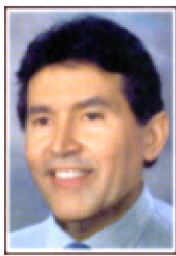




## Açaí Fruit

The acai fruit (pronounced AH-sigh-EE) has a long history of use in South America. The purple, berry-like fruit roughly the size of a small grape, grows on palm trees common to the Amazon and other areas of South America. Locals have used all parts of the palm for hundreds of years. Researchers noted that the fruit was very sought after by both young and old and of all economic classes for its strength and energy promoting properties.

The berry provides a remarkable source of healthy fats, complete protein and essential vitamins and minerals. The acai may also offer substantial protection against free radical damage. The fruit offers an excellent array of phytonutrients to protect against free radical damage, slow aging, fight disease and promote optimal health. Açaí can make a significant difference in overall health and quality of life.



Dr. Rodier brings a unique perspective to traditional medicine through extensive research (surveying 150 medical journals each month) teaching (University of Utah School of Medicine College of Health and Department of Nutrition), and active clinical practice (working with a variety of chronic conditions).

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## Serving Recommendations:

Açaí is a superfood. It is not to be taken in "doses," as you would a drug. Like any food, you may enjoy it as much as you like, in servings you tolerate. Consume the açaí juice on an empty stomach, or at least a few minutes before consuming solid foods.

As a general rule, the more nutrition one needs, the more one should consume a food such as the açaí berry. The acai berry in particular, will avail you of higher micronutrients to promote healing and optimize arterial health. A good starting point is to drink between two and four ounces a day.

## Açaí in the News:

Nicholas Perricone, M.D. said, "[The açaí] berry is one of the most nutritious and powerful foods in the world.. .nature's perfect energy fruit!" This fruit has been discussed on Oprah, NBC's Today Show, and on Steve O'Brien's CBS-FM New York radio show. In addition to its inclusion in several nutritional supplements, the fruit from the Amazon has even made its way into a fruit smoothie available from the popular national chain, Jamba Juice.