



Açai and ARTHRITIS

By Hugo Rodier, MD

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 anti-oxidants 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.

The action of the antioxidants and micronutrients in the açai berry help to heal toiling cell membranes, thus improving cell communication and metabolism, and in turn leads to better joint health. Açai 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 açai 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.

Açai 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. Açai 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. Açai can assist you in doing so, thereby

improving your chances of maintaining joint and bone health.

Açai 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 açai berry can reduce the inflammation that causes our cell membranes to TOIL.

