

Amazon Thunder Pure Organic Acai Health Benefits

Modern science is discovering the life-enhancing benefits of the Amazon "super berry". Research indicates that Acai can help neutralize free radicals and much more.

Acai has a number of benefits, including antioxidants, fiber, fatty acids, and proteins. The antioxidants from Acai are ten to thirty times that of red wine and more than twice that of blueberries. It's known to have the best nutritional value of any fruit on the planet, earning it the title of "super berry."

The Amazon "super berry" has gained recognition in the media, including television and magazines. There are several companies and websites that offer Acai products. Some products contain Acai exclusively, while others use it in combination with other ingredients. Acai shows up in fruit drinks and in powder form as health and energy products.

With all the popularity in recent years, the benefits of the Acai berry is widely unknown. People of the Amazon have long experienced the benefits of Acai to fight disease, strengthen the immune system, fight infection, protect the heart, and provide overall health and healing. These same benefits of this "super berry" are now available to health-minded individuals through taking Amazon Thunder.

Acai is a complete food source and contains an abundance of nutrients necessary for restoring and maintaining optimum health. Acai contains amino acids and vital trace elements important for muscle contraction and regeneration. Acai's nutrients, including a large amount of natural lipids, provide needed energy to tackle competitive sports and daily chores. Acai contains more protein than the average egg. Proteins are the primary component of hormones and body tissues, including muscles and organs.

The Acai berry can help to regulate your stress levels and repair your body. Acai's anti-inflammatory and antioxidant properties can counter infertility due to stress, pollution and factors related to free radicals. Acai's immune-system-strengthening qualities help protect the entire body. Acai has been used for centuries to cleanse the body from contaminants. The regenerative nutrients and strong antioxidants in Acai help keep our cells operating efficiently and may slow aging.

By boosting the immune system, Acai's rich nutrient profile helps boost the body's natural defenses. Recent findings published in the International Journal of Sports Medicine indicate that Acai's beta-sitosterol prevents immune suppression and modulates the lymphocyte activity. Free radical damage is one of the primary causes of immune weakness or dysfunction. Acai can reduce the frequency of infectious diseases. Acai's antioxidant properties help prevent damage to DNA, which lowers the risks posed by carcinogens and mutagens.

Acai possesses high concentrations of polyphenols, making it an excellent source of antioxidants. Some polyphenols abundant in Acai are anthocyanins, some of the more potent forms of antioxidants. Other polyphenols in Acai, antho-cyanin and cyanidin-3-glucoside, may improve the production of nitric oxide in endothelial cells. Nitric oxide allows blood vessel walls to relax and expand, resulting in less stress on the heart, decreased risk of vessel blockage, and increased blood flow. The antioxidant punch of Acai may also be a powerful weapon in the fight against benign prostatic hyperplasia, commonly known as an enlarged prostate.

Acai is rich in essential fatty acids, which may help reduce harmful LDL cholesterol while supporting levels of the beneficial HDL cholesterol. In diabetes weak capillaries can lead to a condition called retinopathy, which often leads to blindness. The anthocyanins in Acai protect small and large blood vessels, including veins, arteries and capillaries.

Acai's low glycemic index improves glucose and lipid levels in diabetics. Acai's low glycemic index also helps control appetite and delay hunger, which can help individuals trying to lose weight.

Acai provides dietary fiber, excellent for digestive tract health, high levels of calcium, vitamins A and E, and phosphorus. Acai has a significant amount of calcium, which help strengthen bones, prevent fractures, and can help prevent osteoporosis. Women who experience extreme menstrual pain can also benefit from Acai. Calcium-rich foods help coat the lining of the stomach and uterus, and help reduce the pain from cramps and bloating.

Acai's dietary fiber helps promote the health of the digestive tract, including the colon. The broad array of antioxidants in Acai may help protect and repair the lower esophagus damaged by acid-reflux disease. Acai's acid-suppression effects reduce the acidity of stomach contents when reflux does occur. The antibacterial properties of Acai kill bad bacteria, fungi and parasites, including ulcer-causing bacteria. Acai's anti-inflammatory abilities may prevent the malabsorption of vital nutrients by preventing damage to the wall of the small intestine.

Acai's phytosterols help reduce the erosion of the skin's protective coating. Because it's so high in anthocyanins and phytosterols, Acai helps protect connective tissues, including collagen. Acai acts as an astringent which contract, shrink or tighten body tissues, including skin. Astringents can be used to stop bleeding in small cuts or to give the skin a fresh, tingling feeling.

Modern science is discovering the life-enhancing benefits of the Amazon "super berry". Research indicates that Acai can help neutralize free radicals, prevent heart disease, thwart cancer, and much more.

Acai contains powerful nutrients, which combine unique properties and ingredients in a single product. There's no other fruit that can be compared with the effectiveness of Acai and no product on the market that can compete with the quality of Amazon Thunder.

<http://www.healthandbeautynet.com/acai.html>