



Açaí and DEPRESSION

By Hugo Rodier, MD

By the year 2020, DEPRESSION WILL BE THE SECOND MOST COMMON DIAGNOSIS FOR AMERICANS.

Why? Simply stated, we live very stressful lifestyles, we consume empty calories rich in refined sugars and fats and we are exposed to significant toxins in the environment from polluting technologies. All these problems have one thing in common: they result in our bodies having sub-optimal levels of micro-nutrients to maintain proper brain function (While it is true that many issues associated with depression are emotional, or spiritual, it is also true that there is no separation between our minds, bodies or brains. The work of Candace Pert and Linus Pauling has proven these concepts correct.)

The low level of micronutrients causes our cell membranes, particularly in the brain, to “TOIL”—becoming Toxic, Oxidized, Inflamed and Lacking in energy. Our “terrain” is then fertile ground for disease to take root. It turns out that depression, like all diseases, is associated with toiling. This leads to poor metabolism or poor energy processing in the brain, which cannot function properly.

The toiling of our brain cells is made worse by a distraught immune system, which is

primarily found in tissues, such as the intestines. Poor diets compromise intestinal function, which has been linked to inflammatory changes in our brains. Furthermore, 95 percent of neurotransmitters, like serotonin, are found in the intestines. This is why the intestines are referred as the “second brain.”

Consequently, improving our diets and our ability to detoxify and absorb nutrients from our intestines, can result in our immune systems working better, and thus reduce inflammation. Cell toiling is also reduced by diets high in antioxidants, thereby improving brain and intestinal function. The action of the antioxidants and micro-nutrients in the açai berry help to heal toiling cell membranes and improve our cell communication and metabolism—which leads to better brain and intestinal health. The açai berry improves the Nitric Oxide Synthase pathway of inflammation, making the toiling cell membranes throughout our bodies, especially our brains and intestines, less inflamed and oxidized. All the nutrients in açai heal metabolism in cells, thus increasing the energy available for these cells to carry out their function. The cells in our brains are then better equipped to function, produce energy and communicate via neurotransmitters, like serotonin.

Açaí micronutrients also improve detoxification pathways, thus eliminating xenobiotics that have been associated with depression and poor brain function. Heavy metals like mercury, air pollution, chemicals, pesticides, radiation, etc., are causing significant toiling in our brain cells. Açai berry nutrients also improve our immune system, thereby minimizing the damage that could occur to brain cell membranes. 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 improve our chances of healing cell membranes. Açai can assist you in doing so, thereby improving your chances of maintaining brain health.

The high content of omega oils, vitamin B and amino acids in the açai berry help produce better neurotransmitters, thus improving brain cell communication and reducing the chances of mental dysfunction. Of course, many emotional and mental issues need to be addressed with proper counseling and perhaps more importantly, by healing strained relationships and forgiving those who may have offended us.

The Bottom Line: Açai may reduce the risk of mental and brain dysfunction by providing the micronutrients and antioxidants that our brains need for better health. The premise of the landmark work by Linus Pauling, “Orthomolecular Psychiatry,” is good nutrition is indispensable to maintain proper cognitive brain function, and thus minimize our risk of emotional problems.

