

Healthy Eating

Learning The ABCs Of Berry Health

(NAPSA)—For thousands of years, berries have been used to help benefit our bodies in many different ways. Berries are now grouped in a newer category called “superfoods,” as they are naturally rich sources of antioxidants, vitamins, minerals and fiber.

To date, it is believed that certain berries can prevent cancer, heart disease and possibly even help you live longer. Studies are being published daily about the health benefits of berries and how they may protect the body from ailments, infections and diseases.

Becoming aware of your berry intake is the first step in maintaining maximum health benefits, but it is also important to know which berries are best for you. While dietitians and nutritionists recommend five to eight fruits and vegetables daily, taking supplements with berry extracts can help obtain the nutritional value needed from these food sources.

Always Ask for Acai

Grown on a special palm tree in the Amazon, acai berries have been considered to possess weight loss and anti-aging properties over the years.

Collective research has shown that its antioxidant activity may help prevent diseases such as cancer and heart disease. The powerful antioxidants, known as anthocyanins, help the body defend itself against stressful life situations. Acai berries are also rich in omega-6 and -9 fatty acids, which help increase the metabolic rate and can help lower cholesterol levels.

Health advantages from acai berries can be obtained by taking a few 500-mg supplements per week. In addition to incorporating the berry into your diet, research suggests that acai oil may be used

Take control of your body by learning the berry ABCs:

Acai Berries:

- **What:** Proanthocyanidins, antioxidants, omega-6 and -9 fatty acids
- **Why:** Reduces the risk of heart disease and cancer, helps stimulate metabolism and may lower cholesterol levels
- **How:** Take a few 500-mg acai berry supplements per week

Blueberries:

- **What:** Proanthocyanidins, vitamin C, magnesium and antioxidants
- **Why:** Helps with infections, may prevent decreased cognitive and motor function
- **How:** Eat a cup of blueberries per day or take a daily dose of a 500-mg blueberry extract

Cranberries:

- **What:** Proanthocyanidins, vitamin C
- **Why:** Clinically proven to help block the attachment of bacteria to the urinary lining and stimulate your immune system
- **How:** For maximum protection against bacteria, take a daily dose AZO Cranberry, which contains 900 mg of natural cranberry concentrate, vitamin C and a probiotic for overall immune health



in place of tropical oils in various beauty products.

Blueberry Benefits

The USDA Human Nutrition Research Center on Aging (HNRCA) has shown blueberries to have extremely high levels of antioxidants, which can play a role in anti-aging. A recent HNRCA study showed that people who ate a cup of blueberries per day performed

up to 6 percent better on motor skills tests compared to the control group. This is particularly significant as, by the year 2050, it is estimated that 30 percent of Americans will have decreased cognitive and motor functions by age 65.

Another advantage, according to researchers at Rutgers University, is that blueberries contain the compound proanthocyanidins. This can help promote urinary tract health and reduce the major risk of infection. If a cup of blueberries is not easily accessible, try a daily dose of blueberry extract for obtaining the same benefits.

Crazy for Cranberries

Along with blueberries, cranberries contain the same beneficial proanthocyanidins that help keep bacteria out of the urinary tract and prevent urinary tract infections (UTIs), a bodily infection that affects 10 million women in the United States each year. It is also the second-most common type of bodily infection.

Cranberry juice has long been the conventional method for UTI prevention; however, many worry about its high content of sugar and calories. A daily supplement containing pure cranberry concentrate can be a great alternative for helping block the attachment of bacteria to the urinary lining.

The efficacy of the cranberry powder found in AZO Cranberry (manufactured by Amerifit Brands) has been supported by recent clinical trials. With an immune-boosting probiotic and vitamin C, just two tablets per day can help to maintain a healthy urinary tract.

Cranberries have additionally been known to provide oral health benefits, by decreasing cavity- and plaque-producing bacteria.

For more information, visit www.azoproducts.com.