

Are Acai Berries Good For You?

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September 5, 2021



Are Acai berries good for you? These berries are linked to many health benefits. In this blog post, we will talk about 7 ways that acai berry can improve your health!

What are acai berries?

Acai berry is a small, purple fruit that grows on the acai palm tree which grows in the rainforests of South America.

Why are we talking about it?

There have been numerous studies done on this little fruit and all of these studies point to the health benefits that come from eating or drinking acai products.

Ways of eating acai berry:

You can consume acai products in liquid or solid form. Some people like to fold it into oatmeal, mix it with yogurt for a parfait, add acai powder to smoothies, and even make their own fruit juice!



Benefits of eating/drinking acai berry: 7 Ways Acai Berry Improves Your Health

1) Helps You Lose Weight

In a study on females, acai berry led to a significant reduction in body weight and waist circumference.

In a separate study published by Natural Medicine Journal, participants took an Acai supplement for 30 days. They were able to lose weight and improve their cholesterol levels without dieting or doing any physical exercise, indicating that the Acai supplement helped them burn fat more rapidly and effectively.

2) Boosts Your Immune System

These berries have strong antioxidant properties, which can help prevent the oxidation of fats in cells.

Further, this process is important because it helps protect cells. It protects you from damage and harm that could lead to cancer. The study found that acai berry had “significant” effects on immune system function.

The article appears in Cancer Research Journal and is titled “Acai Berry Extract Enhances Lymphocyte Functions by Increasing the Phosphorylation of Akt.”

3) Lowers Blood Pressure

It may lower blood pressure. It contains anthocyanin, which is a natural chemical that strengthens blood vessels.

4) Boosts Brain Health

It contains anthocyanins, which are antioxidants that can protect and repair cells.

A study published in Nutritional Neuroscience Journal titled “Berries for Brain Health” had some interesting results.

It was a study about women with Alzheimer’s disease and how acai berries helped show an improved cognitive function and delay in the progression of the disease.

It found that those who ate a diet rich in berry fruits had better visual memory than those on low-berry diets.

5) Improves Nervous System Function

In a study on individuals with Parkinson’s disease, the results showed improvement in motor function and coordination. The study found that acai berries may be a natural way of increasing nerve function and muscle control in people with the disease.

The article appears in Clinical Nutrition Journal.

6) Detox the Body

It contains anthocyanins, an antioxidant compound that strengthens capillaries and may help prevent the oxidation of fats in cells.

Furthermore, these berries also contain magnesium, calcium, iron, potassium, phosphorus, and zinc.

7) Protects Eyes

It contains high levels of the antioxidant lutein, which is important for eye health.

In a study on adults aged 50-80 years old, it was shown to help prevent age-related macular degeneration and cataracts. The article appears in the Nutritional Neuroscience Journal.

Conclusion

In fact, acai berries are more than just a delicious fruit. They may be able to improve your health in many ways, including boosting the immune system and helping with weight loss. Finally, we've provided you with 7 benefits here so that you can see for yourself how acai berry may be able to help you live a healthier and happier life!