

What Are the Health Benefits of Acai Berries?

Though it has been used in South America for ages, the acai berry remained largely unknown in the rest of the world. Now its popularity skyrocketed and its impressive quantity of useful compounds has been revealed to the general public.

The acai berry looks like a small dark purple grape. Its pleasant taste has a slight cocoa flavor. This fruit doesn't only bring along impressive health advantages to anyone who includes it in the regular diet, but it also has significant beauty benefits due to the high amount of antioxidants that it contains.

Acai's color is a good proof of its valuable resources. The deep purple shade is given by anthocyanin, a powerful flavonoid found in significantly smaller quantities in forest fruits as well.

[Flavonoids](#) are nutrients with proven benefits for [cardiovascular and metabolic health](#). They have both therapeutic and preventive benefits.

Moreover, anthocyanin can protect the body against several diseases such as neurological conditions and inflammatory ones. Studies showed that it has a positive effect on [vision](#) and it can [regulate the immune response](#), which makes it a powerful ally against the health damages caused by aging.

Another powerful element of the acai berry is resveratrol. Best known for boosting the health-related effects of red wine, resveratrol is a compound that possesses numerous important properties.

Researchers revealed its [intense activity](#) as an antioxidant. It lowers cholesterol and regulates the neuronal transmission, which leads to a healthier heart and a clearer mind.

Acai berries contain many minerals such as magnesium, copper, iron, potassium or manganese and vitamins like vitamin K, vitamin C or vitamin B complex. They all [strengthen the immune system](#) and help the body fight against free radicals.

They can also boost the energy levels and help you stay fresh throughout the day. This will enable you to successfully accomplish the daily activities without feeling tired or losing focus. Acai stimulates brain activity and it [maintains the health of brain cells](#). It can also assist in sleeping better and resting more effectively.

Acai contains many fibers. [Studies](#) show that fibers actively contribute to reducing the risk of developing various conditions such as type 2 diabetes or heart disease.

The acai berry can also be used [as a weight loss aid](#). High-fiber foods are more filling than low-fiber ones so they keep hunger in check. The fiber concentration speeds up the metabolism in a healthy way. The natural body processes can function optimally and you can avoid gaining weight due to a slow metabolic rate.

[Nutritionists](#) recommend this berry not only to help you lose those extra pounds, but also to maintain a balanced weight. It has the ability to reduce the negative effects triggered by a diet that has been overloaded with many calories due to fatty or sweet foods.

The [high antioxidant content](#) can do the trick when it comes to premature aging and staying youthful too. These compounds slow down the aging process and the [cellular oxidation](#) that occurs due to passing of time or external factors such as the UV rays, smoke or pollution.

Nature provides a plethora of solutions that are highly useful to keep health issues away. The acai berry is certainly a remarkable fruit that can significantly contribute to your well-being.