

The Origin Of The Superfood Acai Berry

Today, the use of acai berry and its byproducts are widespread. It is often promoted to be a superfood that can provide a number of health benefits. Because of this, many people are buying products containing the acai fruit, such as juices, shakes, supplements, and other forms. In fact, it is even being endorsed by big names in Hollywood.

Unless you are familiar with this amazing fruit, you may have some questions, such as how the acai berry came to be and what all benefits it has. Well, read on and I will shed some light on this mysterious berry.

People have been using the acai berry for several years already, even before it was introduced to the west in the 1990's. The acai fruit comes from the acai palm, which grows wild in the Amazon jungle and tropical forests of South and Central America. The Amazon tribes there have long used the acai fruit as a source of food and a cure for many ailments.

It is believed that these indigenous tribes use about two to three thousand known rainforest fruits for healing purposes. In the vast region of the Amazon, the acai fruit is just one of the several fruits known to have medicinal properties.

In a certain Shuar tribe, medicine men or women are responsible for finding plants and fruits that hold potential to cure certain illnesses and ailments. These healers, or uwishins" know the secrets of the forests, and are equipped with the knowledge of medicinal herbs, fruits, and plants and their corresponding cures. This knowledge has been passed down from generation to generation, and with careful experimenting, they also discover plants containing healing properties that have not been known before.

Through this time, the uwishins and the tribes of the Amazon discovered the wonders of the acai berry, which was known to be a natural antioxidant and a good cholesterol controller. The acai fruit can significantly lower down the bad cholesterol levels in the body and helps maintain good cholesterol. The Amazon tribes learned of these properties and also found out that it possesses a whole world of other health benefits. Studies have shown it helps give energy, boosts the immune system, protects the heart, fights infection.

Also, the acai berry is known to help combat schistosomiasis, a disease caused by parasites that freshwater snails might carry. This is common in tropical countries, and it affects about 10 million Brazilians. Also, the people from the Amazon discovered that it contains antibacterial properties and helps fight Staphylococcus aureus.

From there onwards, the locals of the Amazon has used acai berry to help ward off diseases and illnesses, and promote overall health. Once the western world caught up with it, it immediately became widespread and its health benefits were made known to the majority. Nowadays, it has been considered a top superfood of the world, and many people are using the acai fruit, its pulp and juice, or other byproducts in their diet to bring them good health.

Looking back, it is safe to say that if it weren't for the indigenous tribes of the Amazon, the rest of the world wouldn't have known of the wondrous benefits the acai berry possesses.

About the Author

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