effecting boys that assaults the myelin sheaths of the body, inflicting debilitating symptoms much like these in multiple sclerosis. Though Lorenzo's oil doesn't treatment the situation, it could actually delay onset or development of the disease in those that will not be but symptomatic.

There appear to be many causes to at the least try the acai berry diet. The style alone, berries plus dark chocolate, sounds compelling.

[acai berry](#) fruits are good for health and [acai berry](#) is mostly used to loose weight, learn more about [acai berry](#) fruits.

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